



**STANDING CABLE ROW**  
 • Pull the handle towards your chest.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Pull the handle towards your chest, then lower it back down.



**SEATED CABLE ROW**  
 • Pull the handle towards your chest.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Pull the handle towards your chest, then lower it back down.



**STANDING CABLE CROSSOVER**  
 • Pull the handle from one side towards the other side of your chest.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Pull the handle from one side towards the other side of your chest, then lower it back down.



**SEATED CABLE CROSSOVER**  
 • Pull the handle from one side towards the other side of your chest.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Pull the handle from one side towards the other side of your chest, then lower it back down.



**STANDING CABLE CHEST PRESS**  
 • Push the handle away from your chest.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Push the handle away from your chest, then lower it back down.



**SEATED CABLE CHEST PRESS**  
 • Push the handle away from your chest.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Push the handle away from your chest, then lower it back down.



**STANDING CABLE LAT PULL DOWN**  
 • Pull the handle from above your head down towards your chest.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Pull the handle from above your head down towards your chest, then lower it back up.



**SEATED CABLE LAT PULL DOWN**  
 • Pull the handle from above your head down towards your chest.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Pull the handle from above your head down towards your chest, then lower it back up.



**STANDING CABLE TRICEP EXTENSION**  
 • Push the handle away from your head.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Push the handle away from your head, then lower it back down.



**SEATED CABLE TRICEP EXTENSION**  
 • Push the handle away from your head.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Push the handle away from your head, then lower it back down.



**STANDING CABLE SHOULDER PRESS**  
 • Push the handle away from your shoulders.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Push the handle away from your shoulders, then lower it back down.



**SEATED CABLE SHOULDER PRESS**  
 • Push the handle away from your shoulders.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Push the handle away from your shoulders, then lower it back down.



**STANDING CABLE BICEP CURL**  
 • Pull the handle towards your shoulders.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Pull the handle towards your shoulders, then lower it back down.



**SEATED CABLE BICEP CURL**  
 • Pull the handle towards your shoulders.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Pull the handle towards your shoulders, then lower it back down.



**STANDING CABLE TRICEP KICK BACK**  
 • Push the handle away from your head.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Push the handle away from your head, then lower it back down.



**SEATED CABLE TRICEP KICK BACK**  
 • Push the handle away from your head.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Push the handle away from your head, then lower it back down.



**STANDING CABLE CHEST FLY**  
 • Pull the handle from one side towards the other side of your chest.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Pull the handle from one side towards the other side of your chest, then lower it back down.



**SEATED CABLE CHEST FLY**  
 • Pull the handle from one side towards the other side of your chest.  
 • Keep your feet flat on the floor.  
 • Keep your back straight and your head up.  
 • Pull the handle from one side towards the other side of your chest, then lower it back down.



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 Before using any of our equipment, please read the instructions carefully. Make sure you understand how to use the equipment correctly. If you have any questions, please contact our customer service department.

MAFRCY equipment is designed to provide a complete workout in a compact space. Our equipment is built to last and is backed by a 10-year warranty. We are committed to providing the best quality equipment at the best price.

**MAINTAINING YOUR EQUIPMENT**  
 To keep your equipment in the best condition, please follow these maintenance tips: 1. Check the equipment regularly for any signs of wear or damage. 2. Clean the equipment after each use. 3. Lubricate the moving parts of the equipment as needed.

# **Marcy Workout Guide**

**Judy Colbert, Ed Colbert**



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