



MARCY

# Multi Gym Exercise Chart

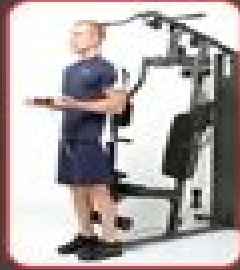
Please Note: This chart is for illustration purposes only and differs in style to the MKM-1101



## ABDOMINAL CRUNCH

Muscles: **abdominal, rectus abdominis**

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your knees.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



## BICEP CURL

Muscles: **bicep, brachialis, brachioradialis**

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



## PREACHER CURL

Muscles: **bicep, brachialis, brachioradialis**

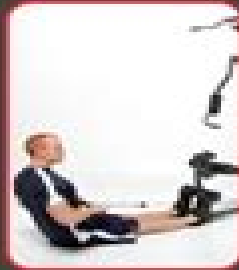
1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



## TRICEP PUSH-DOWN

Muscles: **tricep, brachialis, brachioradialis**

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



## SEATED ROW

Muscles: **back, bicep, brachialis, brachioradialis**

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



## LAT PUL-DOWN

Muscles: **back, bicep, brachialis, brachioradialis**

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



## STANDARD BENCH PRESS

Muscles: **chest, bicep, brachialis, brachioradialis**

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



## PECTORAL FLY

Muscles: **chest, bicep, brachialis, brachioradialis**

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



## LEG EXTENSION

Muscles: **quadriceps, rectus femoris, vastus medialis, vastus lateralis**

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



## EXTENDING LEG CURL

Muscles: **quadriceps, rectus femoris, vastus medialis, vastus lateralis**

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



## LEG KICK-BACK

Muscles: **quadriceps, rectus femoris, vastus medialis, vastus lateralis**

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



## LEG KICK-OUT-THIGH (ABDUCTORS)

Muscles: **quadriceps, rectus femoris, vastus medialis, vastus lateralis**

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



## UPRIGHT ROW

Muscles: **trapezius, bicep, brachialis, brachioradialis**

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



## FRONT SHOULDER RAISE

Muscles: **trapezius, bicep, brachialis, brachioradialis**

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



## LEG KICK-INNER THIGH (ADDUCTORS)

Muscles: **quadriceps, rectus femoris, vastus medialis, vastus lateralis**

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.

## MUSCLE REFERENCE GUIDE



# **Marcy Mach 3 Weight Machine Manual**

**Joacim Rocklöv**



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disturbances, and ten ...