



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 rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your upper body off the seat.
6. Return to the starting position and repeat.



BICEP CURL

Muscles: Biceps, Brachialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your upper body off the seat.
6. Return to the starting position and repeat.



PREACHER CURL

Muscles: Biceps, Brachialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your upper body off the seat.
6. Return to the starting position and repeat.



TRICEP PUSH-DOWN

Muscles: Triceps, Brachialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it down towards your feet.
5. As you pull, lift your upper body off the seat.
6. Return to the starting position and repeat.



SEATED ROW

Muscles: Back, Biceps

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your upper body off the seat.
6. Return to the starting position and repeat.



LAT PULL-DOWN

Muscles: Lats, Biceps

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your upper body off the seat.
6. Return to the starting position and repeat.



STANDARD BENCH PRESS

Muscles: Chest, Triceps

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your upper body off the seat.
6. Return to the starting position and repeat.



PECTORAL FLY

Muscles: Pectorals, Biceps

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your upper body off the seat.
6. Return to the starting position and repeat.



LEG EXTENSION

Muscles: Quadriceps, Hamstrings

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your upper body off the seat.
6. Return to the starting position and repeat.



STANDING LEG CURL

Muscles: Hamstrings, Glutes

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your upper body off the seat.
6. Return to the starting position and repeat.



LEG KICKBACK

Muscles: Hamstrings, Glutes

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your upper body off the seat.
6. Return to the starting position and repeat.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductors, Glutes

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your upper body off the seat.
6. Return to the starting position and repeat.



UPRIGHT ROW

Muscles: Traps, Biceps

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your upper body off the seat.
6. Return to the starting position and repeat.



FRONT SHOULDER RAISE

Muscles: Deltoids, Biceps

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your upper body off the seat.
6. Return to the starting position and repeat.



LEG KICK-IN/THIGH ADDUCTORS

Muscles: Adductors, Glutes

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your upper body off the seat.
6. Return to the starting position and repeat.



Home Gym Exercise Guide

Patrick Gunn

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.

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