



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 lbs. to the cable using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your shoulders off the seat.
5. Release the weight and repeat.



BICEP CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your shoulders off the seat.
5. Release the weight and repeat.



PREACHER CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your shoulders off the seat.
5. Release the weight and repeat.



TRICEP PUSH-DOWN

Muscles: Triceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your shoulders off the seat.
5. Release the weight and repeat.



SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your shoulders off the seat.
5. Release the weight and repeat.



LAT PULDOWN

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your shoulders off the seat.
5. Release the weight and repeat.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Anterior Deltoids

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your shoulders off the seat.
5. Release the weight and repeat.



PECTORAL FLY

Muscles: Pectoralis Major, Anterior Deltoids

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your shoulders off the seat.
5. Release the weight and repeat.



LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your shoulders off the seat.
5. Release the weight and repeat.



STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your shoulders off the seat.
5. Release the weight and repeat.



LEG KICKBACK

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your shoulders off the seat.
5. Release the weight and repeat.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your shoulders off the seat.
5. Release the weight and repeat.



UPRIGHT ROW

Muscles: Trapezius, Deltoids

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your shoulders off the seat.
5. Release the weight and repeat.



FRONT SHOULDER RAISE

Muscles: Anterior Deltoids, Coracobrachialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your shoulders off the seat.
5. Release the weight and repeat.



LEG KICK-IN/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your shoulders off the seat.
5. Release the weight and repeat.

MUSCLE REFERENCE GUIDE



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Robert R. Redfield



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Table of Contents Home Gym Manual Exercises

1. Understanding the eBook Home Gym Manual Exercises
 - The Rise of Digital Reading Home Gym Manual Exercises
 - Advantages of eBooks Over Traditional Books
2. Identifying Home Gym Manual Exercises
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Home Gym Manual Exercises
 - User-Friendly Interface
4. Exploring eBook Recommendations from Home Gym Manual Exercises
 - Personalized Recommendations
 - Home Gym Manual Exercises User Reviews and Ratings
 - Home Gym Manual Exercises and Bestseller Lists
5. Accessing Home Gym Manual Exercises Free and Paid eBooks
 - Home Gym Manual Exercises Public Domain eBooks
 - Home Gym Manual Exercises eBook Subscription Services
 - Home Gym Manual Exercises Budget-Friendly Options

6. Navigating Home Gym Manual Exercises eBook Formats
 - ePub, PDF, MOBI, and More
 - Home Gym Manual Exercises Compatibility with Devices
 - Home Gym Manual Exercises Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Home Gym Manual Exercises
 - Highlighting and Note-Taking Home Gym Manual Exercises
 - Interactive Elements Home Gym Manual Exercises
8. Staying Engaged with Home Gym Manual Exercises
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Home Gym Manual Exercises
9. Balancing eBooks and Physical Books Home Gym Manual Exercises
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Home Gym Manual Exercises
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Home Gym Manual Exercises
 - Setting Reading Goals Home Gym Manual Exercises
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Home Gym Manual Exercises
 - Fact-Checking eBook Content of Home Gym Manual Exercises
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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