



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 the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



BICEP CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



PREACHER CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



TRICEP PUSH-DOWN

Muscles: Triceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it down towards your feet.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



LAT PULDOWN

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it down towards your feet.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Anterior Deltoids

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



PECTORAL FLY

Muscles: Pectoralis Major, Anterior Deltoids

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



LEG KICKBACK

Muscles: Gluteus Maximus, Biceps Femoris

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



UPRIGHT ROW

Muscles: Trapezius, Deltoids

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: Anterior Deltoids, Trapezius

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



LEG KICK-UP/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.

MUSCLE REFERENCE GUIDE



Home Gym Exercise Guide

Yijin Wang



Home Gym Exercise Guide:

Home Gym Exercise Guide Book Review: Unveiling the Power of Words

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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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