



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 of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, 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 of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



FOREARM CURL

Muscles: Forearm Muscles, Brachioradialis

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, 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 of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, 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 of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, 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

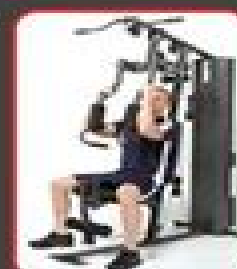
1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Triceps Brachii

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, 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 of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, 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 of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, 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 of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, 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 of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, 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 Minimus

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, 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 of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, 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 of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your torso and head off the seat.
5. Release the weight and return to the starting position.



LEG KICK-FORWARD/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, 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

Shawn Burke



Marcy Home Gym Diamond Elite Exercise Manual:

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Garage Gym Bible William Smith, Michael Volkmar, 2022-03-29 Think the best workout

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