



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, TRANSVERSUS ABDOMINUS

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your knees bent.
4. Grasp the handles and pull them up towards your chest.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



BICEP CURL

MUSCLES: BICEPS BRACHII, BRACHIORADII

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your knees bent.
4. Grasp the handles and pull them up towards your chest.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



PREACHER CURL

MUSCLES: BICEPS BRACHII, BRACHIORADII

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your knees bent.
4. Grasp the handles and pull them up towards your chest.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLES: TRICEPS BRACHII, BRACHIORADII

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your knees bent.
4. Grasp the handles and pull them up towards your chest.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



SEATED ROW

MUSCLES: LATISSIMUS DORSI, RHOMBUS

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your knees bent.
4. Grasp the handles and pull them up towards your chest.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



LAT PULLDOWN

MUSCLES: LATISSIMUS DORSI, RHOMBUS

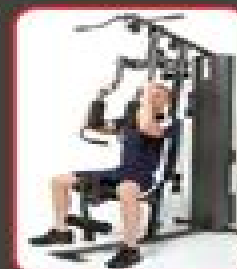
1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your knees bent.
4. Grasp the handles and pull them up towards your chest.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



STANDARD BENCH PRESS

MUSCLES: PECTORALIS MAJOR, TRICEPS BRACHII

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your knees bent.
4. Grasp the handles and pull them up towards your chest.
5. Inhale and exhale as you perform the exercise.
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 straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your knees bent.
4. Grasp the handles and pull them up towards your chest.
5. Inhale and exhale as you perform the exercise.
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 straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your knees bent.
4. Grasp the handles and pull them up towards your chest.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



EXTENDING LEG CURL

MUSCLES: BICEPS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your knees bent.
4. Grasp the handles and pull them up towards your chest.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK-BACK

MUSCLES: BICEPS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your knees bent.
4. Grasp the handles and pull them up towards your chest.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK-OUTER THIGH (ABDUCTORS)

MUSCLES: VASTUS LATERALIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your knees bent.
4. Grasp the handles and pull them up towards your chest.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

MUSCLES: TRAPEZIUS, Deltoids

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your knees bent.
4. Grasp the handles and pull them up towards your chest.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RAISE

MUSCLES: Deltoids, TRAPEZIUS

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your knees bent.
4. Grasp the handles and pull them up towards your chest.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK-INNER THIGH (ADDUCTORS)

MUSCLES: VASTUS LATERALIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your knees bent.
4. Grasp the handles and pull them up towards your chest.
5. Inhale and exhale as you perform the exercise.
6. Repeat the exercise for the desired number of repetitions.

MUSCLE REFERENCE GUIDE



Marcy Mwm 988 Exercise Manual

Ying Liu



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