



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 of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your knees.
5. Push your upper body up and over the handles.
6. Lower your upper body back down, keeping your feet flat on the floor.
7. 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 of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Lower the handles back down, keeping your feet flat on the floor.
6. Repeat the exercise for the desired number of repetitions.



## PREACHER CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Lower the handles back down, keeping your feet flat on the floor.
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 of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the handles with your hands and push them down towards your feet.
5. Lower the handles back up, keeping your feet flat on the floor.
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 of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your chest.
5. Lower the handles back down, keeping your feet flat on the floor.
6. Repeat the exercise for the desired number of repetitions.



## LAT PULDOWN

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your chest.
5. Lower the handles back down, keeping your feet flat on the floor.
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 of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the handles with your hands and push them up towards your chest.
5. Lower the handles back down, keeping your feet flat on the floor.
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 of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the handles with your hands and push them up towards your chest.
5. Lower the handles back down, keeping your feet flat on the floor.
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 of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the handles with your hands and push them up towards your chest.
5. Lower the handles back down, keeping your feet flat on the floor.
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 of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your chest.
5. Lower the handles back down, keeping your feet flat on the floor.
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 of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your chest.
5. Lower the handles back down, keeping your feet flat on the floor.
6. Repeat the exercise for the desired number of repetitions.



## LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your chest.
5. Lower the handles back down, keeping your feet flat on the floor.
6. Repeat the exercise for the desired number of repetitions.



## UPRIGHT ROW

Muscles: Trapezius, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your chest.
5. Lower the handles back down, keeping your feet flat on the floor.
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 of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your chest.
5. Lower the handles back down, keeping your feet flat on the floor.
6. Repeat the exercise for the desired number of repetitions.



## LEG KICK/INNER THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor.
4. Grasp the handles with your hands and pull them towards your chest.
5. Lower the handles back down, keeping your feet flat on the floor.
6. Repeat the exercise for the desired number of repetitions.

## MUSCLE REFERENCE GUIDE



# **Marcy Diamond Elite Home Gym Manual**

**Narragansett Machine Co**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the Narragansett Machine Co text.

## **Marcy Diamond Elite Home Gym Manual:**

**How to Make a Home Gym** Linda J Morrison, 2024-02-26 How To Make a Home Gym is a comprehensive guide that empowers individuals to transform their living space into a personal fitness haven This book provides practical advice step by step instructions and creative ideas for designing and setting up a home gym tailored to individual needs preferences and available space From selecting the right equipment to optimizing layout and maximizing functionality this guide offers insights into creating an inviting and motivating environment for achieving fitness goals conveniently at home Whether you re a beginner looking to start your fitness journey or a seasoned enthusiast seeking to elevate your workout experience How To Make a Home Gym offers the essential tools and inspiration to make your home fitness dreams a reality **Pocket Manual on Home Exercise** Narragansett Machine Co, 1887 *New Comprehensive Training Manual* Universal Gym Equipment, 1976 **The Manual** Matt Thome, Jay DeMayo, Andrew White, Anthony Carney, Mike Thomson, Mike Dahlem, Kessa Kuyper, 2022 Harder Than Last Time! The Complete Muscle & Strength Training Manual Greg Doucette, 2021-05 CHANGE YOUR MORON TRAINING WAYS FOREVER WITH COACH GREG 110% NO BULLSHIT Programs and training plans for ALL fitness levels WHATEVER your experience may be Skinny Fat Circle Square BEAST IT DOESN T MATTER Start getting the RESULTS PROGRESS you actually WANT Stop complicating your training and start SIMPLIFYING *The Ultimate Door Mounted Pull-Up Guide* John Carpinito, 2020-08-28 This pull up exercise guide is a great companion to your door mounted pull up bar Combining this exercise manual with your pull up bar will give you a gym workout experience at home This along with your bar are a great combination for home exercise equipment From easy to follow instructions on how to perform your first pull up to advanced level exercise that you didn t know were possible at home This guide gives you over 30 varieties of exercise in numerous different positions including various types of pull ups chin ups sit ups push ups dips and more This exercise guide incorporates all of your muscles giving you a head to toe workout at home There are also 2 easy to follow workout routines for beginners and advanced athletes Get the most out of your home pull up bar and you ll never need to go to the gym again **Complete Weight Training Methods with the Universal Gym Machine** Universal Gym Equipment, 1978

## Reviewing **Marcy Diamond Elite Home Gym Manual**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Marcy Diamond Elite Home Gym Manual**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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