



ABDOMINAL CRUNCHES

MUSCLE GROUPS WORKED:

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Release the rope and sit on the seat.
4. As you sit, the seat will pull, holding your torso up.
5. Push against the seat and pull with your arms, chest and back, and engage the rope.
6. Release the rope and sit on the seat.
7. Repeat the exercise for 10-15 repetitions.



SEATED PULLEY ROW

MUSCLE GROUPS WORKED:

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and sit on the seat.
5. Repeat the exercise for 10-15 repetitions.



SEATED BENCH PRESS

MUSCLE GROUPS WORKED:

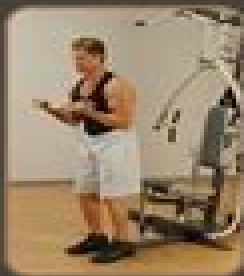
1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. As you sit, the seat will pull, holding your torso up.
4. Push against the seat and pull with your arms, chest and back, and engage the rope.
5. Release the rope and sit on the seat.
6. Repeat the exercise for 10-15 repetitions.



FRONT SHOULDER RAISE

MUSCLE GROUPS WORKED:

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and sit on the seat.
5. Repeat the exercise for 10-15 repetitions.



BICEP CURL

MUSCLE GROUPS WORKED:

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and sit on the seat.
5. Repeat the exercise for 10-15 repetitions.



SEATED PRESS BAR ROW

MUSCLE GROUPS WORKED:

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and sit on the seat.
5. Repeat the exercise for 10-15 repetitions.



INCLINE BENCH PRESS

MUSCLE GROUPS WORKED:

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and sit on the seat.
5. Repeat the exercise for 10-15 repetitions.



LATERAL SHOULDER RAISE

MUSCLE GROUPS WORKED:

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and sit on the seat.
5. Repeat the exercise for 10-15 repetitions.



TRICEP PUSH-DOWN

MUSCLE GROUPS WORKED:

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and sit on the seat.
5. Repeat the exercise for 10-15 repetitions.



INVERTED PULL-DOWN

MUSCLE GROUPS WORKED:

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and sit on the seat.
5. Repeat the exercise for 10-15 repetitions.



SEATED SHOULDER PRESS

MUSCLE GROUPS WORKED:

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and sit on the seat.
5. Repeat the exercise for 10-15 repetitions.



LEG EXTENSION

MUSCLE GROUPS WORKED:

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and sit on the seat.
5. Repeat the exercise for 10-15 repetitions.



TRICEP EXTENSION

MUSCLE GROUPS WORKED:

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and sit on the seat.
5. Repeat the exercise for 10-15 repetitions.



PECTORAL FLY

MUSCLE GROUPS WORKED:

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and sit on the seat.
5. Repeat the exercise for 10-15 repetitions.



UPRIGHT ROW

MUSCLE GROUPS WORKED:

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and sit on the seat.
5. Repeat the exercise for 10-15 repetitions.

MUSCLE REFERENCE GUIDE



Marcy Pro 4400 Exercise Guide

JE Gale

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Marcy Pro 4400 Exercise Guide:

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