



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: **abdominal, rectus abdominis**

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 lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



BICEP CURL

Muscles: **bicep, brachialis, brachioradialis**

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 lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



PREACHER CURL

Muscles: **bicep, brachialis, brachioradialis**

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 lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



TRICEP PUSH-DOWN

Muscles: **triceps, latissimus dorsi**

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 lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



SEATED ROW

Muscles: **back, bicep, latissimus dorsi**

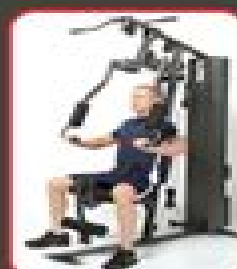
1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



LAT PUL-DOWN

Muscles: **back, bicep, latissimus dorsi**

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 lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



STANDARD BENCH PRESS

Muscles: **chest, triceps, shoulders**

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 lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



PECTORAL FLY

Muscles: **chest, triceps, shoulders**

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 lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



LEG EXTENSION

Muscles: **quadriceps, rectus femoris**

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 lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



EXTENDING LEG CURL

Muscles: **hamstrings, rectus femoris**

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 lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



LEG KICK-BACK

Muscles: **hamstrings, rectus femoris**

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 lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



LEG KICK-OUT-THIGH (ADDUCTORS)

Muscles: **adductors, rectus femoris**

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 lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



UPRIGHT ROW

Muscles: **trapezius, bicep, latissimus dorsi**

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 lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



FRONT SHOULDER RAISE

Muscles: **trapezius, bicep, latissimus dorsi**

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 lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



LEG KICK-INNER THIGH (ADDUCTORS)

Muscles: **adductors, rectus femoris**

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 lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.

MUSCLE REFERENCE GUIDE



Marcy Weight Machine Manual

Xiang Xie



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