



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: RECTUS ABDOMINUS, TRANSVERSE ABDOMINUS

1. Select the desired weight.
2. Attach about 10 lbs. to the upper pulley using a spring clip.
3. Sit on the seat, feet flat on the floor, knees bent.
4. Grasp the handles with both hands, arms extended, and pull up towards the knees.
5. Push the seat back and forth, using the abdominal muscles to pull the seat back.
6. Release the seat back and forth, using the abdominal muscles to pull the seat back.
7. Repeat the exercise for the desired number of repetitions.



BICEP CURL

MUSCLES: BICEPS BRACHII, BRACHIORADII

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with feet shoulder-width apart, arms extended, and pull up towards the shoulders.
4. Push the seat back and forth, using the bicep muscles to pull the seat back.
5. Release the seat back and forth, using the bicep muscles to pull the seat back.
6. Repeat the exercise for the desired number of repetitions.



PREACHER CURL

MUSCLES: BICEPS BRACHII, BRACHIORADII

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the seat, feet flat on the floor, knees bent.
4. Grasp the handles with both hands, arms extended, and pull up towards the shoulders.
5. Push the seat back and forth, using the bicep muscles to pull the seat back.
6. Release the seat back and forth, using the bicep muscles to pull the seat back.
7. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLES: TRICEPS BRACHII, BRACHIORADII

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with feet shoulder-width apart, arms extended, and pull up towards the shoulders.
4. Push the seat back and forth, using the tricep muscles to pull the seat back.
5. Release the seat back and forth, using the tricep muscles to pull the seat back.
6. Repeat the exercise for the desired number of repetitions.



SEATED ROW

MUSCLES: LATISSIMUS DORSI, TRAPPEZII

1. Select the desired weight.
2. Attach about 10 lbs. to the upper pulley using a spring clip.
3. Sit on the seat, feet flat on the floor, knees bent.
4. Grasp the handles with both hands, arms extended, and pull up towards the shoulders.
5. Push the seat back and forth, using the rowing muscles to pull the seat back.
6. Release the seat back and forth, using the rowing muscles to pull the seat back.
7. Repeat the exercise for the desired number of repetitions.



LAT PULDOWN

MUSCLES: LATISSIMUS DORSI, TRAPPEZII

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with feet shoulder-width apart, arms extended, and pull up towards the shoulders.
4. Push the seat back and forth, using the lat muscles to pull the seat back.
5. Release the seat back and forth, using the lat muscles to pull the seat back.
6. Repeat the exercise for the desired number of repetitions.



STANDARD BENCH PRESS

MUSCLES: PECTORALIS MAJOR, TRICEPS BRACHII

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the seat, feet flat on the floor, knees bent.
4. Grasp the handles with both hands, arms extended, and pull up towards the shoulders.
5. Push the seat back and forth, using the bench press muscles to pull the seat back.
6. Release the seat back and forth, using the bench press muscles to pull the seat back.
7. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

MUSCLES: PECTORALIS MAJOR, TRICEPS BRACHII

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the seat, feet flat on the floor, knees bent.
4. Grasp the handles with both hands, arms extended, and pull up towards the shoulders.
5. Push the seat back and forth, using the pectoral muscles to pull the seat back.
6. Release the seat back and forth, using the pectoral muscles to pull the seat back.
7. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

MUSCLES: RECTUS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach about 10 lbs. to the upper pulley using a spring clip.
3. Sit on the seat, feet flat on the floor, knees bent.
4. Grasp the handles with both hands, arms extended, and pull up towards the shoulders.
5. Push the seat back and forth, using the leg extension muscles to pull the seat back.
6. Release the seat back and forth, using the leg extension muscles to pull the seat back.
7. Repeat the exercise for the desired number of repetitions.



STANDING LEG CURL

MUSCLES: BICEPS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach about 10 lbs. to the upper pulley using a spring clip.
3. Stand with feet shoulder-width apart, arms extended, and pull up towards the shoulders.
4. Push the seat back and forth, using the standing leg curl muscles to pull the seat back.
5. Release the seat back and forth, using the standing leg curl muscles to pull the seat back.
6. Repeat the exercise for the desired number of repetitions.



LEG KICKBACK

MUSCLES: BICEPS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach about 10 lbs. to the upper pulley using a spring clip.
3. Stand with feet shoulder-width apart, arms extended, and pull up towards the shoulders.
4. Push the seat back and forth, using the leg kickback muscles to pull the seat back.
5. Release the seat back and forth, using the leg kickback muscles to pull the seat back.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK-OUT/THIGH ADDUCTORS

MUSCLES: ADDUCTOR MAGNUS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach about 10 lbs. to the upper pulley using a spring clip.
3. Stand with feet shoulder-width apart, arms extended, and pull up towards the shoulders.
4. Push the seat back and forth, using the leg kick-out/thigh adductor muscles to pull the seat back.
5. Release the seat back and forth, using the leg kick-out/thigh adductor muscles to pull the seat back.
6. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

MUSCLES: TRAPPEZII, Deltoids

1. Select the desired weight.
2. Attach about 10 lbs. to the upper pulley using a spring clip.
3. Stand with feet shoulder-width apart, arms extended, and pull up towards the shoulders.
4. Push the seat back and forth, using the upright row muscles to pull the seat back.
5. Release the seat back and forth, using the upright row muscles to pull the seat back.
6. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RAISE

MUSCLES: Deltoids, TRAPPEZII

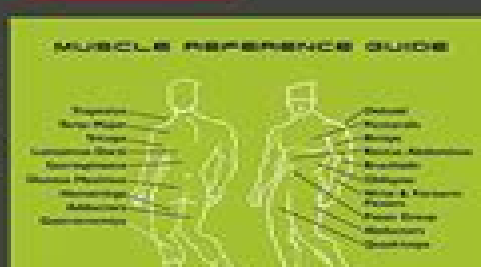
1. Select the desired weight.
2. Attach about 10 lbs. to the upper pulley using a spring clip.
3. Stand with feet shoulder-width apart, arms extended, and pull up towards the shoulders.
4. Push the seat back and forth, using the front shoulder raise muscles to pull the seat back.
5. Release the seat back and forth, using the front shoulder raise muscles to pull the seat back.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK-IN/THIGH ADDUCTORS

MUSCLES: ADDUCTOR MAGNUS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach about 10 lbs. to the upper pulley using a spring clip.
3. Stand with feet shoulder-width apart, arms extended, and pull up towards the shoulders.
4. Push the seat back and forth, using the leg kick-in/thigh adductor muscles to pull the seat back.
5. Release the seat back and forth, using the leg kick-in/thigh adductor muscles to pull the seat back.
6. Repeat the exercise for the desired number of repetitions.



Marcy Mach 3 Weight Machine Manual

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