



**STANDING CABLE ROW**

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**SEATED CABLE ROW**

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**STANDING CABLE PULL-OVER**

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**SEATED CABLE PULL-OVER**

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**STANDING CABLE CHEST PRESS**

- Pushes the shoulder blades together and down.
- Works the pectoralis major and minor.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**SEATED CABLE CHEST PRESS**

- Pushes the shoulder blades together and down.
- Works the pectoralis major and minor.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**STANDING CABLE SHOULDER PRESS**

- Pushes the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**SEATED CABLE SHOULDER PRESS**

- Pushes the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**STANDING CABLE LAT PULL-DOWN**

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**SEATED CABLE LAT PULL-DOWN**

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**STANDING CABLE TRICEPS PRESS**

- Pushes the shoulder blades together and down.
- Works the triceps and pectoralis major.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**SEATED CABLE TRICEPS PRESS**

- Pushes the shoulder blades together and down.
- Works the triceps and pectoralis major.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**STANDING CABLE BICEP CURL**

- Pulls the shoulder blades together and down.
- Works the biceps and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**SEATED CABLE BICEP CURL**

- Pulls the shoulder blades together and down.
- Works the biceps and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**STANDING CABLE FRONT RAISE**

- Pulls the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**SEATED CABLE FRONT RAISE**

- Pulls the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**STANDING CABLE REAR RAISE**

- Pulls the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



**SEATED CABLE REAR RAISE**

- Pulls the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



# MAFRCY

When You Finally Get Serious



**SETTING UP YOUR MAFRCY**

MAFRCY is a complete fitness system that can be used in a variety of ways. It can be used as a standalone system or as part of a larger gym. The system is designed to be easy to use and to provide a variety of exercises for all fitness levels.

**EXERCISES**

The MAFRCY system includes a variety of exercises that target different muscle groups. These exercises include:

- Cable row
- Cable pull-over
- Cable chest press
- Cable shoulder press
- Cable lat pull-down
- Cable triceps press
- Cable bicep curl
- Cable front raise
- Cable rear raise

**MAFRCY SYSTEMS**

MAFRCY systems are designed to be used in a variety of ways. They can be used as a standalone system or as part of a larger gym. The systems are designed to be easy to use and to provide a variety of exercises for all fitness levels.

**MAFRCY SYSTEMS**

MAFRCY systems are designed to be used in a variety of ways. They can be used as a standalone system or as part of a larger gym. The systems are designed to be easy to use and to provide a variety of exercises for all fitness levels.

# **Marcy Diamond Elite Smith System Manual**

**Smith Industries, Inc. Oil & Gas  
Division**



**Marcy Diamond Elite Smith System Manual:**

Popular Mechanics Magazine ,1928

**Equipment Manual** Smith Industries, Inc. Oil & Gas Division,1980

Smith-&-Wesson-Revolvers ,1993

**MATT System User Manual** Dedra R. Jones,Louisiana. Department of

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In a global taken by monitors and the ceaseless chatter of quick transmission, the melodic elegance and psychological symphony developed by the written term usually diminish into the background, eclipsed by the relentless sound and disruptions that permeate our lives. Nevertheless, nestled within the pages of **Marcy Diamond Elite Smith System Manual** a stunning literary prize full of organic emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, that interesting masterpiece conducts visitors on a psychological journey, well unraveling the concealed songs and profound influence resonating within each cautiously crafted phrase. Within the depths of the emotional analysis, we shall explore the book is main harmonies, analyze their enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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