



MARCY

Multi Gym Exercise Chart

Please Note: This chart is for illustration purposes only and differs in style to the MKM-1101



ABDOMINAL CRUNCH

Muscles: Abdominals, Rectus Abdominis

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Pull down on the handle with your arms and legs, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



BICEP CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Pull down on the handle with your arms and legs, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



FOREARM CURL

Muscles: Forearm Muscles

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Pull down on the handle with your arms and legs, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



TRICEP PUSH-DOWN

Muscles: Triceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Pull down on the handle with your arms and legs, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Pull down on the handle with your arms and legs, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



LAT PULL-DOWN

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Pull down on the handle with your arms and legs, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Triceps Brachii

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Pull down on the handle with your arms and legs, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



PECTORAL FLY

Muscles: Pectoralis Major, Triceps Brachii

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Pull down on the handle with your arms and legs, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Pull down on the handle with your arms and legs, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Pull down on the handle with your arms and legs, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



LEG KICK-BACK

Muscles: Gluteus Maximus, Biceps Femoris

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Pull down on the handle with your arms and legs, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Brevis

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Pull down on the handle with your arms and legs, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



UPRIGHT ROW

Muscles: Trapezius, Deltoids, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Pull down on the handle with your arms and legs, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



FRONT SHOULDER RAISE

Muscles: Deltoids, Trapezius, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Pull down on the handle with your arms and legs, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



LEG KICK/INNER THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Brevis

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Pull down on the handle with your arms and legs, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



Marcy Home Gym Diamond Elite Exercise Manual

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Table of Contents Marcy Home Gym Diamond Elite Exercise Manual

1. Understanding the eBook Marcy Home Gym Diamond Elite Exercise Manual
 - The Rise of Digital Reading Marcy Home Gym Diamond Elite Exercise Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Marcy Home Gym Diamond Elite Exercise Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Marcy Home Gym Diamond Elite Exercise Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Marcy Home Gym Diamond Elite Exercise Manual
 - Personalized Recommendations
 - Marcy Home Gym Diamond Elite Exercise Manual User Reviews and Ratings
 - Marcy Home Gym Diamond Elite Exercise Manual and Bestseller Lists
5. Accessing Marcy Home Gym Diamond Elite Exercise Manual Free and Paid eBooks
 - Marcy Home Gym Diamond Elite Exercise Manual Public Domain eBooks
 - Marcy Home Gym Diamond Elite Exercise Manual eBook Subscription Services
 - Marcy Home Gym Diamond Elite Exercise Manual Budget-Friendly Options

6. Navigating Marcy Home Gym Diamond Elite Exercise Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Marcy Home Gym Diamond Elite Exercise Manual Compatibility with Devices
 - Marcy Home Gym Diamond Elite Exercise Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Marcy Home Gym Diamond Elite Exercise Manual
 - Highlighting and Note-Taking Marcy Home Gym Diamond Elite Exercise Manual
 - Interactive Elements Marcy Home Gym Diamond Elite Exercise Manual
8. Staying Engaged with Marcy Home Gym Diamond Elite Exercise Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Marcy Home Gym Diamond Elite Exercise Manual
9. Balancing eBooks and Physical Books Marcy Home Gym Diamond Elite Exercise Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Marcy Home Gym Diamond Elite Exercise Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Marcy Home Gym Diamond Elite Exercise Manual
 - Setting Reading Goals Marcy Home Gym Diamond Elite Exercise Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Marcy Home Gym Diamond Elite Exercise Manual
 - Fact-Checking eBook Content of Marcy Home Gym Diamond Elite Exercise Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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