



mp 3100
multi-function home gym

> exercise chart

NOTE: ALWAYS USE PROPER FORM AND CONTROLLED MOVEMENTS. ALWAYS USE THE CORRECT GRASP AND TENSION. ALWAYS USE THE CORRECT GRASP AND TENSION. ALWAYS USE THE CORRECT GRASP AND TENSION.



Seated Cable Row
Muscles: Back, Biceps, Forearms
1. Sit on the bench and hold the handle with both hands.
2. Pull the handle towards your chest, keeping your feet flat on the floor.
3. Hold for a moment, then slowly return the handle to the starting position.



Standing Cable Row
Muscles: Back, Biceps, Forearms
1. Stand with feet shoulder-width apart, holding the handle with both hands.
2. Pull the handle towards your chest, keeping your back straight.
3. Hold for a moment, then slowly return the handle to the starting position.



Seated Cable Crossover
Muscles: Chest, Shoulders, Triceps
1. Sit on the bench and hold the handle with one hand.
2. Pull the handle diagonally across your chest towards the opposite shoulder.
3. Hold for a moment, then slowly return the handle to the starting position.



Standing Cable Crossover
Muscles: Chest, Shoulders, Triceps
1. Stand with feet shoulder-width apart, holding the handle with one hand.
2. Pull the handle diagonally across your chest towards the opposite shoulder.
3. Hold for a moment, then slowly return the handle to the starting position.



Seated Cable Fly
Muscles: Chest, Shoulders
1. Sit on the bench and hold the handle with both hands.
2. Pull the handle outwards and upwards, keeping your arms straight.
3. Hold for a moment, then slowly return the handle to the starting position.



Seated Cable Triceps Extension
Muscles: Triceps, Shoulders
1. Sit on the bench and hold the handle with both hands.
2. Pull the handle upwards and backwards, keeping your arms straight.
3. Hold for a moment, then slowly return the handle to the starting position.



Seated Cable Bicep Curl
Muscles: Biceps, Forearms
1. Sit on the bench and hold the handle with both hands.
2. Pull the handle upwards towards your shoulders, keeping your elbows close to your body.
3. Hold for a moment, then slowly return the handle to the starting position.



Seated Cable Shoulder Press
Muscles: Shoulders, Triceps
1. Sit on the bench and hold the handle with both hands.
2. Press the handle upwards from your shoulders, keeping your arms straight.
3. Hold for a moment, then slowly return the handle to the starting position.



Seated Cable Lat Pull-Down
Muscles: Lats, Biceps, Forearms
1. Sit on the bench and hold the handle with both hands.
2. Pull the handle down towards your chest, keeping your feet flat on the floor.
3. Hold for a moment, then slowly return the handle to the starting position.



Seated Cable Triceps Extension
Muscles: Triceps, Shoulders
1. Sit on the bench and hold the handle with both hands.
2. Pull the handle upwards and backwards, keeping your arms straight.
3. Hold for a moment, then slowly return the handle to the starting position.



Seated Cable Bicep Curl
Muscles: Biceps, Forearms
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3. Hold for a moment, then slowly return the handle to the starting position.

GETTING STARTED
Before using the MP 3100, please read the instructions carefully. The MP 3100 is a multi-function home gym that can be used for a variety of exercises. It is important to use the MP 3100 correctly to avoid injury. The MP 3100 is a multi-function home gym that can be used for a variety of exercises. It is important to use the MP 3100 correctly to avoid injury.

SAFETY PRECAUTIONS
Always use proper form and controlled movements. Always use the correct grasp and tension. Always use the correct grasp and tension. Always use the correct grasp and tension.



Marcy Weight Bench Workout Manual

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Explorer's Guide The Santa Fe & Taos Book Sharon Niederman,2006-04-17 This authoritative guide to the historic mystical hub of the Southwest is highly recommended by Travel Leisure and New Mexico magazines This definitive travel guide by one of New Mexico s most highly respected and widely published food and travel journalists will appeal to the traveler who seeks an in depth experience of northern New Mexico Niederman knows the major attractions the off beat caf s the luxurious spas the history back roads festivals and the area s scenic beauty like her own backyard Vivid photographs accompany hundreds of personally recommended lodging and dining establishments along with her insider s tips for the best places to go sightseeing shop or just relax This is the only guide to Santa Fe and Taos that you will ever need *Explorer's Guide Santa Fe & Taos* Sharon Niederman,2017-04-11 The ultimate guide to New Mexico s premier destination Now in its ninth edition Explorer s Guide Santa Fe Taos is a comprehensive guide to the land of enchantment Award winning author Sharon Niederman provides up to date information on all the attractions unique to this area traditional festivals and markets funky caf s lavish health spas exciting nightlife and beautiful scenery along with colorful details about Northern New Mexico s fascinating and unique multicultural history Visit the adobe walled San Miguel Chapel the oldest church in the U S or celebrate La Fiesta de Santa Fe the oldest continuously observed festival in the country This thoroughly updated edition features hundreds of recommendations on the best lodging dining sightseeing and shopping as well as plenty of information on the area s rich abundance of local lore and culture With detailed maps and more than 100 vivid photos all packaged in the beautiful new Explorer s Guide layout this is the essential companion on any voyage to this rustic corner of the Southwest

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