



- ABDOMINAL CRUNCHES**
MUSCLE GROUPS WORKED
1. Select the desired weight.
 2. Attach the rope to the seat, pull and engage the fly.
 3. Release the rope and sit on the machine seat.
 4. As you pull the rope, hold your torso tight and your feet flat on the floor.
 5. Pull against resistance and lift your head and shoulders off the seat.
 6. Release the rope and return to the starting position.
 7. Repeat the exercise for the desired number of repetitions.



SEATED PULLEY ROW

- MUSCLE GROUPS WORKED
1. Select the desired weight.
 2. Attach the rope to the seat and pull and engage the fly.
 3. Holding the rope with both hands, pull the rope to the hip and up.
 4. Release the rope and return to the starting position.
 5. Repeat the exercise for the desired number of repetitions.



- SEATED BENCH PRESS**
MUSCLE GROUPS WORKED
1. Select the desired weight.
 2. Attach the rope to the seat and pull and engage the fly.
 3. Hold the rope with both hands, pull the rope to the hip and up.
 4. Release the rope and return to the starting position.
 5. Repeat the exercise for the desired number of repetitions.



- FRONT SHOULDER RAISE**
MUSCLE GROUPS WORKED
1. Select the desired weight.
 2. Attach the rope to the seat and pull and engage the fly.
 3. Hold the rope with both hands, pull the rope to the hip and up.
 4. Release the rope and return to the starting position.
 5. Repeat the exercise for the desired number of repetitions.



- BICEP CURL**
MUSCLE GROUPS WORKED
1. Select the desired weight.
 2. Attach the rope to the seat and pull and engage the fly.
 3. Hold the rope with both hands, pull the rope to the hip and up.
 4. Release the rope and return to the starting position.
 5. Repeat the exercise for the desired number of repetitions.



- SEATED PRESS BAR ROW**
MUSCLE GROUPS WORKED
1. Select the desired weight.
 2. Attach the rope to the seat and pull and engage the fly.
 3. Hold the rope with both hands, pull the rope to the hip and up.
 4. Release the rope and return to the starting position.
 5. Repeat the exercise for the desired number of repetitions.



- INCLINE BENCH PRESS**
MUSCLE GROUPS WORKED
1. Select the desired weight.
 2. Attach the rope to the seat and pull and engage the fly.
 3. Hold the rope with both hands, pull the rope to the hip and up.
 4. Release the rope and return to the starting position.
 5. Repeat the exercise for the desired number of repetitions.



- LATERAL SHOULDER RAISE**
MUSCLE GROUPS WORKED
1. Select the desired weight.
 2. Attach the rope to the seat and pull and engage the fly.
 3. Hold the rope with both hands, pull the rope to the hip and up.
 4. Release the rope and return to the starting position.
 5. Repeat the exercise for the desired number of repetitions.



- TRICEP PUSH-DOWN**
MUSCLE GROUPS WORKED
1. Select the desired weight.
 2. Attach the rope to the seat and pull and engage the fly.
 3. Hold the rope with both hands, pull the rope to the hip and up.
 4. Release the rope and return to the starting position.
 5. Repeat the exercise for the desired number of repetitions.



- INVERTED PULL-DOWN**
MUSCLE GROUPS WORKED
1. Select the desired weight.
 2. Attach the rope to the seat and pull and engage the fly.
 3. Hold the rope with both hands, pull the rope to the hip and up.
 4. Release the rope and return to the starting position.
 5. Repeat the exercise for the desired number of repetitions.



- SEATED SHOULDER PRESS**
MUSCLE GROUPS WORKED
1. Select the desired weight.
 2. Attach the rope to the seat and pull and engage the fly.
 3. Hold the rope with both hands, pull the rope to the hip and up.
 4. Release the rope and return to the starting position.
 5. Repeat the exercise for the desired number of repetitions.



- LEG EXTENSION**
MUSCLE GROUPS WORKED
1. Select the desired weight.
 2. Attach the rope to the seat and pull and engage the fly.
 3. Hold the rope with both hands, pull the rope to the hip and up.
 4. Release the rope and return to the starting position.
 5. Repeat the exercise for the desired number of repetitions.



- TRICEP EXTENSION**
MUSCLE GROUPS WORKED
1. Select the desired weight.
 2. Attach the rope to the seat and pull and engage the fly.
 3. Hold the rope with both hands, pull the rope to the hip and up.
 4. Release the rope and return to the starting position.
 5. Repeat the exercise for the desired number of repetitions.

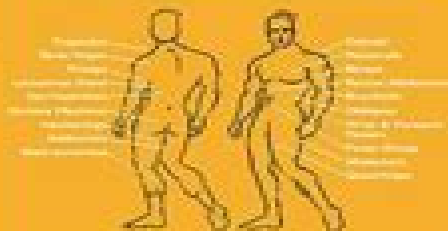


- PECTORAL FLY**
MUSCLE GROUPS WORKED
1. Select the desired weight.
 2. Attach the rope to the seat and pull and engage the fly.
 3. Hold the rope with both hands, pull the rope to the hip and up.
 4. Release the rope and return to the starting position.
 5. Repeat the exercise for the desired number of repetitions.



- LIGHT ROW**
MUSCLE GROUPS WORKED
1. Select the desired weight.
 2. Attach the rope to the seat and pull and engage the fly.
 3. Hold the rope with both hands, pull the rope to the hip and up.
 4. Release the rope and return to the starting position.
 5. Repeat the exercise for the desired number of repetitions.

MUSCLE REFERENCE GUIDE



Marcy 983 Workout Manual

A. G. Scott



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