



STANDING CABLE ROW

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE ROW

- Pulls the shoulder blades together and down.
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STANDING CABLE PULL-OVER

- Pulls the shoulder blades together and down.
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SEATED CABLE PULL-OVER

- Pulls the shoulder blades together and down.
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- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE CHEST PRESS

- Pushes the shoulder blades together and down.
- Works the pectoralis major and minor.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE CHEST PRESS

- Pushes the shoulder blades together and down.
- Works the pectoralis major and minor.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE LAT PULL-DOWN

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE LAT PULL-DOWN

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE TRICEPS PRESS-DOWN

- Pushes the shoulder blades together and down.
- Works the triceps brachii.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE TRICEPS PRESS-DOWN

- Pushes the shoulder blades together and down.
- Works the triceps brachii.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE BICEP CURL

- Pulls the shoulder blades together and down.
- Works the biceps brachii.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE BICEP CURL

- Pulls the shoulder blades together and down.
- Works the biceps brachii.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE SHOULDER PRESS

- Pushes the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE SHOULDER PRESS

- Pushes the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE FRONT PULL

- Pulls the shoulder blades together and down.
- Works the pectoralis major and minor.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE FRONT PULL

- Pulls the shoulder blades together and down.
- Works the pectoralis major and minor.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE REAR PULL

- Pulls the shoulder blades together and down.
- Works the pectoralis major and minor.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE REAR PULL

- Pulls the shoulder blades together and down.
- Works the pectoralis major and minor.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



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When You Finally Get Serious



SETTING UP THE MD-S010

The MD-S010 is a multi-functional exercise machine that can be used for a variety of exercises. To set up the machine, follow these steps:

1. Remove the machine from its packaging and place it in a well-ventilated area.
2. Attach the cables to the machine using the provided hardware.
3. Adjust the machine to your desired height and weight.
4. Perform a test run to ensure the machine is working properly.

SAFETY PRECAUTIONS

Always use proper form and technique when using the MD-S010. Do not use the machine if you are injured or have any medical conditions. Consult your doctor before using the machine.

The MD-S010 is a multi-functional exercise machine that can be used for a variety of exercises. To set up the machine, follow these steps:

1. Remove the machine from its packaging and place it in a well-ventilated area.
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SAFETY PRECAUTIONS

Always use proper form and technique when using the MD-S010. Do not use the machine if you are injured or have any medical conditions. Consult your doctor before using the machine.

Marcy Diamond Elite Guide

Minjie Lin

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the author's name.

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