



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 Abdominis

1. Select the desired weight.
2. Attach the cable to the top pulley and the handle to the bottom pulley.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, lifting your shoulders off the seat.
5. Hold the contraction for a moment, then lower the handles back down.
6. Repeat the movement for the desired number of repetitions.



BICEP CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the top pulley and the handle to the bottom pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, lifting your shoulders off the seat.
5. Hold the contraction for a moment, then lower the handles back down.
6. Repeat the movement for the desired number of repetitions.



PREACHER CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the top pulley and the handle to the bottom pulley.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, lifting your shoulders off the seat.
5. Hold the contraction for a moment, then lower the handles back down.
6. Repeat the movement for the desired number of repetitions.



TRICEP PUSH-DOWN

Muscles: Triceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the top pulley and the handle to the bottom pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles down towards your feet, lifting your shoulders off the seat.
5. Hold the contraction for a moment, then lower the handles back up.
6. Repeat the movement for the desired number of repetitions.



SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top pulley and the handle to the bottom pulley.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, lifting your shoulders off the seat.
5. Hold the contraction for a moment, then lower the handles back down.
6. Repeat the movement for the desired number of repetitions.



LAT PULDOWN

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top pulley and the handle to the bottom pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles down towards your feet, lifting your shoulders off the seat.
5. Hold the contraction for a moment, then lower the handles back up.
6. Repeat the movement for the desired number of repetitions.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Pectoralis Minor

1. Select the desired weight.
2. Attach the cable to the top pulley and the handle to the bottom pulley.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, lifting your shoulders off the seat.
5. Hold the contraction for a moment, then lower the handles back down.
6. Repeat the movement for the desired number of repetitions.



PECTORAL FLY

Muscles: Pectoralis Major, Pectoralis Minor

1. Select the desired weight.
2. Attach the cable to the top pulley and the handle to the bottom pulley.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, lifting your shoulders off the seat.
5. Hold the contraction for a moment, then lower the handles back down.
6. Repeat the movement for the desired number of repetitions.



LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top pulley and the handle to the bottom pulley.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, lifting your shoulders off the seat.
5. Hold the contraction for a moment, then lower the handles back down.
6. Repeat the movement for the desired number of repetitions.



STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top pulley and the handle to the bottom pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, lifting your shoulders off the seat.
5. Hold the contraction for a moment, then lower the handles back down.
6. Repeat the movement for the desired number of repetitions.



LEG KICK-BACK

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top pulley and the handle to the bottom pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, lifting your shoulders off the seat.
5. Hold the contraction for a moment, then lower the handles back down.
6. Repeat the movement for the desired number of repetitions.



LEG KICK-OUT-THIGH (ADDUCTORS)

Muscles: Adductors, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top pulley and the handle to the bottom pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, lifting your shoulders off the seat.
5. Hold the contraction for a moment, then lower the handles back down.
6. Repeat the movement for the desired number of repetitions.



UPRIGHT ROW

Muscles: Trapezius, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top pulley and the handle to the bottom pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, lifting your shoulders off the seat.
5. Hold the contraction for a moment, then lower the handles back down.
6. Repeat the movement for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: Deltoids, Trapezius

1. Select the desired weight.
2. Attach the cable to the top pulley and the handle to the bottom pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, lifting your shoulders off the seat.
5. Hold the contraction for a moment, then lower the handles back down.
6. Repeat the movement for the desired number of repetitions.



LEG KICK-INNER THIGH (ADDUCTORS)

Muscles: Adductors, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top pulley and the handle to the bottom pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, lifting your shoulders off the seat.
5. Hold the contraction for a moment, then lower the handles back down.
6. Repeat the movement for the desired number of repetitions.

MUSCLE REFERENCE GUIDE



Marcy Diamond Elite Home Gym Manual

RS Peters

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the 'RS Peters' text.

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Unveiling the Power of Verbal Art: An Mental Sojourn through **Marcy Diamond Elite Home Gym Manual**

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