



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 behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



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 behind your head.
4. Pull the weight up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



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 behind your head.
4. Pull the weight up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



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 behind your head.
4. Push the weight down towards your feet.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids, Trapezius

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 behind your head.
4. Pull the weight up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



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 behind your head.
4. Pull the weight down towards your feet.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, 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 behind your head.
4. Push the weight up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



PECTORAL FLY

Muscles: Pectoralis Major, 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 behind your head.
4. Fly the weight out towards your sides and your hands out towards your feet.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis, Vastus Lateralis

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 behind your head.
4. Push the weight up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis, Vastus Lateralis

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 behind your head.
4. Pull the weight up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



LEG KICKBACK

Muscles: Biceps Femoris, Vastus Medialis, Vastus Lateralis

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 behind your head.
4. Kick the weight back towards your feet.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductors, Biceps Femoris, Vastus Medialis, Vastus Lateralis

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 behind your head.
4. Kick the weight out towards your sides and your hands out towards your feet.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



UPRIGHT ROW

Muscles: Trapezius, Rhomboids, Deltoids, Biceps

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 behind your head.
4. Pull the weight up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



FRONT SHOULDER RAISE

Muscles: Deltoids, Biceps, Triceps

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 behind your head.
4. Raise the weight up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



LEG KICK-INNER THIGH ADDUCTORS

Muscles: Adductors, Biceps Femoris, Vastus Medialis, Vastus Lateralis

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 behind your head.
4. Kick the weight in towards your feet.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.

MUSCLE REFERENCE GUIDE



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Wenbin Ji



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