



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. Hold the contraction for a moment, then lower your upper body back to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to the starting position.



BICEP CURL

Muscles: Biceps Brachii, Brachialis

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 body off the seat.
5. Hold the contraction for a moment, then lower your upper body back to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to the starting position.



PREACHER CURL

Muscles: Biceps Brachii, Brachialis

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 body off the seat.
5. Hold the contraction for a moment, then lower your upper body back to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to the starting position.



TRICEP PUSH-DOWN

Muscles: Triceps Brachii, Brachialis

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 body off the seat.
5. Hold the contraction for a moment, then lower your upper body back to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to the starting position.



SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids

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. Hold the contraction for a moment, then lower your upper body back to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to the starting position.



LAT PULDOWN

Muscles: Latissimus Dorsi, Rhomboids

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. Hold the contraction for a moment, then lower your upper body back to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to the starting position.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Triceps Brachii

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. Hold the contraction for a moment, then lower your upper body back to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to the starting position.



PECTORAL FLY

Muscles: Pectoralis Major, Triceps Brachii

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. Hold the contraction for a moment, then lower your upper body back to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to the starting position.



LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis

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. Hold the contraction for a moment, then lower your upper body back to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to the starting position.



STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis

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. Hold the contraction for a moment, then lower your upper body back to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to the starting position.



LEG KICKBACK

Muscles: Biceps Femoris, Vastus Medialis

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. Hold the contraction for a moment, then lower your upper body back to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to the starting position.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus

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. Hold the contraction for a moment, then lower your upper body back to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to the starting position.



UPRIGHT ROW

Muscles: Trapezius, Rhomboids

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. Hold the contraction for a moment, then lower your upper body back to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to the starting position.



FRONT SHOULDER RAISE

Muscles: Deltoids, Trapezius

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. Hold the contraction for a moment, then lower your upper body back to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to the starting position.



LEG KICK-INNER THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus

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. Hold the contraction for a moment, then lower your upper body back to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to the starting position.



Marcy Workout Guide

Callie McFarlane

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Marcy Workout Guide:

Explorer's Guide The Santa Fe & Taos Book Sharon Niederman,2006-04-17 This authoritative guide to the historic mystical hub of the Southwest is highly recommended by Travel Leisure and New Mexico magazines This definitive travel guide by one of New Mexico s most highly respected and widely published food and travel journalists will appeal to the traveler who seeks an in depth experience of northern New Mexico Niederman knows the major attractions the off beat caf s the luxurious spas the history back roads festivals and the area s scenic beauty like her own backyard Vivid photographs accompany hundreds of personally recommended lodging and dining establishments along with her insider s tips for the best places to go sightseeing shop or just relax This is the only guide to Santa Fe and Taos that you will ever need *A Complete Guide for First-Time Mommies* Anne Marceline Yepmo,2011-12-21 Pregnancy is an exciting time in any womans life Its also a time of nervousness and unknowns as your body changes to accommodate the precious little one inside you You may wonder or even worry about how to do everything you can to give your baby a healthy start The best way to alleviate your fears and give your child the best start is to understand your pregnancy and to be prepared for what is to come A Complete Guide for First Time Mommies seeks to help you prepare for your journey into motherhood and develop confidence along the way This guide offers answers to your new mom questions as well as comprehensive step by step instructions for everything from preparing your nursery to preparing your body for the birth of your child The checklists included will help you stay organized focused and always one step ahead With pertinent information on infant care this guide also serves as an excellent reference for after your baby is born Congratulations on taking this step to becoming the most knowledgeable and well prepared mommy you can be **Financial Guide** United States. Office of Justice Programs. Office of the Comptroller,1998 **A Poet'S Guide to Outdoor Exercise** John Famulary,2013-03-01 In A Poets Guide to Outdoor Exercise author John Famulary shares some remarkable outdoor exercise adventures set in such exotic locales as Williamsburg Brooklyn Central Park the Catskill Mountains and a football field in New Jersey John discusses the advantages of outdoor exercise and in clues and descriptions suggests steps you can take to create your own outdoor exercise routine For the author outdoor exercise means being in nature wherever he finds it plus the joy of movement as they used to say Theres some philosophy here too A little poetry as well and some excerpts from an unconventional life the author s own In fresh and inventive prose Famulary has penned a thought provoking memoir thats also a practical guide to physical fitness and a metaphysical tool Sometimes humorous occasionally profound A Poets Guide to Outdoor Exercise invites readers to explore pathways and processes both physical and metaphysical that can help us energize and re vitalize almost every time **Explorer's Guide Santa Fe & Taos** Sharon Niederman,2017-04-11 The ultimate guide to New Mexico s premier destination Now in its ninth edition Explorer s Guide Santa Fe Taos is a comprehensive guide to the land of enchantment Award winning author Sharon Niederman provides up to date information on all the attractions unique to this area traditional festivals and markets funky

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book is a biography of anne hathaway the wife of english poet and playwright william shakespeare who was born in shottery a former small village within stratford upon avon

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