



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: **abdominal, abdominal**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps towards your feet.
6. Hold the position for a few seconds.
7. Repeat the exercise.



BICEP CURL

Muscles: **bicep, bicep**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Stand with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps towards your feet.
6. Hold the position for a few seconds.
7. Repeat the exercise.



PREACHER CURL

Muscles: **bicep, bicep**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps towards your feet.
6. Hold the position for a few seconds.
7. Repeat the exercise.



TRICEP PUSH-DOWN

Muscles: **tricep, tricep**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Stand with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps towards your feet.
6. Hold the position for a few seconds.
7. Repeat the exercise.



SEATED ROW

Muscles: **back, back**

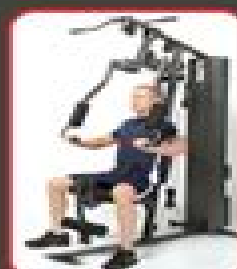
1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps towards your feet.
6. Hold the position for a few seconds.
7. Repeat the exercise.



LAT PULL-DOWN

Muscles: **back, back**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps towards your feet.
6. Hold the position for a few seconds.
7. Repeat the exercise.



STANDARD BENCH PRESS

Muscles: **chest, chest**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps towards your feet.
6. Hold the position for a few seconds.
7. Repeat the exercise.



PECTORAL FLY

Muscles: **chest, chest**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps towards your feet.
6. Hold the position for a few seconds.
7. Repeat the exercise.



LEG EXTENSION

Muscles: **quadriceps, quadriceps**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps towards your feet.
6. Hold the position for a few seconds.
7. Repeat the exercise.



EXTENDING LEG CURL

Muscles: **hamstrings, hamstrings**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps towards your feet.
6. Hold the position for a few seconds.
7. Repeat the exercise.



LEG KICK-BACK

Muscles: **glutes, glutes**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps towards your feet.
6. Hold the position for a few seconds.
7. Repeat the exercise.



LEG KICK-OUT-THIGH (ADDUCTORS)

Muscles: **adductors, adductors**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps towards your feet.
6. Hold the position for a few seconds.
7. Repeat the exercise.



UPRIGHT ROW

Muscles: **trapezius, trapezius**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps towards your feet.
6. Hold the position for a few seconds.
7. Repeat the exercise.



FRONT SHOULDER RAISE

Muscles: **shoulders, shoulders**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps towards your feet.
6. Hold the position for a few seconds.
7. Repeat the exercise.

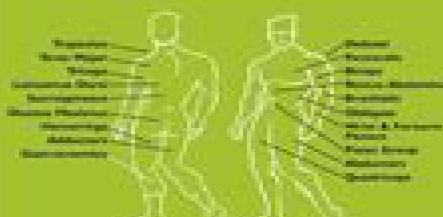


LEG KICK-INNER THIGH (ADDUCTORS)

Muscles: **adductors, adductors**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps towards your feet.
6. Hold the position for a few seconds.
7. Repeat the exercise.

MUSCLE REFERENCE GUIDE



Marcy Mach 3 Weight Machine Manual

L Darling-Hammond



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