

Olympic Smith Machine



APRAXIS

BACK

CHEST

LEGS

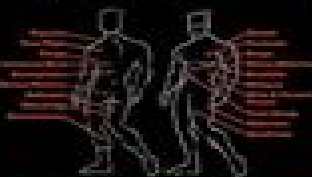
SHOULDER

ARMS

VARIABLE EXERCISE PROGRAM

EXERCISE	RECOMMENDED WEIGHT	RECOMMENDED SETS
BENCH PRESS	100 LBS.	3-4 SETS
SHOULDER PRESS	50 LBS.	3-4 SETS
LEG PRESS	150 LBS.	3-4 SETS

SAFETY PRECAUTIONS:
 • Always use proper form and technique.
 • Do not lift or lower weights too quickly.
 • Do not use the machine if you are injured or have any medical conditions.
 • Do not use the machine if you are under the influence of alcohol or drugs.
 • Do not use the machine if you are feeling dizzy or lightheaded.
 • Do not use the machine if you are feeling any pain or discomfort.



EXERCISE PROGRAM

1. BENCH PRESS
 This exercise targets the chest, shoulders, and triceps. It is performed by lying on a bench with feet flat on the floor, knees bent, and arms extended upwards. The weight is lowered to the chest and then pressed back up.



2. STANDING BACK SQUAT
 This exercise targets the quadriceps, hamstrings, and glutes. It is performed by standing with feet shoulder-width apart, toes slightly out, and lowering the body into a squat position.



3. BENT-OVER ROW
 This exercise targets the back, shoulders, and biceps. It is performed by bending over at the hips with feet flat on the floor, pulling the weight up towards the chest.



4. KNEELING TRICEP EXTENSION
 This exercise targets the triceps. It is performed by kneeling with feet flat on the floor, holding the weight with both hands, and lowering it behind the head.



5. STANDING SHOULDER PRESS
 This exercise targets the shoulders and triceps. It is performed by standing with feet shoulder-width apart, holding the weight with both hands, and pressing it straight up.



6. SEATED LEG PRESS
 This exercise targets the quadriceps and glutes. It is performed by sitting on a bench with feet flat on the floor, pushing the weight away from the legs.



7. SEATED SHOULDER PRESS
 This exercise targets the shoulders and triceps. It is performed by sitting on a bench with feet flat on the floor, holding the weight with both hands, and pressing it straight up.



8. SEATED TRICEP EXTENSION
 This exercise targets the triceps. It is performed by sitting on a bench with feet flat on the floor, holding the weight with both hands, and lowering it behind the head.



9. SEATED ROW
 This exercise targets the back, shoulders, and biceps. It is performed by sitting on a bench with feet flat on the floor, pulling the weight up towards the chest.



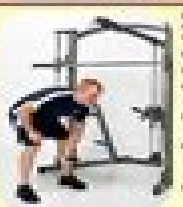
10. LYING BENCH PRESS
 This exercise targets the chest, shoulders, and triceps. It is performed by lying on a bench with feet flat on the floor, holding the weight with both hands, and pressing it straight up.



11. LYING LEG PRESS
 This exercise targets the quadriceps and glutes. It is performed by lying on a bench with feet flat on the floor, pushing the weight away from the legs.



12. LYING SHOULDER PRESS
 This exercise targets the shoulders and triceps. It is performed by lying on a bench with feet flat on the floor, holding the weight with both hands, and pressing it straight up.



13. LYING TRICEP EXTENSION
 This exercise targets the triceps. It is performed by lying on a bench with feet flat on the floor, holding the weight with both hands, and lowering it behind the head.



14. SEATED ROW
 This exercise targets the back, shoulders, and biceps. It is performed by sitting on a bench with feet flat on the floor, pulling the weight up towards the chest.



15. SEATED SHOULDER PRESS
 This exercise targets the shoulders and triceps. It is performed by sitting on a bench with feet flat on the floor, holding the weight with both hands, and pressing it straight up.



16. SEATED TRICEP EXTENSION
 This exercise targets the triceps. It is performed by sitting on a bench with feet flat on the floor, holding the weight with both hands, and lowering it behind the head.



17. STANDING BACK SQUAT
 This exercise targets the quadriceps, hamstrings, and glutes. It is performed by standing with feet shoulder-width apart, toes slightly out, and lowering the body into a squat position.



18. BENT-OVER ROW
 This exercise targets the back, shoulders, and biceps. It is performed by bending over at the hips with feet flat on the floor, pulling the weight up towards the chest.



19. STANDING SHOULDER PRESS
 This exercise targets the shoulders and triceps. It is performed by standing with feet shoulder-width apart, holding the weight with both hands, and pressing it straight up.



20. SEATED LEG PRESS
 This exercise targets the quadriceps and glutes. It is performed by sitting on a bench with feet flat on the floor, pushing the weight away from the legs.



21. LYING BENCH PRESS
 This exercise targets the chest, shoulders, and triceps. It is performed by lying on a bench with feet flat on the floor, holding the weight with both hands, and pressing it straight up.



22. SEATED SHOULDER PRESS
 This exercise targets the shoulders and triceps. It is performed by sitting on a bench with feet flat on the floor, holding the weight with both hands, and pressing it straight up.



23. BENT-OVER ROW
 This exercise targets the back, shoulders, and biceps. It is performed by bending over at the hips with feet flat on the floor, pulling the weight up towards the chest.



24. STANDING BACK SQUAT
 This exercise targets the quadriceps, hamstrings, and glutes. It is performed by standing with feet shoulder-width apart, toes slightly out, and lowering the body into a squat position.



25. SEATED LEG PRESS
 This exercise targets the quadriceps and glutes. It is performed by sitting on a bench with feet flat on the floor, pushing the weight away from the legs.



26. LYING BENCH PRESS
 This exercise targets the chest, shoulders, and triceps. It is performed by lying on a bench with feet flat on the floor, holding the weight with both hands, and pressing it straight up.



27. SEATED SHOULDER PRESS
 This exercise targets the shoulders and triceps. It is performed by sitting on a bench with feet flat on the floor, holding the weight with both hands, and pressing it straight up.



28. BENT-OVER ROW
 This exercise targets the back, shoulders, and biceps. It is performed by bending over at the hips with feet flat on the floor, pulling the weight up towards the chest.

Marcy Mwm 900 Home Gym Exercises Guide

Thomas Griffiths



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1. Understanding the eBook Marcy Mwm 900 Home Gym Exercises Guide
 - The Rise of Digital Reading Marcy Mwm 900 Home Gym Exercises Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Marcy Mwm 900 Home Gym Exercises Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Marcy Mwm 900 Home Gym Exercises Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Marcy Mwm 900 Home Gym Exercises Guide
 - Personalized Recommendations
 - Marcy Mwm 900 Home Gym Exercises Guide User Reviews and Ratings
 - Marcy Mwm 900 Home Gym Exercises Guide and Bestseller Lists
5. Accessing Marcy Mwm 900 Home Gym Exercises Guide Free and Paid eBooks
 - Marcy Mwm 900 Home Gym Exercises Guide Public Domain eBooks
 - Marcy Mwm 900 Home Gym Exercises Guide eBook Subscription Services
 - Marcy Mwm 900 Home Gym Exercises Guide Budget-Friendly Options

6. Navigating Marcy Mwm 900 Home Gym Exercises Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Marcy Mwm 900 Home Gym Exercises Guide Compatibility with Devices
 - Marcy Mwm 900 Home Gym Exercises Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Marcy Mwm 900 Home Gym Exercises Guide
 - Highlighting and Note-Taking Marcy Mwm 900 Home Gym Exercises Guide
 - Interactive Elements Marcy Mwm 900 Home Gym Exercises Guide
8. Staying Engaged with Marcy Mwm 900 Home Gym Exercises Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Marcy Mwm 900 Home Gym Exercises Guide
9. Balancing eBooks and Physical Books Marcy Mwm 900 Home Gym Exercises Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Marcy Mwm 900 Home Gym Exercises Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Marcy Mwm 900 Home Gym Exercises Guide
 - Setting Reading Goals Marcy Mwm 900 Home Gym Exercises Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Marcy Mwm 900 Home Gym Exercises Guide
 - Fact-Checking eBook Content of Marcy Mwm 900 Home Gym Exercises Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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