



STANDING CABLE ROW
 • Pull the handle towards your chest, keeping your back straight and feet flat on the floor.
 • This exercise targets the back, shoulders, and biceps.



SEATED CABLE ROW
 • Sit on the machine, facing the cable, and pull the handle towards your chest.
 • This exercise targets the back, shoulders, and biceps.



STANDING LAT PULDOWN
 • Stand facing the cable machine, holding the handle with both hands.
 • Pull the handle down towards your chest, keeping your feet flat on the floor.



SEATED LAT PULDOWN
 • Sit on the machine, facing the cable, and pull the handle down towards your chest.
 • This exercise targets the back, shoulders, and biceps.



SEATED CABLE CROSSOVER
 • Sit on the machine, facing the cable, and pull the handle from one side towards the other side of your chest.
 • This exercise targets the chest, shoulders, and core.



SEATED CABLE FLY
 • Sit on the machine, facing the cable, and pull the handle from one side towards the other side of your chest.
 • This exercise targets the chest, shoulders, and core.



SEATED CABLE CHEST PRESS
 • Sit on the machine, facing the cable, and push the handle forward.
 • This exercise targets the chest, shoulders, and core.



SEATED CABLE TRICEP EXTENSION
 • Sit on the machine, facing the cable, and pull the handle down towards your head.
 • This exercise targets the triceps and core.



SEATED CABLE BICEP CURL
 • Sit on the machine, facing the cable, and pull the handle up towards your chest.
 • This exercise targets the biceps and core.



STANDING CABLE CROSSOVER
 • Stand facing the cable machine, holding the handle with both hands.
 • Pull the handle from one side towards the other side of your chest.



SEATED CABLE CROSSOVER
 • Sit on the machine, facing the cable, and pull the handle from one side towards the other side of your chest.
 • This exercise targets the chest, shoulders, and core.



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 • This exercise targets the triceps and core.



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 • Sit on the machine, facing the cable, and pull the handle up towards your chest.
 • This exercise targets the biceps and core.



MAFRCY

When You Finally Get Serious



GETTING STARTED
 Before you begin your workout, it's 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 the exercises listed in the chart, and gradually increase the weight and reps as you become more comfortable with the movements. Remember to breathe properly and maintain good form throughout your workout.

IMPORTANT SAFETY INFORMATION
 Always use proper form and technique when performing exercises. If you are unsure of how to perform an exercise, consult with a fitness professional. It's also important to listen to your body and stop if you experience any pain or discomfort. Finally, remember to stay hydrated and get enough rest between workouts.

Mwm988 Marcy Home Gym Exercise Guide

Michael Lafavore

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

Mwm988 Marcy Home Gym Exercise Guide:

Unveiling the Magic of Words: A Report on "**Mwm988 Marcy Home Gym Exercise Guide**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Mwm988 Marcy Home Gym Exercise Guide**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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