



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 it down towards your knees.
4. Push the handle back up and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



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 it up towards your shoulders.
4. Push the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



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 it up towards your shoulders.
4. Push the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



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 push it down towards your feet.
4. Pull the handle back up and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



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 it up towards your chest.
4. Push the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



LAT PULDOWN

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 it down towards your feet.
4. Push the handle back up and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Triceps Brachii

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 push it up towards your chest.
4. Pull the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



PECTORAL FLY

Muscles: Pectoralis Major, Triceps Brachii

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 fly it out towards your sides.
4. Pull the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



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 extend your legs outwards.
4. Pull the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



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 curl your legs up towards your chest.
4. Pull the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



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 kick your legs back.
4. Pull the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



LEG KICK-OUT-THIGH

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 kick your legs out.
4. Pull the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



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 it up towards your chest.
4. Push the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



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 raise your shoulders up.
4. Push the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



LEG KICK-INNER THIGH

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 kick your legs in.
4. Pull the handle back down and repeat the motion.
5. Repeat the motion 10-15 times.
6. Release the handle and return to the starting position.



Marcy Home Gym Diamond Elite Exercise Manual

Chao Zhang



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