



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 PULLDOWN
 • Stand and pull the handle from above your head down towards your chest.
 • This exercise targets the back, shoulders, and biceps.



SEATED LAT PULLDOWN
 • Sit on the machine, facing the cable, and pull the handle from above your head 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 biceps.



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 biceps.



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



SEATED CABLE TRICEPS PRESSDOWN
 • Sit on the machine, facing the cable, and push the handle down from your chest.
 • This exercise targets the triceps and shoulders.



SEATED CABLE SHOULDER PRESS
 • Sit on the machine, facing the cable, and push the handle up from your chest.
 • This exercise targets the shoulders and triceps.



STANDING CABLE CHEST PRESS
 • Stand and push the handle forward from your chest.
 • This exercise targets the chest, shoulders, and triceps.



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



SEATED CABLE SHOULDER PRESS
 • Sit on the machine, facing the cable, and push the handle up from your chest.
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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 a few sets of each exercise, and then 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 a fitness professional. Do not lift weights that are too heavy for you, and avoid lifting with your back. Always warm up before your workout, and stretch after your workout. If you experience any pain or discomfort, stop the exercise immediately and consult a doctor.

Mwm988 Marcy Home Gym Exercise Guide

Wolfgang Guggemos

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