



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 ABDOMINUS

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull it down towards your knees.
4. Push the handle back up and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



BICEP CURL

MUSCLES: BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull it up towards your shoulders.
4. Push the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



PREACHER CURL

MUSCLES: BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull it up towards your shoulders.
4. Push the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



TRICEP PUSH-DOWN

MUSCLES: TRICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and push it down towards your knees.
4. Pull the handle back up and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



SEATED ROW

MUSCLES: LATS, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull it up towards your shoulders.
4. Push the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



LAT PULDOWN

MUSCLES: LATS, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull it down towards your knees.
4. Push the handle back up and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



STANDARD BENCH PRESS

MUSCLES: CHEST, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and push it up towards your shoulders.
4. Pull the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



PECTORAL FLY

MUSCLES: CHEST, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull it up towards your shoulders.
4. Push the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



LEG EXTENSION

MUSCLES: QUADRICEPS, RECTUS ABDOMINUS

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull it up towards your shoulders.
4. Push the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



STANDING LEG CURL

MUSCLES: HAMSTRINGS, RECTUS ABDOMINUS

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull it up towards your shoulders.
4. Push the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



LEG KICK-BACK

MUSCLES: HAMSTRINGS, RECTUS ABDOMINUS

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull it up towards your shoulders.
4. Push the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



LEG KICK-OUT/THIGH ADDUCTORS

MUSCLES: HAMSTRINGS, RECTUS ABDOMINUS

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull it up towards your shoulders.
4. Push the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



UPRIGHT ROW

MUSCLES: LATS, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull it up towards your shoulders.
4. Push the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



FRONT SHOULDER RAISE

MUSCLES: LATS, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull it up towards your shoulders.
4. Push the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



LEG KICK/INNER THIGH ADDUCTORS

MUSCLES: HAMSTRINGS, RECTUS ABDOMINUS

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull it up towards your shoulders.
4. Push the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



Marcy Home Gym Diamond Elite Exercise Manual

RC Schank



Marcy Home Gym Diamond Elite Exercise Manual:

Enjoying the Beat of Term: An Mental Symphony within **Marcy Home Gym Diamond Elite Exercise Manual**

In a world consumed by monitors and the ceaseless chatter of immediate conversation, the melodic elegance and emotional symphony created by the prepared word usually diminish in to the back ground, eclipsed by the relentless noise and interruptions that permeate our lives. However, nestled within the pages of **Marcy Home Gym Diamond Elite Exercise Manual** a charming literary value full of fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this captivating masterpiece conducts readers on an emotional journey, well unraveling the hidden songs and profound influence resonating within each carefully crafted phrase. Within the depths of this touching examination, we can investigate the book is central harmonies, analyze its enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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