



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: RECTUS ABDOMINUS, TRANSVERSE ABDOMINUS

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull down on the handles with your arms and legs, lifting your torso up towards your knees.
5. Hold the contraction for a moment, then lower your torso back down.
6. Repeat the exercise for the desired number of repetitions.
7. Release the spring tension at the end of the exercise.



BICEP CURL

MUSCLES: BICEPS BRACHII, FOREARM FLEXORS

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull down on the handles with your arms, lifting your torso up towards your knees.
5. Hold the contraction for a moment, then lower your torso back down.
6. Repeat the exercise for the desired number of repetitions.
7. Release the spring tension at the end of the exercise.



PREDICATOR CURL

MUSCLES: BICEPS BRACHII, FOREARM FLEXORS

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull down on the handles with your arms, lifting your torso up towards your knees.
5. Hold the contraction for a moment, then lower your torso back down.
6. Repeat the exercise for the desired number of repetitions.
7. Release the spring tension at the end of the exercise.



TRICEP PUSH-DOWN

MUSCLES: TRICEPS BRACHII, FOREARM EXTENSORS

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull down on the handles with your arms, lifting your torso up towards your knees.
5. Hold the contraction for a moment, then lower your torso back down.
6. Repeat the exercise for the desired number of repetitions.
7. Release the spring tension at the end of the exercise.



SEATED ROW

MUSCLES: LATISSIMUS DORSI, TRAPPEZOID MUSCLES

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull down on the handles with your arms, lifting your torso up towards your knees.
5. Hold the contraction for a moment, then lower your torso back down.
6. Repeat the exercise for the desired number of repetitions.
7. Release the spring tension at the end of the exercise.



LAT PUL-DOWN

MUSCLES: LATISSIMUS DORSI, TRAPPEZOID MUSCLES

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull down on the handles with your arms, lifting your torso up towards your knees.
5. Hold the contraction for a moment, then lower your torso back down.
6. Repeat the exercise for the desired number of repetitions.
7. Release the spring tension at the end of the exercise.



STANDARD BENCH PRESS

MUSCLES: PECTORALIS MAJOR, TRICEPS BRACHII

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull down on the handles with your arms, lifting your torso up towards your knees.
5. Hold the contraction for a moment, then lower your torso back down.
6. Repeat the exercise for the desired number of repetitions.
7. Release the spring tension at the end of the exercise.



PECTORAL FLY

MUSCLES: PECTORALIS MAJOR, TRICEPS BRACHII

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull down on the handles with your arms, lifting your torso up towards your knees.
5. Hold the contraction for a moment, then lower your torso back down.
6. Repeat the exercise for the desired number of repetitions.
7. Release the spring tension at the end of the exercise.



LEG EXTENSION

MUSCLES: RECTUS FEMORIS, VASTUS MUSCLES

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull down on the handles with your arms, lifting your torso up towards your knees.
5. Hold the contraction for a moment, then lower your torso back down.
6. Repeat the exercise for the desired number of repetitions.
7. Release the spring tension at the end of the exercise.



STANDING LEG CURL

MUSCLES: BICEPS FEMORIS, VASTUS MUSCLES

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull down on the handles with your arms, lifting your torso up towards your knees.
5. Hold the contraction for a moment, then lower your torso back down.
6. Repeat the exercise for the desired number of repetitions.
7. Release the spring tension at the end of the exercise.



LEG KICKBACK

MUSCLES: GLUTEUS MUSCLES, BICEPS FEMORIS

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull down on the handles with your arms, lifting your torso up towards your knees.
5. Hold the contraction for a moment, then lower your torso back down.
6. Repeat the exercise for the desired number of repetitions.
7. Release the spring tension at the end of the exercise.



LEG KICK-OUT/THIGH ADDUCTORS

MUSCLES: ADDUCTOR MUSCLES, GLUTEUS MUSCLES

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull down on the handles with your arms, lifting your torso up towards your knees.
5. Hold the contraction for a moment, then lower your torso back down.
6. Repeat the exercise for the desired number of repetitions.
7. Release the spring tension at the end of the exercise.



UPRIGHT ROW

MUSCLES: TRAPPEZOID MUSCLES, Deltoid

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull down on the handles with your arms, lifting your torso up towards your knees.
5. Hold the contraction for a moment, then lower your torso back down.
6. Repeat the exercise for the desired number of repetitions.
7. Release the spring tension at the end of the exercise.



FRONT SHOULDER RAISE

MUSCLES: Deltoid, TRAPPEZOID MUSCLES

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull down on the handles with your arms, lifting your torso up towards your knees.
5. Hold the contraction for a moment, then lower your torso back down.
6. Repeat the exercise for the desired number of repetitions.
7. Release the spring tension at the end of the exercise.



LEG KICK-INNER THIGH ADDUCTORS

MUSCLES: ADDUCTOR MUSCLES, GLUTEUS MUSCLES

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull down on the handles with your arms, lifting your torso up towards your knees.
5. Hold the contraction for a moment, then lower your torso back down.
6. Repeat the exercise for the desired number of repetitions.
7. Release the spring tension at the end of the exercise.

MUSCLE REFERENCE GUIDE



Marcy Weight Bench Exercise Guide

Rosina Ehmann



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