



mp 3100
multi-function home gym

> exercise chart

NOTE: ALWAYS EXERCISE WITH PROPER FORM. ALWAYS USE THE CORRECT GRASP. ALWAYS USE THE CORRECT GRASP. ALWAYS USE THE CORRECT GRASP.



SEATED CABLE ROW
Muscles: Back, Biceps, Forearms
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle towards your chest.
4. Hold for a moment, then release.
5. Repeat for the desired number of repetitions.



STANDING CABLE ROW
Muscles: Back, Biceps, Forearms
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle towards your chest.
4. Hold for a moment, then release.
5. Repeat for the desired number of repetitions.



SEATED CABLE CROSSOVER
Muscles: Chest, Triceps, Forearms
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle towards your chest.
4. Hold for a moment, then release.
5. Repeat for the desired number of repetitions.



STANDING CABLE CROSSOVER
Muscles: Chest, Triceps, Forearms
1. Adjust the seat height.
2. Grasp the handle with both hands.
3. Pull the handle towards your chest.
4. Hold for a moment, then release.
5. Repeat for the desired number of repetitions.



SEATED CABLE FLY
Muscles: Chest, Triceps, Forearms
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3. Pull the handle towards your chest.
4. Hold for a moment, then release.
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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. Always use proper form and technique to avoid injury. If you are unsure of how to perform an exercise, consult the manual or ask a fitness professional for assistance. Remember, consistency is key to achieving your fitness goals.

SAFETY PRECAUTIONS
Always use proper form and technique to avoid injury. If you are unsure of how to perform an exercise, consult the manual or ask a fitness professional for assistance. Remember, consistency is key to achieving your fitness goals.



Marcy Weight Bench Workout Manual

DP Hallahan



Marcy Weight Bench Workout Manual:

Marcy Weight Bench Workout Manual Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Marcy Weight Bench Workout Manual**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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