



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, Brachialis, Brachioradialis

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.



## PREDICATOR CURL

Muscles: Biceps, Brachialis, Brachioradialis

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, Brachialis, Brachioradialis

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, Trapezius

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 PULLDOWN

Muscles: Latissimus Dorsi, Rhomboids, Trapezius

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.



## STANDARD BENCH PRESS

Muscles: Pectoralis Major, Anterior Deltoids, Triceps

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, Triceps

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, Vastus Lateralis

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, Vastus Lateralis

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, Vastus Lateralis

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, Adductor Longus

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, Rhomboids, Latissimus Dorsi

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, Pectoralis Major

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, Adductor Longus

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.



# Home Gym Exercise Let Manual Chart

**Ian Pickup**



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