



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 ABDOMINUS**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.



## BICEP CURL

Muscles: **BICEPS, DELTOIDS, BRACHIALIS**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Stand with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.



## PREACHER CURL

Muscles: **BICEPS, DELTOIDS, BRACHIALIS**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.



## TRICEP PUSH-DOWN

Muscles: **TRICEPS, DELTOIDS, BRACHIALIS**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Stand with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.



## SEATED ROW

Muscles: **ROWING, DELTOIDS, BRACHIALIS**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.



## LAT PULDOWN

Muscles: **ROWING, DELTOIDS, BRACHIALIS**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.



## STANDARD BENCH PRESS

Muscles: **ROWING, DELTOIDS, BRACHIALIS**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.



## PECTORAL FLY

Muscles: **ROWING, DELTOIDS, BRACHIALIS**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.



## LEG EXTENSION

Muscles: **ROWING, DELTOIDS, BRACHIALIS**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.



## EXTENDING LEG CURL

Muscles: **ROWING, DELTOIDS, BRACHIALIS**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.



## LEG KICK-BACK

Muscles: **ROWING, DELTOIDS, BRACHIALIS**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.



## LEG KICK-OUT-THIGH

Muscles: **ROWING, DELTOIDS, BRACHIALIS**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.



## UPRIGHT ROW

Muscles: **ROWING, DELTOIDS, BRACHIALIS**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.



## FRONT SHOULDER RAISE

Muscles: **ROWING, DELTOIDS, BRACHIALIS**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.



## LEG KICK-INNER THIGH

Muscles: **ROWING, DELTOIDS, BRACHIALIS**

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.



# Marcy Manual

**R Barnett**



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