



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 on the handles.
4. Pull the weight down towards your knees, lifting your upper body off the seat.
5. Release the weight and repeat.



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 shoulder-width apart and your hands on the handles.
4. Pull the weight up towards your shoulders, lifting your upper body off the seat.
5. Release the weight and repeat.



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 on the handles.
4. Pull the weight up towards your shoulders, lifting your upper body off the seat.
5. Release the weight and repeat.



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 shoulder-width apart and your hands on the handles.
4. Push the weight down towards your feet, lifting your upper body off the seat.
5. Release the weight and repeat.



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 on the handles.
4. Pull the weight up towards your chest, lifting your upper body off the seat.
5. Release the weight and repeat.



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 shoulder-width apart and your hands on the handles.
4. Pull the weight down towards your feet, lifting your upper body 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 weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the weight up towards your chest, lifting your upper body 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 weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Fly the weight out to the sides, lifting your upper body 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 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 on the handles.
4. Push the weight up towards your feet, lifting your upper body 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 about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the weight up towards your chest, lifting your upper body 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 about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Kick the weight back towards your feet, lifting your upper body 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 about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Kick the weight out to the side, lifting your upper body off the seat.
5. Release the weight and repeat.



UPRIGHT ROW

Muscles: Trapezius, Rhomboids, Latissimus Dorsi

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the weight up towards your chest, lifting your upper body 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 about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Raise the weight up towards your shoulders, lifting your upper body 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 about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Kick the weight in towards your feet, lifting your upper body off the seat.
5. Release the weight and repeat.



Home Gym Exercise Guide

A Loxley



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Table of Contents Home Gym Exercise Guide

1. Understanding the eBook Home Gym Exercise Guide
 - The Rise of Digital Reading Home Gym Exercise Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Home Gym Exercise Guide
 - 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 Exercise Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Home Gym Exercise Guide
 - Personalized Recommendations
 - Home Gym Exercise Guide User Reviews and Ratings
 - Home Gym Exercise Guide and Bestseller Lists
5. Accessing Home Gym Exercise Guide Free and Paid eBooks
 - Home Gym Exercise Guide Public Domain eBooks
 - Home Gym Exercise Guide eBook Subscription Services
 - Home Gym Exercise Guide Budget-Friendly Options
6. Navigating Home Gym Exercise Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Home Gym Exercise Guide Compatibility with Devices
 - Home Gym Exercise Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Home Gym Exercise Guide
 - Highlighting and Note-Taking Home Gym Exercise Guide
 - Interactive Elements Home Gym Exercise Guide
8. Staying Engaged with Home Gym Exercise Guide

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Home Gym Exercise Guide
- 9. Balancing eBooks and Physical Books Home Gym Exercise Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Home Gym Exercise Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Home Gym Exercise Guide
 - Setting Reading Goals Home Gym Exercise Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Home Gym Exercise Guide
 - Fact-Checking eBook Content of Home Gym Exercise Guide
 - 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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