



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 the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



BICEP CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



PREACHER CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



TRICEP PUSH-DOWN

Muscles: Triceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it down towards your feet.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



LAT PULLDOWN

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it down towards your feet.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Anterior Deltoids

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



PECTORAL FLY

Muscles: Pectoralis Major, Anterior Deltoids

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



LEG KICKBACK

Muscles: Gluteus Maximus, Biceps Femoris

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



UPRIGHT ROW

Muscles: Trapezius, Deltoids

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: Anterior Deltoids, Trapezius

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



LEG KICK/INNER THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.

MUSCLE REFERENCE GUIDE



Marcy Weight Machine Manual

JS Bruner



Marcy Weight Machine Manual:

This book delves into Marcy Weight Machine Manual. Marcy Weight Machine Manual is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Marcy Weight Machine Manual, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Marcy Weight Machine Manual
- Chapter 2: Essential Elements of Marcy Weight Machine Manual
- Chapter 3: Marcy Weight Machine Manual in Everyday Life
- Chapter 4: Marcy Weight Machine Manual in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Marcy Weight Machine Manual. This chapter will explore what Marcy Weight Machine Manual is, why Marcy Weight Machine Manual is vital, and how to effectively learn about Marcy Weight Machine Manual.
3. In chapter 2, this book will delve into the foundational concepts of Marcy Weight Machine Manual. The second chapter will elucidate the essential principles that need to be understood to grasp Marcy Weight Machine Manual in its entirety.
4. In chapter 3, this book will examine the practical applications of Marcy Weight Machine Manual in daily life. This chapter will showcase real-world examples of how Marcy Weight Machine Manual can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Marcy Weight Machine Manual in specific contexts. This chapter will explore how Marcy Weight Machine Manual is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Marcy Weight Machine Manual. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Marcy Weight Machine Manual.

<https://splashdogs.com/data/Resources/Documents/Jeep%20Wrangler%20Jk%202007%20Workshop%20Service%20Manual.pdf>

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