



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 straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest and lean back slightly.
5. Release the straps and lean forward, pulling the straps down towards your feet.
6. Repeat the motion, keeping your feet flat on the floor and your hands on the handles.
7. Maintain the correct posture at all times.



BICEP CURL

Muscles: Biceps, Brachialis

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest and lean back slightly.
5. Release the straps and lean forward, pulling the straps down towards your feet.
6. Repeat the motion, keeping your feet flat on the floor and your hands on the handles.
7. Maintain the correct posture at all times.



PREACHER CURL

Muscles: Biceps, Brachialis

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest and lean back slightly.
5. Release the straps and lean forward, pulling the straps down towards your feet.
6. Repeat the motion, keeping your feet flat on the floor and your hands on the handles.
7. Maintain the correct posture at all times.



TRICEP PUSH-DOWN

Muscles: Triceps, Brachialis

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest and lean back slightly.
5. Release the straps and lean forward, pulling the straps down towards your feet.
6. Repeat the motion, keeping your feet flat on the floor and your hands on the handles.
7. Maintain the correct posture at all times.



SEATED ROW

Muscles: Back, Biceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest and lean back slightly.
5. Release the straps and lean forward, pulling the straps down towards your feet.
6. Repeat the motion, keeping your feet flat on the floor and your hands on the handles.
7. Maintain the correct posture at all times.



LAT PULL-DOWN

Muscles: Lats, Biceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest and lean back slightly.
5. Release the straps and lean forward, pulling the straps down towards your feet.
6. Repeat the motion, keeping your feet flat on the floor and your hands on the handles.
7. Maintain the correct posture at all times.



STANDARD BENCH PRESS

Muscles: Chest, Triceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest and lean back slightly.
5. Release the straps and lean forward, pulling the straps down towards your feet.
6. Repeat the motion, keeping your feet flat on the floor and your hands on the handles.
7. Maintain the correct posture at all times.



PECTORAL FLY

Muscles: Pectorals, Biceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest and lean back slightly.
5. Release the straps and lean forward, pulling the straps down towards your feet.
6. Repeat the motion, keeping your feet flat on the floor and your hands on the handles.
7. Maintain the correct posture at all times.



LEG EXTENSION

Muscles: Quadriceps, Hamstrings

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest and lean back slightly.
5. Release the straps and lean forward, pulling the straps down towards your feet.
6. Repeat the motion, keeping your feet flat on the floor and your hands on the handles.
7. Maintain the correct posture at all times.



STANDING LEG CURL

Muscles: Hamstrings, Glutes

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest and lean back slightly.
5. Release the straps and lean forward, pulling the straps down towards your feet.
6. Repeat the motion, keeping your feet flat on the floor and your hands on the handles.
7. Maintain the correct posture at all times.



LEG KICKBACK

Muscles: Hamstrings, Glutes

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest and lean back slightly.
5. Release the straps and lean forward, pulling the straps down towards your feet.
6. Repeat the motion, keeping your feet flat on the floor and your hands on the handles.
7. Maintain the correct posture at all times.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductors, Glutes

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest and lean back slightly.
5. Release the straps and lean forward, pulling the straps down towards your feet.
6. Repeat the motion, keeping your feet flat on the floor and your hands on the handles.
7. Maintain the correct posture at all times.



UPRIGHT ROW

Muscles: Traps, Biceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest and lean back slightly.
5. Release the straps and lean forward, pulling the straps down towards your feet.
6. Repeat the motion, keeping your feet flat on the floor and your hands on the handles.
7. Maintain the correct posture at all times.



FRONT SHOULDER RAISE

Muscles: Deltoids, Biceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest and lean back slightly.
5. Release the straps and lean forward, pulling the straps down towards your feet.
6. Repeat the motion, keeping your feet flat on the floor and your hands on the handles.
7. Maintain the correct posture at all times.



LEG KICK/INNER THIGH ADDUCTORS

Muscles: Adductors, Glutes

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest and lean back slightly.
5. Release the straps and lean forward, pulling the straps down towards your feet.
6. Repeat the motion, keeping your feet flat on the floor and your hands on the handles.
7. Maintain the correct posture at all times.

MUSCLE REFERENCE GUIDE



Marcy Weight Bench Exercise Guide

Zhe Xu

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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