



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 MUSCLES. EXERCISES CAN BE MODIFIED TO SUIT YOUR FITNESS LEVELS.



SEATED CHEST PRESS
Muscles worked: Chest, triceps, shoulders.
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 up, keeping your elbows close to your body.
4. Lower the weight back down, keeping your arms straight.



SEATED SHOULDER PRESS
Muscles worked: Shoulders, triceps, chest.
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 up, keeping your elbows close to your body.
4. Lower the weight back down, keeping your arms straight.



SEATED ROW
Muscles worked: Back, biceps, shoulders.
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, keeping your elbows close to your body.
4. Lower the weight back down, keeping your arms straight.



SEATED LAT PULL-DOWN
Muscles worked: Lats, biceps, shoulders.
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 chest, keeping your elbows close to your body.
4. Lower the weight back down, keeping your arms straight.



SEATED LEG PRESS
Muscles worked: Quads, 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 down with your legs, keeping your feet flat on the floor.
4. Lower the weight back up, keeping your feet flat on the floor.



SEATED CALF PRESS
Muscles worked: Calves, 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 down with your feet, keeping your feet flat on the floor.
4. Lower the weight back up, keeping your feet flat on the floor.



SEATED BICEP CURL
Muscles worked: Biceps, shoulders, back.
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 chest, keeping your elbows close to your body.
4. Lower the weight back down, keeping your arms straight.



SEATED TRICEP EXTENSION
Muscles worked: Triceps, shoulders, back.
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 down behind your head, keeping your elbows close to your body.
4. Lower the weight back up, keeping your arms straight.



SEATED ABDOMINAL CRUNCH
Muscles worked: Abdominals, back, shoulders.
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, keeping your feet flat on the floor.
4. Lower your upper body back up, keeping your feet flat on the floor.



SEATED SIDE CRUNCH
Muscles worked: Side abdominals, back, shoulders.
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 to the side, keeping your feet flat on the floor.
4. Lower your upper body back up, keeping your feet flat on the floor.



SEATED LEG EXTENSION
Muscles worked: Quads, 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. Extend your legs forward, keeping your feet flat on the floor.
4. Lower your legs back up, keeping your feet flat on the floor.



SEATED LEG CURL
Muscles worked: Hamstrings, glutes, calves.
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Curl your legs back, keeping your feet flat on the floor.
4. Lower your legs back up, keeping your feet flat on the floor.



SEATED SHOULDER PRESS
Muscles worked: Shoulders, triceps, chest.
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 up, keeping your elbows close to your body.
4. Lower the weight back down, keeping your arms straight.



SEATED ROW
Muscles worked: Back, biceps, shoulders.
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, keeping your elbows close to your body.
4. Lower the weight back down, keeping your arms straight.



SEATED LAT PULL-DOWN
Muscles worked: Lats, biceps, shoulders.
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 chest, keeping your elbows close to your body.
4. Lower the weight back up, keeping your arms straight.



SEATED LEG PRESS
Muscles worked: Quads, hamstrings, glutes.
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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 down with your legs, keeping your feet flat on the floor.
4. Lower the weight back up, keeping your feet flat on the floor.



SEATED CALF PRESS
Muscles worked: Calves, 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 down with your feet, keeping your feet flat on the floor.
4. Lower the weight back up, keeping your feet flat on the floor.



SEATED BICEP CURL
Muscles worked: Biceps, shoulders, back.
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 chest, keeping your elbows close to your body.
4. Lower the weight back down, keeping your arms straight.



SEATED TRICEP EXTENSION
Muscles worked: Triceps, shoulders, back.
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 down behind your head, keeping your elbows close to your body.
4. Lower the weight back up, keeping your arms straight.



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Muscles worked: Abdominals, back, shoulders.
Instructions:
1. Sit on the bench with your feet flat on the floor.
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SEATED LEG CURL
Muscles worked: Hamstrings, glutes, calves.
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Hold the weight with both hands, arms extended.
3. Curl your legs back, keeping your feet flat on the floor.
4. Lower your legs back up, keeping your feet flat on the floor.



SEATED SHOULDER PRESS
Muscles worked: Shoulders, triceps, chest.
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 up, keeping your elbows close to your body.
4. Lower the weight back down, keeping your arms straight.

GETTING STARTED
Before you begin your workout, it is important to warm up your muscles. This can be done by performing light cardio for 5-10 minutes. Once you are warmed up, you can begin your workout. Start with the exercises listed in the chart, and gradually increase the weight as you become more comfortable. Remember to always use proper form, and to breathe correctly. If you are unsure of how to perform an exercise, consult the instructions or ask a fitness professional for help. After your workout, it is important to stretch your muscles to prevent soreness. This can be done by holding each stretch for 15-30 seconds. Finally, remember to drink plenty of water throughout your workout to stay hydrated.

SAFETY PRECAUTIONS
Always use proper form and technique when performing exercises. Do not lift weights that are too heavy for you. If you feel any pain or discomfort, stop the exercise immediately. It is important to warm up before your workout and to stretch after your workout. If you have any medical conditions, consult your doctor before starting any exercise program. The mp 3100 multi-function home gym is designed for home use only. It is not intended for use in a commercial setting. Always follow the instructions and safety warnings provided with the product.

muscle reference guide



Marcy Pro Exercise Guide

L Reisser



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web delay timer takes on hold the supply some moment and then starts to flow this is done by using the relay in delay timer

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web also called normally closed off delay relays one shot timers provide a single contact pulse of specified duration for each coil energization transition from coil off to coil on recycle timers provide a repeating sequence of on off contact pulses as long as the coil is maintained in an energized state

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web now if you want to reverse the operation of the circuit simply wire the blue and red wires together from the timer and connect it to the photo eye as shown in the figure now the circuit is reversed for example the light will turn off at night and switch on in the sunshine during the day good to know it is recommended to add a relay

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web mar 24 2019 here the time defining components both r and c are switched creating distinct rc pairs p1 r3 and c1 for

the off time and another pair p2 r4 and c2 for the on time notably the relay remains unpowered when a
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web this type of positive feedback is also called hysteresis and provides a fast transition from the on to off state once turning off starts the off delay timing is mostly a function of c1 and r6 the exact delay is a bit hard to predict because it depends on the gain of the transistors particularly of q1

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