



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 cable to the top handle and adjust the pulley.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles down towards your knees, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



BICEP CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



FOREARM CURL

Muscles: Brachioradialis, Brachialis

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

Muscles: Triceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Push the handles down towards your feet, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LAT PULL-DOWN

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
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 cable to the top handle and adjust the pulley.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your feet, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

Muscles: Pectoralis Major, Triceps Brachii

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your feet, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your feet, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK-BACK

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductors, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

Muscles: Trapezius, Deltoids

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: Deltoids, Trapezius

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK-FORWARD/THIGH ADDUCTORS

Muscles: Adductors, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



Marcy Home Gym Diamond Elite Exercise Manual

William Smith, Michael Volkmar

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the authors' names.

Marcy Home Gym Diamond Elite Exercise Manual:

Home Fitness Regimen Training Guide Shawn Burke,2021-01-17 Do you want an easy and affordable option for your daily fitness schedule If you think maintaining fitness starts and stops at the gym you need to think again While going to those establishments is all well and good they re not the be all and end all when it comes to keeping physically at times even mentally fit Sure they have the fancy equipment the trainers who can keep you on track and other amenities to make working out a luxurious experience But at the end of the day what s most important is you and how you feel And you can keep fit just as well at home as you do in any gym Finding Time For Fitness Is Never Easy But Home Training Could Provide The Answer From assembling a few pieces of basic training equipment to setting up a complete gym in a room in your house at home workouts could be the key to your fitness Discover How To Incorporate Home Fitness Programs In Your Daily Routine To Lose Weight Get Fit And Look Good Right From The Comfort Of Your Home So here s what you are going to discover in this Advanced Home Fitness Regimen Info Course A General Overview About Home Fitness Regimens Find Out How To Create Your Awesome Home Gym Explore How Muscle Growth Works Discover Everything About Using Intensity Techniques to Unlock Your Full Potential Find Out About Training Your Legs At Home Know Everything About Bodyweight Training and How to Learn Incredible Beast Moves Find Out About Introducing Cardio and Weight Loss Discover The Last Piece of the Puzzle Diet Find Out All About The Benefits of Staying Fit Discover All About Doing It For Yourself And So Much More Finding Time For Fitness Is Never Easy But Home Training Could Provide The Answer From assembling a few pieces of basic training equipment to setting up a complete gym in a room in your house at home workouts could be the key to your fitness Home Fitness entails exactly what it implies executing your personal fitness routine while at home using a variety of different techniques Home fitness has been in our lives for decades and it s taken on a new role since the Covid 19 pandemic closed gyms around the world Whether it s a yoga class on Zoom or panic buying a Peloton many of us are trying to find ways to exercise effectively within four walls Whether you are looking to improve your cardiovascular system lose weight gain lean muscle mass or just stay active in home training has a place in your life And the benefits of staying fit are no secret Improvements in cardiovascular and respiratory health better regulation of blood sugar the potential to reduce or eliminate prescription medications such as for diabetes or blood pressure weight loss reduction in cancer risk and improved musculoskeletal strength are some of the better known But when you re working out at home you re responsible for the whole plan What exercises should you do How many reps of each How often should you rest Are you feeling a cardio workout An upper body workout Or do you want to fit in a total body workout instead For many of us answering all these questions is an added stress we d rather avoid right now And the good news is that s something you can avoid without skipping your workout We are about to show you an immaculate at home workout program that take the guesswork out for you and will give you the whole exercise plan **Garage Gym Bible** William Smith,Michael Volkmar,2022-03-29 Think the best workout

results can only be achieved through the use of expensive weights and complicated machines Wrong Getting the results you deserve without spending a fortune requires only minimal equipment plus the know how to use them properly Garage Gym Bible shows you how to get the body you ve always dreamed of and all you need are a few pieces of simple equipment along with pinpoint workout plans to maximize effectiveness Bringing in various experts from different fields to share their tricks of the trade Garage Gym Bible lets you get the most out of your workout getting the best results at a fraction of the cost The workouts in Garage Gym Bible can be done in the convenience of your own home space allowing for a flexible workout program that s easy to maintain Whether you re worried about sticking to a schedule making time to get to the gym or dreading the feeling of playing catch up for missed workouts Garage Gym Bible lets you stay in control of your workout plan and fitness regimen by putting the power in your hands Includes detailed exercises for beginners and advanced exercisers as well as expert approved workout plans for muscle sculpting building mass increasing stamina and much more *The Ultimate Exercise Guide* Nicolas Andreou, 2024-12-06 The Ultimate Exercise Guide Chest Edition 107 How to Instructions for Home and Gym Are you ready to build and strengthen your chest with 107 chest exercises and a comprehensive easy to follow guide Look no further than The Ultimate Exercise Guide Chest Edition your essential resource for mastering 107 targeted chest exercises designed for home workouts and gym sessions Whether you re a beginner intermediate or advanced fitness enthusiast this book will help you sculpt a powerful chest with expert guidance and visual support What Makes This Guide Stand Out 107 Chest Exercises A wide range of exercises that target your pectorals from every angle ensuring complete muscle activation for optimal results Includes Bodyweight Free Weights Dumbbells Barbell and more Machines Suspension Trainer Resistance Band exercises and more 107 Step by Step Instructions Detailed how to instructions for every exercise eliminating guesswork and ensuring you perform each move correctly 107 High Quality Color 3D Illustrations Visualize your exercises with state of the art 3D illustrations clearly demonstrating form and muscle engagement 107 QR Codes for Video Demonstrations Get access to exercise animation videos by scanning QR codes included with each exercise offering you real time demonstrations and extra visual support For Home or Gym Whether you re working out at home with minimal equipment or hitting the gym this guide covers bodyweight free weights resistance bands and machine exercises For All Fitness Levels Discover a range of exercises perfect for both beginners and advanced athletes No matter your level there s something for you Why Choose The Ultimate Exercise Guide Chest Edition Build Strength it s your ultimate resource for building muscle improving strength and enhancing your fitness journey Don t miss out this guide is a must have for anyone serious about training their pectorals

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