



STANDING CABLE ROW

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE ROW

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE PULL-OVER

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE PULL-OVER

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE CHEST PRESS

- Pushes the shoulder blades together and down.
- Works the pectoralis major and minor.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE CHEST PRESS

- Pushes the shoulder blades together and down.
- Works the pectoralis major and minor.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE SHOULDER PRESS

- Pushes the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE SHOULDER PRESS

- Pushes the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE LAT PULL-DOWN

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE LAT PULL-DOWN

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE TRICEPS PRESS

- Pushes the shoulder blades together and down.
- Works the triceps and pectoralis major.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE TRICEPS PRESS

- Pushes the shoulder blades together and down.
- Works the triceps and pectoralis major.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE BICEP CURL

- Pulls the shoulder blades together and down.
- Works the biceps and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE BICEP CURL

- Pulls the shoulder blades together and down.
- Works the biceps and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE FRONT RAISE

- Pulls the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE FRONT RAISE

- Pulls the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE REAR RAISE

- Pulls the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE REAR RAISE

- Pulls the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



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SETTING UP YOUR MAFRCY

MAFRCY is a complete strength training system that can be used in a variety of ways. It can be used as a standalone system or as part of a larger gym. The system is designed to be used by people of all fitness levels and can be used for a variety of purposes, including strength training, cardiovascular exercise, and rehabilitation.

The system consists of a main frame with a variety of attachments. The attachments include a cable pulley system, a weight stack, and a variety of exercise bars. The system is designed to be used in a variety of ways, including standing, seated, and lying down.

The system is designed to be used by people of all fitness levels and can be used for a variety of purposes, including strength training, cardiovascular exercise, and rehabilitation. The system is designed to be used in a variety of ways, including standing, seated, and lying down.

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MAFRCY Systems is a complete strength training system that can be used in a variety of ways. It can be used as a standalone system or as part of a larger gym. The system is designed to be used by people of all fitness levels and can be used for a variety of purposes, including strength training, cardiovascular exercise, and rehabilitation.

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The system is designed to be used by people of all fitness levels and can be used for a variety of purposes, including strength training, cardiovascular exercise, and rehabilitation. The system is designed to be used in a variety of ways, including standing, seated, and lying down.

Marcy Diamond Elite Smith System Manual

Hussin A.Rothana



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