



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: RECTUS ABDOMINUS, TRANSVERSE ABDOMINUS

1. Select the desired weight.
2. Attach about 10 lbs. to the upper pulley using a spring clip.
3. Sit on the seat, feet flat on the floor, and hold the handles.
4. Pull the handles down towards your knees, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to the desired level.
8. Return the machine's resistance to the starting position.



BICEP CURL

MUSCLES: BICEPS BRACHII, BRACHIORADII

1. Select the desired weight.
2. Attach the handle to the low pulley using a spring clip.
3. Stand with feet shoulder-width apart, holding the handle with both hands.
4. Pull the handle up towards your shoulders, keeping your elbows close to your body.
5. Release the handle and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to the desired level.
8. Return the machine's resistance to the starting position.



PREACHER CURL

MUSCLES: BICEPS BRACHII, BRACHIORADII

1. Select the desired weight.
2. Attach the handle to the low pulley using a spring clip.
3. Sit on the seat, feet flat on the floor, and hold the handles.
4. Pull the handles down towards your knees, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to the desired level.
8. Return the machine's resistance to the starting position.



TRICEP PUSH-DOWN

MUSCLES: TRICEPS BRACHII, ANTERIOR DELTOID

1. Select the desired weight.
2. Attach the handle to the high pulley using a spring clip.
3. Stand with feet shoulder-width apart, holding the handle with both hands.
4. Pull the handle down towards your waist, keeping your elbows close to your body.
5. Release the handle and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to the desired level.
8. Return the machine's resistance to the starting position.



SEATED ROW

MUSCLES: LATISSIMUS DORSI, TERES MINOR

1. Select the desired weight.
2. Attach the handle to the high pulley using a spring clip.
3. Sit on the seat, feet flat on the floor, and hold the handles.
4. Pull the handles down towards your waist, keeping your elbows close to your body.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to the desired level.
8. Return the machine's resistance to the starting position.



LAT PULLDOWN

MUSCLES: LATISSIMUS DORSI, TERES MINOR

1. Select the desired weight.
2. Attach the handle to the high pulley using a spring clip.
3. Stand with feet shoulder-width apart, holding the handle with both hands.
4. Pull the handle down towards your waist, keeping your elbows close to your body.
5. Release the handle and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to the desired level.
8. Return the machine's resistance to the starting position.



STANDARD BENCH PRESS

MUSCLES: PECTORALIS MAJOR, ANTERIOR DELTOID

1. Select the desired weight.
2. Attach the handle to the high pulley using a spring clip.
3. Sit on the seat, feet flat on the floor, and hold the handles.
4. Pull the handles down towards your waist, keeping your elbows close to your body.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to the desired level.
8. Return the machine's resistance to the starting position.



PECTORAL FLY

MUSCLES: PECTORALIS MAJOR, ANTERIOR DELTOID

1. Select the desired weight.
2. Attach the handle to the high pulley using a spring clip.
3. Sit on the seat, feet flat on the floor, and hold the handles.
4. Pull the handles down towards your waist, keeping your elbows close to your body.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to the desired level.
8. Return the machine's resistance to the starting position.



LEG EXTENSION

MUSCLES: RECTUS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the handle to the high pulley using a spring clip.
3. Sit on the seat, feet flat on the floor, and hold the handles.
4. Pull the handles down towards your waist, keeping your elbows close to your body.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to the desired level.
8. Return the machine's resistance to the starting position.



STANDING LEG CURL

MUSCLES: BICEPS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the handle to the high pulley using a spring clip.
3. Stand with feet shoulder-width apart, holding the handle with both hands.
4. Pull the handle down towards your waist, keeping your elbows close to your body.
5. Release the handle and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to the desired level.
8. Return the machine's resistance to the starting position.



LEG KICKBACK

MUSCLES: GLUTEUS MAXIMUS, BICEPS FEMORIS

1. Select the desired weight.
2. Attach the handle to the high pulley using a spring clip.
3. Stand with feet shoulder-width apart, holding the handle with both hands.
4. Pull the handle down towards your waist, keeping your elbows close to your body.
5. Release the handle and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to the desired level.
8. Return the machine's resistance to the starting position.



LEG KICK-OUT/THIGH ADDUCTORS

MUSCLES: ADDUCTOR MAGNUS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the handle to the high pulley using a spring clip.
3. Stand with feet shoulder-width apart, holding the handle with both hands.
4. Pull the handle down towards your waist, keeping your elbows close to your body.
5. Release the handle and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to the desired level.
8. Return the machine's resistance to the starting position.



UPRIGHT ROW

MUSCLES: TRAPEZIUS, Deltoids

1. Select the desired weight.
2. Attach the handle to the high pulley using a spring clip.
3. Stand with feet shoulder-width apart, holding the handle with both hands.
4. Pull the handle down towards your waist, keeping your elbows close to your body.
5. Release the handle and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to the desired level.
8. Return the machine's resistance to the starting position.



FRONT SHOULDER RAISE

MUSCLES: Deltoids, ANTERIOR DELTOID

1. Select the desired weight.
2. Attach the handle to the high pulley using a spring clip.
3. Stand with feet shoulder-width apart, holding the handle with both hands.
4. Pull the handle down towards your waist, keeping your elbows close to your body.
5. Release the handle and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to the desired level.
8. Return the machine's resistance to the starting position.



LEG KICK-INNER THIGH ADDUCTORS

MUSCLES: ADDUCTOR MAGNUS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the handle to the high pulley using a spring clip.
3. Stand with feet shoulder-width apart, holding the handle with both hands.
4. Pull the handle down towards your waist, keeping your elbows close to your body.
5. Release the handle and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to the desired level.
8. Return the machine's resistance to the starting position.



Marcy Mwm 900 Home Gym Exercises Guide

Rayen Crown



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