



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 using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the position for a few seconds.
7. Repeat the exercise.



BICEP CURL

Muscles: **bicep, brachialis, brachioradialis**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Stand with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the position for a few seconds.
7. Repeat the exercise.



PREACHER CURL

Muscles: **bicep, brachialis, brachioradialis**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the position for a few seconds.
7. Repeat the exercise.



TRICEP PUSH-DOWN

Muscles: **triceps, latissimus dorsi**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Stand with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the position for a few seconds.
7. Repeat the exercise.



SEATED ROW

Muscles: **back, bicep, latissimus dorsi**

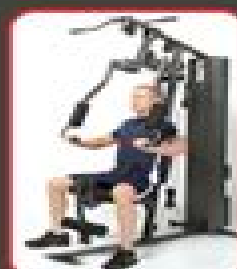
1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the position for a few seconds.
7. Repeat the exercise.



LAT PULDOWN

Muscles: **latissimus dorsi, bicep, triceps**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Stand with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the position for a few seconds.
7. Repeat the exercise.



STANDARD BENCH PRESS

Muscles: **chest, triceps, shoulders**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the position for a few seconds.
7. Repeat the exercise.



PECTORAL FLY

Muscles: **pectoralis major, pectoralis minor**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the position for a few seconds.
7. Repeat the exercise.



LEG EXTENSION

Muscles: **quadriceps, rectus femoris**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the position for a few seconds.
7. Repeat the exercise.



EXTENDING LEG CURL

Muscles: **hamstrings, rectus femoris, quadriceps**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the position for a few seconds.
7. Repeat the exercise.



LEG KICK-BACK

Muscles: **hamstrings, rectus femoris, quadriceps**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the position for a few seconds.
7. Repeat the exercise.



LEG KICK-OUT-THIGH

Muscles: **gluteus, rectus femoris, quadriceps**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the position for a few seconds.
7. Repeat the exercise.



UPRIGHT ROW

Muscles: **trapezius, bicep, latissimus dorsi**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the position for a few seconds.
7. Repeat the exercise.



FRONT SHOULDER RAISE

Muscles: **trapezius, bicep, latissimus dorsi**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the position for a few seconds.
7. Repeat the exercise.



LEG KICK-INNER THIGH

Muscles: **gluteus, rectus femoris, quadriceps**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the position for a few seconds.
7. Repeat the exercise.



Marcy Mach 3 Weight Machine Manual

R Bogdan



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