



mp 3100
multi-function home gym

> exercise chart

NOTE: ALWAYS EXERCISE WITH CORRECT FORM. PROPER FORM, AND NOT ONLY WEIGHT PLACED, MUST BE WITH THE CORRECT MUSCLES. EXERCISES CAN BE MODIFIED TO SUIT YOUR ABILITY. ALWAYS USE CORRECT FORM.



EXERCISE 1: SEATED CHEST PRESS
Muscles worked: Chest, shoulders, triceps.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Press the handles forward and upward until your arms are fully extended.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 2: SEATED SHOULDER PRESS
Muscles worked: Shoulders, triceps, core.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Press the handles straight up over your head until your arms are fully extended.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 3: SEATED ROW
Muscles worked: Back, shoulders, biceps.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles towards your chest, keeping your elbows close to your body.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 4: SEATED LAT PULL-DOWN
Muscles worked: Lats, shoulders, biceps.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles down towards your thighs, keeping your torso upright.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 5: SEATED LEG PRESS
Muscles worked: Quads, glutes, hamstrings.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Push the footplate forward and upward until your legs are fully extended.
4. Lower the footplate back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 6: SEATED CALF RAISE
Muscles worked: Calves.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Raise your heels off the floor until your calves are fully contracted.
4. Lower your heels back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 7: SEATED BICEP CURL
Muscles worked: Biceps, forearms.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Curl the handles up towards your shoulders, keeping your elbows close to your body.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 8: SEATED TRICEP EXTENSION
Muscles worked: Triceps, shoulders.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Extend the handles straight up over your head until your arms are fully extended.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 9: SEATED ABDOMINAL CRUNCH
Muscles worked: Abdominals.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles towards your chest, keeping your torso upright.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 10: SEATED LEG EXTENSION
Muscles worked: Quads.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Extend your legs forward until they are fully extended.
4. Lower your legs back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 11: SEATED SHOULDER FLEXION
Muscles worked: Shoulders, triceps.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles straight up over your head until your arms are fully extended.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 12: SEATED LAT PULL-DOWN
Muscles worked: Lats, shoulders, biceps.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles down towards your thighs, keeping your torso upright.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 13: SEATED CHEST PRESS
Muscles worked: Chest, shoulders, triceps.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Press the handles forward and upward until your arms are fully extended.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 14: SEATED SHOULDER PRESS
Muscles worked: Shoulders, triceps, core.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Press the handles straight up over your head until your arms are fully extended.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 15: SEATED ROW
Muscles worked: Back, shoulders, biceps.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles towards your chest, keeping your elbows close to your body.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 16: SEATED LAT PULL-DOWN
Muscles worked: Lats, shoulders, biceps.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles down towards your thighs, keeping your torso upright.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 17: SEATED LEG PRESS
Muscles worked: Quads, glutes, hamstrings.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Push the footplate forward and upward until your legs are fully extended.
4. Lower the footplate back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 18: SEATED CALF RAISE
Muscles worked: Calves.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Raise your heels off the floor until your calves are fully contracted.
4. Lower your heels back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 19: SEATED BICEP CURL
Muscles worked: Biceps, forearms.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Curl the handles up towards your shoulders, keeping your elbows close to your body.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 20: SEATED TRICEP EXTENSION
Muscles worked: Triceps, shoulders.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Extend the handles straight up over your head until your arms are fully extended.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 21: SEATED ABDOMINAL CRUNCH
Muscles worked: Abdominals.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles towards your chest, keeping your torso upright.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 22: SEATED LEG EXTENSION
Muscles worked: Quads.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Extend your legs forward until they are fully extended.
4. Lower your legs back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 23: SEATED SHOULDER FLEXION
Muscles worked: Shoulders, triceps.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles straight up over your head until your arms are fully extended.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



EXERCISE 24: SEATED LAT PULL-DOWN
Muscles worked: Lats, shoulders, biceps.
How to perform:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles down towards your thighs, keeping your torso upright.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.

GETTING STARTED:
Before you begin your workout, it is important to warm up your muscles. This can be done by performing light cardio for 5-10 minutes. Once you are warmed up, you can begin your workout. Start with a few sets of each exercise, and then increase the weight as you become more comfortable. Always use proper form, and stop if you feel any pain or discomfort. Remember, consistency is key to seeing results. Aim to workout 3-4 times per week, and you will be on your way to a healthier, stronger you.

SAFETY:
Always use proper form when performing exercises. Do not lift weights that are too heavy for you. If you feel any pain or discomfort, stop immediately. It is also important to stay hydrated during your workout. Drink plenty of water before, during, and after your workout. Finally, make sure you are using the equipment correctly. Read the instructions carefully, and ask for help if you are unsure. Your safety is our top priority.

muscle reference guide



Marcy Pro Exercise Guide

Sharon Niederman



Marcy Pro Exercise Guide:

The Absolute, Ultimate Guide to Lehninger Principles of Biochemistry Marcy Osgood, Karen A. Ocorr, 2008-04-04
The Absolute Ultimate Guide combines an innovative study guide with a reliable solutions manual in one convenient printed volume

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 cafés 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

The Absolute, Ultimate Guide to Lehninger Principles of Biochemistry 4e Marcy Osgood, Karen Ocorr, 2005 This undergraduate textbook describes the structure and function of the major classes of cellular constituents and explains the physical chemical and biological context in which each biomolecule reaction and pathway operates The fourth edition adds a chapter on the regulation of metabolism reflects recent advances and incorporates new experimental methodologies and an expanded and redesigned treatment of reaction mechanisms Annotation 2004 Book News Inc Portland OR booknews.com

A Practitioner's Guide to Class Actions Marcy Hogan Greer, 2010 Complete with a state by state analysis of the ways in which the class action rules differ from the Federal Rule of Civil Procedure 23 this comprehensive guide provides practitioners with an understanding of the intricacies of a class action lawsuit Multiple authors contributed to the book mainly 12 top litigators at the premiere law firm of Fulbright and Jaworski L L P

Catalog of Sears, Roebuck and Company Sears, Roebuck and Company, 1990

I Love New York Guide Marilyn J. Appleberg, 1988 Features a wealth of information on New York's buildings and landmarks public events noted sights and less known points of interest

Commercial News USA., 1985

Resources in Education, 1998

Journal of Property Management, 1986

Lodging Hospitality, 1989

New York Magazine, 1988-06-20 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

Good Housekeeping, 1988

The Spa Guide Judy Colbert, Ed Colbert, 1988

Corporate Fitness, 1988

Exerstyle Philip Mazzurco, 1985

Lodging, 1987

Practical Pharmacology in Rehabilitation Lynette Carl, Joseph Gallo, Peter Johnson, 2014 Practical Pharmacology in Rehabilitation discusses the effects of medications in the rehabilitation process and assists rehabilitation professionals in designing patient specific therapy plans based on coexisting disease states

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