



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 handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Push the handle up and down, keeping the feet flat on the floor.
5. Repeat the motion for the desired number of repetitions.



BICEP CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Push the handle up and down, keeping the feet flat on the floor.
5. Repeat the motion for the desired number of repetitions.



PREACHER CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Push the handle up and down, keeping the feet flat on the floor.
5. Repeat the motion 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 handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Push the handle up and down, keeping the feet flat on the floor.
5. Repeat the motion for the desired number of repetitions.



SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Push the handle up and down, keeping the feet flat on the floor.
5. Repeat the motion for the desired number of repetitions.



LAT PUL-DOWN

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Push the handle up and down, keeping the feet flat on the floor.
5. Repeat the motion for the desired number of repetitions.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Anterior Deltoids

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Push the handle up and down, keeping the feet flat on the floor.
5. Repeat the motion for the desired number of repetitions.



PECTORAL FLY

Muscles: Pectoralis Major, Anterior Deltoids

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Push the handle up and down, keeping the feet flat on the floor.
5. Repeat the motion 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 handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Push the handle up and down, keeping the feet flat on the floor.
5. Repeat the motion 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 handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Push the handle up and down, keeping the feet flat on the floor.
5. Repeat the motion 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 handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Push the handle up and down, keeping the feet flat on the floor.
5. Repeat the motion for the desired number of repetitions.



LEG KICK-OUT-THIGH (ABDUCTORS)

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Push the handle up and down, keeping the feet flat on the floor.
5. Repeat the motion for the desired number of repetitions.



UPRIGHT ROW

Muscles: Trapezius, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Push the handle up and down, keeping the feet flat on the floor.
5. Repeat the motion for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: Deltoids, Trapezius

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Push the handle up and down, keeping the feet flat on the floor.
5. Repeat the motion for the desired number of repetitions.



LEG KICK-INNER THIGH (ADDUCTORS)

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top handle and sit on the machine.
3. Grasp the handle with both hands and pull down.
4. Push the handle up and down, keeping the feet flat on the floor.
5. Repeat the motion for the desired number of repetitions.

MUSCLE REFERENCE GUIDE



Marcy Diamond Elite Home Gym Manual

Michael Rajnik



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