



mp 3100
multi-function home gym

> exercise chart

NOTE: ALWAYS EXERCISE WITH CORRECT FORM. PROPER FORM, AND NOT ONLY WEIGHT PLACED, MUST BE WITH THE CORRECT TECHNIQUE. OTHERWISE, YOU MAY INCUR SERIOUS INJURY. ALWAYS CONSULT YOUR DOCTOR.



Seated Chest Press
Muscles Worked: Pectorals, Triceps, Anterior Deltoids
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Press the weight forward and upward until your arms are fully extended.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Shoulder Press
Muscles Worked: Deltoids, Triceps, Anterior Deltoids
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Press the weight straight up over your head until your arms are fully extended.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Row
Muscles Worked: Latissimus Dorsi, Rhomboids, Trapezius, Biceps, Forearms
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Pull the weight towards your chest, squeezing your shoulder blades together.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Lat Pull-Down
Muscles Worked: Latissimus Dorsi, Biceps, Forearms
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Pull the weight down towards your thighs, squeezing your shoulder blades together.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Leg Press
Muscles Worked: Quadriceps, Hamstrings, Glutes
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Press the weight straight down with your legs until your arms are fully extended.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Calf Press
Muscles Worked: Calfs
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Press the weight straight down with your feet until your arms are fully extended.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Bicep Curl
Muscles Worked: Biceps, Forearms
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Curl the weight up towards your shoulders, squeezing your biceps together.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Tricep Extension
Muscles Worked: Triceps, Anterior Deltoids
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Extend the weight straight down with your arms until your arms are fully extended.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Abdominal Crunch
Muscles Worked: Abdominals
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Crunch your upper body forward, squeezing your abdominals together.
4. Lower your upper body back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Leg Extension
Muscles Worked: Quadriceps
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Extend your legs straight out, squeezing your quadriceps together.
4. Lower your legs back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Shoulder Press
Muscles Worked: Deltoids, Triceps, Anterior Deltoids
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Press the weight straight up over your head until your arms are fully extended.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Row
Muscles Worked: Latissimus Dorsi, Rhomboids, Trapezius, Biceps, Forearms
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Pull the weight towards your chest, squeezing your shoulder blades together.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Chest Press
Muscles Worked: Pectorals, Triceps, Anterior Deltoids
Instructions:
1. Sit on the bench with your feet flat on the floor.
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3. Press the weight forward and upward until your arms are fully extended.
4. Lower the weight back to the starting position.
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3. Press the weight straight up over your head until your arms are fully extended.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



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3. Pull the weight towards your chest, squeezing your shoulder blades together.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Lat Pull-Down
Muscles Worked: Latissimus Dorsi, Biceps, Forearms
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Pull the weight down towards your thighs, squeezing your shoulder blades together.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Leg Press
Muscles Worked: Quadriceps, Hamstrings, Glutes
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Seated Bicep Curl
Muscles Worked: Biceps, Forearms
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Curl the weight up towards your shoulders, squeezing your biceps together.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Tricep Extension
Muscles Worked: Triceps, Anterior Deltoids
Instructions:
1. Sit on the bench with your feet flat on the floor.
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Seated Abdominal Crunch
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Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Crunch your upper body forward, squeezing your abdominals together.
4. Lower your upper body back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Leg Extension
Muscles Worked: Quadriceps
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Extend your legs straight out, squeezing your quadriceps together.
4. Lower your legs back to the starting position.
5. Repeat for the desired number of repetitions.



Seated Shoulder Press
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Instructions:
1. Sit on the bench with your feet flat on the floor.
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5. Repeat for the desired number of repetitions.

GETTING STARTED
Before you begin your workout, it is important to warm up your muscles. This can be done by performing light cardiovascular exercise for 5-10 minutes. Once you are warmed up, you can begin your workout. Start with a few sets of the exercises listed in the chart. As you become more comfortable with the exercises, you can increase the weight and the number of sets. Remember to always use proper form and to listen to your body. If you feel any pain or discomfort, stop the exercise immediately and consult your doctor. The mp 3100 multi-function home gym is a great investment for anyone looking to improve their fitness at home. It offers a wide variety of exercises that can be performed with just one piece of equipment. This makes it a convenient and space-saving option for home workouts. The chart provides detailed instructions for each exercise, ensuring that you are performing them correctly and safely. By following the chart, you can create a balanced workout routine that targets all major muscle groups. The mp 3100 is designed to be easy to use and maintain, making it a perfect choice for home fitness enthusiasts. Whether you are a beginner or an experienced exerciser, the mp 3100 offers a versatile and effective way to stay fit at home.

SALES AND SERVICE
For more information about the mp 3100 multi-function home gym, please contact us at 1-800-368-3636. We are located at 11111 S. Bascom Ave., Suite 100, San Jose, CA 95128. Our website is www.mp3100.com. We offer a 30-day money-back guarantee on all our products. If you are not satisfied with your purchase, we will refund your money. We also offer a 5-year warranty on the frame and a 1-year warranty on the motor. Our customer service team is available to assist you with any questions or concerns. We are committed to providing you with the best possible experience. Thank you for choosing the mp 3100 multi-function home gym.

muscle reference guide



Instruction Manual And Exercise Guide

Robert P. Pangrazi, Aaron Beighle



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American Physical Education Review ,1928 *Scientific and Technical Aerospace Reports* ,1991 Lists citations with abstracts for aerospace related reports obtained from world wide sources and announces documents that have recently been entered into the NASA Scientific and Technical Information Database **Journal of Health, Physical Education, Recreation** ,1963 The Journal of Health and Physical Education ,1934 **The Landing-force and Small-arm Instructions, United States Navy, 1916** United States. Navy Department. Bureau of Navigation,1916 *General index to the army regulations and instructions* War office,1902 **The new code of minutes of the Education department, instructions to inspectors, and official forms and documents, with explanatory notes, by T.E. Heller** Thomas Edmund Heller,1886 *Guide to the professional examinations in the infantry, revised by A.B. Hamilton* John Millar Bannatyne,1892 *1960 Censuses of Population and Housing* United States. Bureau of the Census,1966 **Instructions in the care of barracks. [With] Amendments** War office,1901 *Health and Fitness for Life* Raschel Larsen,2018-09-01

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