



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 and your hands behind your head.
4. Pull the cable down towards your knees, lifting your upper body off the seat.
5. Release the cable 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 of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



FOREARM CURL

Muscles: Forearm Muscles, 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 hands behind your head.
4. Pull the cable down towards your knees, lifting your upper body off the seat.
5. Release the cable 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 of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your upper body off the seat.
5. Release the cable 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 of the machine.
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 upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LAT PULL-DOWN

Muscles: Latissimus Dorsi, Rhomboids

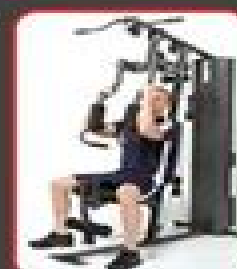
1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat 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 of the machine.
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 upper body off the seat.
5. Release the cable 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 of the machine.
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 upper body off the seat.
5. Release the cable 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 of the machine.
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 upper body off the seat.
5. Release the cable 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 of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK-BACK

Muscles: Gluteus Maximus, Biceps Femoris

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 hands behind your head.
4. Pull the cable down towards your knees, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
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 and your hands behind your head.
4. Pull the cable down towards your knees, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

Muscles: Trapezius, Deltoids, 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 and your hands behind your head.
4. Pull the cable down towards your knees, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: Deltoids, Trapezius, Rhomboids

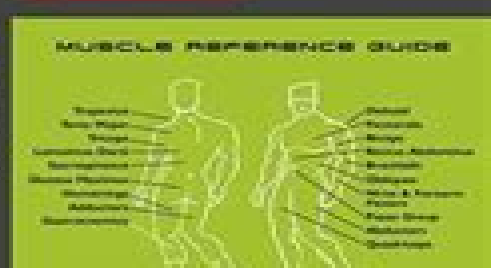
1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK-FORWARD/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 and your hands behind your head.
4. Pull the cable down towards your knees, lifting your upper body off the seat.
5. Release the cable 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



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

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