



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. Release the handles and allow the weight to pull you back.
6. Repeat the motion for the desired number of repetitions.



## BICEP CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your arms at your sides.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Release the handles and allow the weight to pull you back.
6. Repeat the motion for the desired number of repetitions.



## FOREARM CURL

Muscles: Forearms, Brachioradialis, 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 and your arms at your sides.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Release the handles and allow the weight to pull you back.
6. Repeat the motion for the desired number of repetitions.



## TRICEP PUSH-DOWN

Muscles: Triceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your arms at your sides.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Release the handles and allow the weight to pull you back.
6. Repeat the motion for the desired number of repetitions.



## SEATED ROW

Muscles: Back, Biceps, Brachialis, Brachioradialis

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 and your arms at your sides.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Release the handles and allow the weight to pull you back.
6. Repeat the motion for the desired number of repetitions.



## LAT PULL-DOWN

Muscles: Lats, Biceps, Brachialis, Brachioradialis

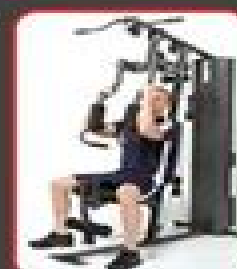
1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your arms at your sides.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Release the handles and allow the weight to pull you back.
6. Repeat the motion for the desired number of repetitions.



## STANDARD BENCH PRESS

Muscles: Chest, Biceps, Brachialis, Brachioradialis

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 and your arms at your sides.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Release the handles and allow the weight to pull you back.
6. Repeat the motion for the desired number of repetitions.



## PECTORAL FLY

Muscles: Pectorals, Biceps, Brachialis, Brachioradialis

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 and your arms at your sides.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Release the handles and allow the weight to pull you back.
6. Repeat the motion for the desired number of repetitions.



## LEG EXTENSION

Muscles: Quadriceps, Rectus Femoris, Vastus Medialis, Vastus Lateralis

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 and your arms at your sides.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Release the handles and allow the weight to pull you back.
6. Repeat the motion for the desired number of repetitions.



## STANDING LEG CURL

Muscles: Hamstrings, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your arms at your sides.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Release the handles and allow the weight to pull you back.
6. Repeat the motion for the desired number of repetitions.



## LEG KICK-BACK

Muscles: Hamstrings, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your arms at your sides.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Release the handles and allow the weight to pull you back.
6. Repeat the motion for the desired number of repetitions.



## LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductors, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your arms at your sides.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Release the handles and allow the weight to pull you back.
6. Repeat the motion for the desired number of repetitions.



## UPRIGHT ROW

Muscles: Traps, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your arms at your sides.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Release the handles and allow the weight to pull you back.
6. Repeat the motion for the desired number of repetitions.



## FRONT SHOULDER RAISE

Muscles: Deltoids, Biceps, Brachialis, Brachioradialis

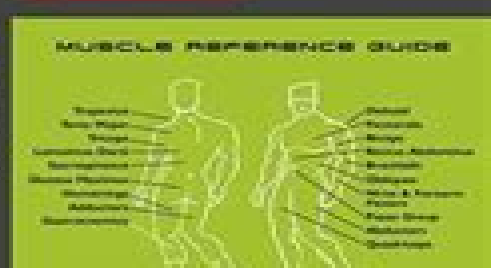
1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your arms at your sides.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Release the handles and allow the weight to pull you back.
6. Repeat the motion for the desired number of repetitions.



## LEG KICK-FORWARD/THIGH ADDUCTORS

Muscles: Adductors, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your arms at your sides.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Release the handles and allow the weight to pull you back.
6. Repeat the motion for the desired number of repetitions.



# **Marcy Diamond Home Gym Manual**

**Michael Rajnik**



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

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