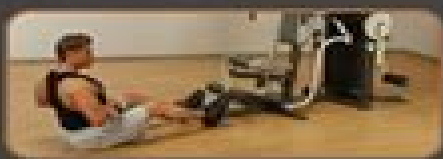




ABDOMINAL CRUNCH

MUSCLE GROUPS: ABDOMINALS

1. Select the desired weight.
2. Adjust the seat height to the user's sitting height.
3. Adjust the seat back to the desired angle.
4. Sit on the seat and hold the handles with both hands.
5. Pull the handles down and up, contracting the abdominal muscles.
6. Repeat the exercise for the desired number of repetitions.



SEATED PULLEY ROW

MUSCLE GROUPS: BACK

1. Select the desired weight.
2. Adjust the seat height to the user's sitting height.
3. Adjust the seat back to the desired angle.
4. Sit on the seat and hold the handles with both hands.
5. Pull the handles down and up, contracting the back muscles.
6. Repeat the exercise for the desired number of repetitions.



SEATED BENCH PRESS

MUSCLE GROUPS: CHEST

1. Select the desired weight.
2. Adjust the seat height to the user's sitting height.
3. Adjust the seat back to the desired angle.
4. Sit on the seat and hold the handles with both hands.
5. Push the handles up and down, contracting the chest muscles.
6. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RAISE

MUSCLE GROUPS: SHOULDER

1. Select the desired weight.
2. Adjust the seat height to the user's sitting height.
3. Adjust the seat back to the desired angle.
4. Sit on the seat and hold the handles with both hands.
5. Raise the handles up and down, contracting the shoulder muscles.
6. Repeat the exercise for the desired number of repetitions.



BICEP CURL

MUSCLE GROUPS: BICEPS

1. Select the desired weight.
2. Adjust the seat height to the user's sitting height.
3. Adjust the seat back to the desired angle.
4. Sit on the seat and hold the handles with both hands.
5. Curl the handles up and down, contracting the bicep muscles.
6. Repeat the exercise for the desired number of repetitions.



SEATED PRESS BAR ROW

MUSCLE GROUPS: BACK

1. Select the desired weight.
2. Adjust the seat height to the user's sitting height.
3. Adjust the seat back to the desired angle.
4. Sit on the seat and hold the handles with both hands.
5. Pull the handles down and up, contracting the back muscles.
6. Repeat the exercise for the desired number of repetitions.



INCLINE BENCH PRESS

MUSCLE GROUPS: CHEST

1. Select the desired weight.
2. Adjust the seat height to the user's sitting height.
3. Adjust the seat back to the desired angle.
4. Sit on the seat and hold the handles with both hands.
5. Push the handles up and down, contracting the chest muscles.
6. Repeat the exercise for the desired number of repetitions.



LATERAL SHOULDER RAISE

MUSCLE GROUPS: SHOULDER

1. Select the desired weight.
2. Adjust the seat height to the user's sitting height.
3. Adjust the seat back to the desired angle.
4. Sit on the seat and hold the handles with both hands.
5. Raise the handles up and down, contracting the shoulder muscles.
6. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLE GROUPS: TRICEPS

1. Select the desired weight.
2. Adjust the seat height to the user's sitting height.
3. Adjust the seat back to the desired angle.
4. Sit on the seat and hold the handles with both hands.
5. Push the handles down and up, contracting the tricep muscles.
6. Repeat the exercise for the desired number of repetitions.



INVERTED PULL-EXTENDS

MUSCLE GROUPS: BACK

1. Select the desired weight.
2. Adjust the seat height to the user's sitting height.
3. Adjust the seat back to the desired angle.
4. Sit on the seat and hold the handles with both hands.
5. Pull the handles down and up, contracting the back muscles.
6. Repeat the exercise for the desired number of repetitions.



SEATED SHOULDER PRESS

MUSCLE GROUPS: SHOULDER

1. Select the desired weight.
2. Adjust the seat height to the user's sitting height.
3. Adjust the seat back to the desired angle.
4. Sit on the seat and hold the handles with both hands.
5. Push the handles up and down, contracting the shoulder muscles.
6. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

MUSCLE GROUPS: LEGS

1. Select the desired weight.
2. Adjust the seat height to the user's sitting height.
3. Adjust the seat back to the desired angle.
4. Sit on the seat and hold the handles with both hands.
5. Extend the legs up and down, contracting the leg muscles.
6. Repeat the exercise for the desired number of repetitions.



TRICEP EXTENSION

MUSCLE GROUPS: TRICEPS

1. Select the desired weight.
2. Adjust the seat height to the user's sitting height.
3. Adjust the seat back to the desired angle.
4. Sit on the seat and hold the handles with both hands.
5. Extend the handles up and down, contracting the tricep muscles.
6. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

MUSCLE GROUPS: CHEST

1. Select the desired weight.
2. Adjust the seat height to the user's sitting height.
3. Adjust the seat back to the desired angle.
4. Sit on the seat and hold the handles with both hands.
5. Fly the handles up and down, contracting the chest muscles.
6. Repeat the exercise for the desired number of repetitions.

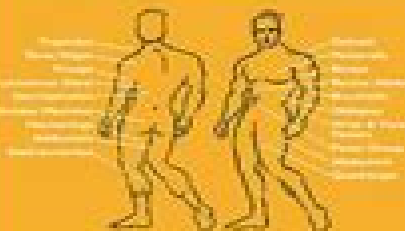


UPRIGHT ROW

MUSCLE GROUPS: SHOULDER

1. Select the desired weight.
2. Adjust the seat height to the user's sitting height.
3. Adjust the seat back to the desired angle.
4. Sit on the seat and hold the handles with both hands.
5. Row the handles up and down, contracting the shoulder muscles.
6. Repeat the exercise for the desired number of repetitions.

MUSCLE REFERENCE GUIDE



Marcy Stack Home Gym 1100 Exercise Manual

William Smith, Michael Volkmar



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