



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 about 10 lbs. to the cable using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your shoulders off the seat.
5. Release the weight and repeat.



## BICEP CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your elbows off the seat.
5. Release the weight and repeat.



## PREACHER CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your elbows off the seat.
5. Release the weight and repeat.



## TRICEP PUSH-DOWN

Muscles: Triceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Push the cable down towards your feet, lifting your elbows off the seat.
5. Release the weight and repeat.



## SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your chest, lifting your elbows off the seat.
5. Release the weight and repeat.



## LAT PULDOWN

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your chest, lifting your elbows off the seat.
5. Release the weight and repeat.



## STANDARD BENCH PRESS

Muscles: Pectoralis Major, Anterior Deltoids

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Push the cable down towards your feet, lifting your elbows off the seat.
5. Release the weight and repeat.



## PECTORAL FLY

Muscles: Pectoralis Major, Anterior Deltoids

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Push the cable down towards your feet, lifting your elbows off the seat.
5. Release the weight and repeat.



## LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Push the cable down towards your feet, lifting your elbows off the seat.
5. Release the weight and repeat.



## STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull the cable down towards your chest, lifting your elbows off the seat.
5. Release the weight and repeat.



## LEG KICKBACK

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull the cable down towards your chest, lifting your elbows off the seat.
5. Release the weight and repeat.



## LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Brevis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull the cable down towards your chest, lifting your elbows off the seat.
5. Release the weight and repeat.



## UPRIGHT ROW

Muscles: Trapezius, Deltoids

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull the cable down towards your chest, lifting your elbows off the seat.
5. Release the weight and repeat.



## FRONT SHOULDER RAISE

Muscles: Deltoids, Trapezius

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull the cable down towards your chest, lifting your elbows off the seat.
5. Release the weight and repeat.



## LEG KICK-UP/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Brevis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull the cable down towards your chest, lifting your elbows off the seat.
5. Release the weight and repeat.



# Multifunction Home Gym Exercises Guide

**L Darling-Hammond**



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