

# PM-3200

## exercise chart



### BICEP CURL

#### MUSCLE EMPHASIS: BICEPS

1. Select the desired weight.
2. Attach the elbow bar and chain to the low pulley using a spring clip.
3. Grasp the elbow bar with both hands, bring your palms up.
4. With your elbows positioned near your sides, raise your palms up to an arched position, pointing only from your elbows.
5. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



### PREACHER CURL

#### MUSCLE EMPHASIS: BICEPS

1. Select the desired weight.
2. Attach the elbow bar and chain to the low pulley using a spring clip.
3. Adjust the preacher curl pad to chest level and position the back of your arms against the preacher curl pad.
4. Grasp the elbow bar with both hands, bring your palms up.
5. With your elbows placed on the preacher curl pad, raise your palms up to an arched position, pointing only from your elbows.
6. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



### TRICEP PUSH-DOWN

#### MUSCLE EMPHASIS: TRICEP

1. Select the desired weight.
2. Attach the bar or elbow bar and chain to the overhead pulley using a spring clip.
3. Stand, facing into the machine.
4. Grasp the bar with both hands close together.
5. Keep your elbows in your sides and push the bar down, raising only from the elbows and completing a full extension.
6. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



### LAT PULL-DOWN

#### MUSCLE EMPHASIS: BACK

1. Select the desired weight.
2. Attach the bar and chain to the overhead pulley using a spring clip.
3. Sit, facing into the machine and pull from your thighs under the seat belt pad for stability.
4. Grip the bar as the exercise starts.
5. Pull the bar down to your upper chest.
6. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



### STANDARD BENCH PRESS

#### MUSCLE EMPHASIS: CHEST

1. Select the desired weight.
2. Push the arms far away from your body to a full extension.
3. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



### PECTORAL FLY

#### MUSCLE EMPHASIS: CHEST

1. Select the desired weight.
2. Reach back from your hands and push your forearms against the front pads of the gas fly arms.
3. Across the gas fly arms forward, not moving from the clips, until the bar lies flat in front of your body.
4. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.

# Exercise Guide For Marcy Platinum

**Huangqi Zhang**



## **Exercise Guide For Marcy Platinum:**

## Whispering the Strategies of Language: An Emotional Quest through **Exercise Guide For Marcy Platinum**

In a digitally-driven world wherever monitors reign supreme and immediate conversation drowns out the subtleties of language, the profound strategies and mental subtleties hidden within phrases usually get unheard. However, located within the pages of **Exercise Guide For Marcy Platinum** a charming literary value blinking with raw thoughts, lies an extraordinary quest waiting to be undertaken. Published by an experienced wordsmith, that enchanting opus invites viewers on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within the very material of each and every word. Within the mental depths of the emotional evaluation, we can embark upon a sincere exploration of the book is key subjects, dissect its interesting publishing model, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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