



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 about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on 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 padding to your comfort.



BICEP CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your upper arms off your sides.
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 padding to your comfort.



PREACHER CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your upper arms off your sides.
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 padding to your comfort.



TRICEP PUSH-DOWN

Muscles: Triceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Push the handles down towards your feet, lifting your upper arms off your sides.
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 padding to your comfort.



SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids, Trapezius

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, 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 padding to your comfort.



LAT PULDOWN

Muscles: Latissimus Dorsi, Rhomboids, Trapezius

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, 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 padding to your comfort.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Deltoids, Triceps

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your chest, 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 padding to your comfort.



PECTORAL FLY

Muscles: Pectoralis Major, Deltoids, Triceps

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your chest, 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 padding to your comfort.



LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your chest, 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 padding to your comfort.



STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your chest, 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 padding to your comfort.



LEG KICKBACK

Muscles: Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your chest, 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 padding to your comfort.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductors, Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your chest, 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 padding to your comfort.



UPRIGHT ROW

Muscles: Trapezius, Rhomboids, Deltoids, Biceps

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your chest, 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 padding to your comfort.



FRONT SHOULDER RAISE

Muscles: Deltoids, Biceps, Triceps

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your chest, 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 padding to your comfort.



LEG KICK-IN/THIGH ADDUCTORS

Muscles: Adductors, Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your chest, 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 padding to your comfort.

MUSCLE REFERENCE GUIDE



Marcy Classic Mch 1510 Workout Guide

Joacim Rocklöv



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Table of Contents Marcy Classic Mch 1510 Workout Guide

1. Understanding the eBook Marcy Classic Mch 1510 Workout Guide
 - The Rise of Digital Reading Marcy Classic Mch 1510 Workout Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Marcy Classic Mch 1510 Workout Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Marcy Classic Mch 1510 Workout Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Marcy Classic Mch 1510 Workout Guide
 - Personalized Recommendations
 - Marcy Classic Mch 1510 Workout Guide User Reviews and Ratings
 - Marcy Classic Mch 1510 Workout Guide and Bestseller Lists
5. Accessing Marcy Classic Mch 1510 Workout Guide Free and Paid eBooks
 - Marcy Classic Mch 1510 Workout Guide Public Domain eBooks
 - Marcy Classic Mch 1510 Workout Guide eBook Subscription Services
 - Marcy Classic Mch 1510 Workout Guide Budget-Friendly Options

6. Navigating Marcy Classic Mch 1510 Workout Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Marcy Classic Mch 1510 Workout Guide Compatibility with Devices
 - Marcy Classic Mch 1510 Workout Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Marcy Classic Mch 1510 Workout Guide
 - Highlighting and Note-Taking Marcy Classic Mch 1510 Workout Guide
 - Interactive Elements Marcy Classic Mch 1510 Workout Guide
8. Staying Engaged with Marcy Classic Mch 1510 Workout Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Marcy Classic Mch 1510 Workout Guide
9. Balancing eBooks and Physical Books Marcy Classic Mch 1510 Workout Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Marcy Classic Mch 1510 Workout Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Marcy Classic Mch 1510 Workout Guide
 - Setting Reading Goals Marcy Classic Mch 1510 Workout Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Marcy Classic Mch 1510 Workout Guide
 - Fact-Checking eBook Content of Marcy Classic Mch 1510 Workout Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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