



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 about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your knees and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to its starting position.



## BICEP CURL

Muscles: Biceps, Brachialis, Brachioradialis

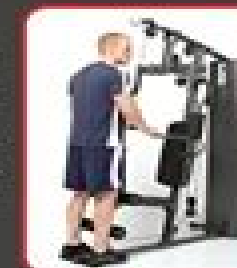
1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your knees and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to its starting position.



## PREDICATOR CURL

Muscles: Biceps, Brachialis, Brachioradialis

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 and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your knees and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to its starting position.



## TRICEP PUSH-DOWN

Muscles: Triceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your knees and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to its starting position.



## SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids, Trapezius

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 and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your knees and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to its starting position.



## LAT PUL-DOWN

Muscles: Latissimus Dorsi, Rhomboids, Trapezius

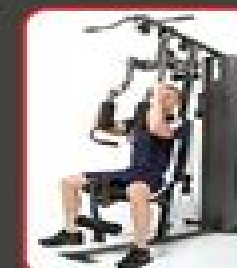
1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your knees and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to its starting position.



## STANDARD BENCH PRESS

Muscles: Pectoralis Major, Anterior Deltoids, Triceps

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 and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your knees and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to its starting position.



## PECTORAL FLY

Muscles: Pectoralis Major, Anterior Deltoids, Triceps

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 and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your knees and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to its starting position.



## LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis, Vastus Lateralis

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 and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your knees and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to its starting position.



## STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your knees and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to its starting position.



## LEG KICKBACK

Muscles: Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your knees and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to its starting position.



## LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductors, Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your knees and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to its starting position.



## UPRIGHT ROW

Muscles: Trapezius, Rhomboids, Deltoids

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your knees and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to its starting position.



## FRONT SHOULDER RAISE

Muscles: Anterior Deltoids, Trapezius, Rhomboids

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your knees and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to its starting position.



## LEG KICK/INNER THIGH ADDUCTORS

Muscles: Adductors, Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your knees and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to its starting position.



## MUSCLE REFERENCE GUIDE

- Triceps
- Biceps
- Latissimus Dorsi
- Rhomboids
- Trapezius
- Anterior Deltoids
- Posterior Deltoids
- Rectus Femoris
- Vastus Medialis
- Vastus Lateralis
- Biceps Femoris
- Adductors
- Gluteus Maximus
- Gluteus Medius
- Gluteus Minimus
- Hamstrings
- Calf Muscles
- Foot Muscles

# Home Gym Exercise Guide

**JR Anderson**



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