



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 ABDOMINUS**

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor.
4. Place your hands on your knees with your elbows on your thighs.
5. Inhale and exhale as you lean back and forth.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return to the starting position.



BICEP CURL

MUSCLES: **BICEPS, DELTOIDS, SHOULDERS**

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart.
4. Hold the bar with both hands, palms facing forward.
5. Inhale and exhale as you lean back and forth.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return to the starting position.



PREACHER CURL

MUSCLES: **BICEPS, DELTOIDS, SHOULDERS**

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor.
4. Place your hands on your knees with your elbows on your thighs.
5. Inhale and exhale as you lean back and forth.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return to the starting position.



TRICEP PUSH-DOWN

MUSCLES: **TRICEPS, DELTOIDS, SHOULDERS**

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart.
4. Hold the bar with both hands, palms facing forward.
5. Inhale and exhale as you lean back and forth.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return to the starting position.



SEATED ROW

MUSCLES: **ROWING, DELTOIDS, SHOULDERS**

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor.
4. Place your hands on your knees with your elbows on your thighs.
5. Inhale and exhale as you lean back and forth.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return to the starting position.



LAT PULL-DOWN

MUSCLES: **LATS, DELTOIDS, SHOULDERS**

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart.
4. Hold the bar with both hands, palms facing forward.
5. Inhale and exhale as you lean back and forth.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return to the starting position.



STANDARD BENCH PRESS

MUSCLES: **BENCH PRESS, DELTOIDS, SHOULDERS**

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor.
4. Place your hands on your knees with your elbows on your thighs.
5. Inhale and exhale as you lean back and forth.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return to the starting position.



PECTORAL FLY

MUSCLES: **PECTORALS, DELTOIDS, SHOULDERS**

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart.
4. Hold the bar with both hands, palms facing forward.
5. Inhale and exhale as you lean back and forth.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return to the starting position.



LEG EXTENSION

MUSCLES: **LEG EXTENSION, DELTOIDS, SHOULDERS**

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor.
4. Place your hands on your knees with your elbows on your thighs.
5. Inhale and exhale as you lean back and forth.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return to the starting position.



STANDING LEG CURL

MUSCLES: **LEG CURL, DELTOIDS, SHOULDERS**

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart.
4. Hold the bar with both hands, palms facing forward.
5. Inhale and exhale as you lean back and forth.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return to the starting position.



LEG KICKBACK

MUSCLES: **LEG KICKBACK, DELTOIDS, SHOULDERS**

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart.
4. Hold the bar with both hands, palms facing forward.
5. Inhale and exhale as you lean back and forth.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return to the starting position.



LEG KICK-OUT/THIGH ADDUCTORS

MUSCLES: **LEG KICK-OUT, THIGH ADDUCTORS, DELTOIDS, SHOULDERS**

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart.
4. Hold the bar with both hands, palms facing forward.
5. Inhale and exhale as you lean back and forth.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return to the starting position.



UPRIGHT ROW

MUSCLES: **UPRIGHT ROW, DELTOIDS, SHOULDERS**

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart.
4. Hold the bar with both hands, palms facing forward.
5. Inhale and exhale as you lean back and forth.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return to the starting position.



FRONT SHOULDER RAISE

MUSCLES: **FRONT SHOULDER RAISE, DELTOIDS, SHOULDERS**

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart.
4. Hold the bar with both hands, palms facing forward.
5. Inhale and exhale as you lean back and forth.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return to the starting position.



LEG KICK/INNER THIGH ADDUCTORS

MUSCLES: **LEG KICK, INNER THIGH ADDUCTORS, DELTOIDS, SHOULDERS**

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart.
4. Hold the bar with both hands, palms facing forward.
5. Inhale and exhale as you lean back and forth.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return to the starting position.



Home Gym Exercise Guide

Graeme Marsh

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Home Gym Exercise Guide:

Unveiling the Magic of Words: A Report on "**Home Gym Exercise Guide**"

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