



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 straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Hold the position for a moment, then lower your shoulders back to the seat.
6. Repeat the motion for the desired number of repetitions.



## BICEP CURL

Muscles: Biceps, Brachialis

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Hold the position for a moment, then lower your shoulders back to the seat.
6. Repeat the motion for the desired number of repetitions.



## PREACHER CURL

Muscles: Biceps, Brachialis

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Hold the position for a moment, then lower your shoulders back to the seat.
6. Repeat the motion for the desired number of repetitions.



## TRICEP PUSH-DOWN

Muscles: Triceps, Brachialis

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Push the straps down towards your feet, lowering your shoulders off the seat.
5. Hold the position for a moment, then raise your shoulders back to the seat.
6. Repeat the motion for the desired number of repetitions.



## SEATED ROW

Muscles: Back, Biceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Hold the position for a moment, then lower your shoulders back to the seat.
6. Repeat the motion for the desired number of repetitions.



## LAT PULL-DOWN

Muscles: Lats, Biceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Hold the position for a moment, then lower your shoulders back to the seat.
6. Repeat the motion for the desired number of repetitions.



## STANDARD BENCH PRESS

Muscles: Chest, Triceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the straps up towards your chest, lifting your shoulders off the seat.
5. Hold the position for a moment, then lower your shoulders back to the seat.
6. Repeat the motion for the desired number of repetitions.



## PECTORAL FLY

Muscles: Pectorals, Biceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Fly the straps out to the sides, lifting your shoulders off the seat.
5. Hold the position for a moment, then lower your shoulders back to the seat.
6. Repeat the motion for the desired number of repetitions.



## LEG EXTENSION

Muscles: Quadriceps, Hamstrings

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the straps up towards your chest, lifting your shoulders off the seat.
5. Hold the position for a moment, then lower your shoulders back to the seat.
6. Repeat the motion for the desired number of repetitions.



## STANDING LEG CURL

Muscles: Hamstrings, Glutes

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Hold the position for a moment, then lower your shoulders back to the seat.
6. Repeat the motion for the desired number of repetitions.



## LEG KICKBACK

Muscles: Hamstrings, Glutes

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Kick the straps back towards your feet, lifting your shoulders off the seat.
5. Hold the position for a moment, then lower your shoulders back to the seat.
6. Repeat the motion for the desired number of repetitions.



## LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductors, Glutes

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Kick the straps out to the sides, lifting your shoulders off the seat.
5. Hold the position for a moment, then lower your shoulders back to the seat.
6. Repeat the motion for the desired number of repetitions.



## UPRIGHT ROW

Muscles: Traps, Biceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Hold the position for a moment, then lower your shoulders back to the seat.
6. Repeat the motion for the desired number of repetitions.



## FRONT SHOULDER RAISE

Muscles: Deltoids, Biceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Raise the straps up towards your chest, lifting your shoulders off the seat.
5. Hold the position for a moment, then lower your shoulders back to the seat.
6. Repeat the motion for the desired number of repetitions.



## LEG KICK-IN/THIGH ADDUCTORS

Muscles: Adductors, Glutes

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Kick the straps in towards your feet, lifting your shoulders off the seat.
5. Hold the position for a moment, then lower your shoulders back to the seat.
6. Repeat the motion for the desired number of repetitions.



# Home Gym Exercise Let Manual Chart

**Jin-Ying Zhang**



## **Home Gym Exercise Let Manual Chart:**

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