



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 hold the straps with your hands.
6. Crunch forward, lifting your shoulders and upper back off the floor.
7. Return to the starting position and repeat.



BICEP CURL

Muscles: biceps brachii, 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 hold the straps with your hands.
6. Curl the straps up towards your shoulders.
7. Return to the starting position and repeat.



PREACHER CURL

Muscles: biceps brachii, 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 hold the straps with your hands.
6. Curl the straps up towards your shoulders.
7. Return to the starting position and repeat.



TRICEP PUSH-DOWN

Muscles: triceps brachii, anconeus

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 hold the straps with your hands.
6. Push the straps down towards your feet.
7. Return to the starting position and repeat.



SEATED ROW

Muscles: latissimus dorsi, rhomboid

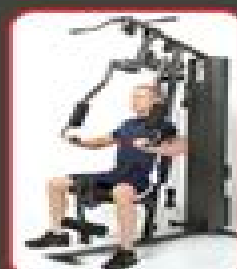
1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and hold the straps with your hands.
6. Row the straps up towards your chest.
7. Return to the starting position and repeat.



LAT PULDOWN

Muscles: latissimus dorsi, rhomboid

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 hold the straps with your hands.
6. Pull the straps down towards your feet.
7. Return to the starting position and repeat.



STANDARD BENCH PRESS

Muscles: pectoralis major, pectoralis minor

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 hold the straps with your hands.
6. Press the straps up towards your chest.
7. Return to the starting position and repeat.



PECTORAL FLY

Muscles: pectoralis major, pectoralis minor

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 hold the straps with your hands.
6. Fly the straps out towards your feet.
7. Return to the starting position and repeat.



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 hold the straps with your hands.
6. Extend your legs outwards.
7. Return to the starting position and repeat.



EXTENDING LEG CURL

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 hold the straps with your hands.
6. Curl your legs back.
7. Return to the starting position and repeat.



LEG KICK-BACK

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 hold the straps with your hands.
6. Kick your legs back.
7. Return to the starting position and repeat.



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 hold the straps with your hands.
6. Kick your thighs outwards.
7. Return to the starting position and repeat.



UPRIGHT ROW

Muscles: latissimus dorsi, rhomboid

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 hold the straps with your hands.
6. Row the straps up towards your chest.
7. Return to the starting position and repeat.



FRONT SHOULDER RAISE

Muscles: latissimus dorsi, rhomboid

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 hold the straps with your hands.
6. Raise the straps up towards your shoulders.
7. Return to the starting position and repeat.

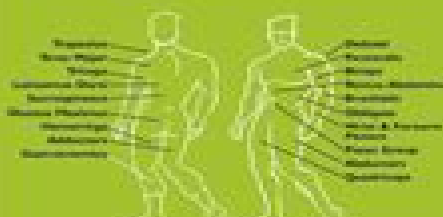


LEG KICK-INNER THIGH (ADDUCTORS)

Muscles: adductors, rectus femoris

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. 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 hold the straps with your hands.
6. Kick your thighs inwards.
7. Return to the starting position and repeat.

MUSCLE REFERENCE GUIDE



Marcy Mach 3 Weight Machine Manual

Didier Musso



Marcy Mach 3 Weight Machine Manual:

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Table of Contents Marcy Mach 3 Weight Machine Manual

1. Understanding the eBook Marcy Mach 3 Weight Machine Manual
 - The Rise of Digital Reading Marcy Mach 3 Weight Machine Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Marcy Mach 3 Weight Machine Manual
 - 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 Mach 3 Weight Machine Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Marcy Mach 3 Weight Machine Manual
 - Personalized Recommendations
 - Marcy Mach 3 Weight Machine Manual User Reviews and Ratings
 - Marcy Mach 3 Weight Machine Manual and Bestseller Lists
5. Accessing Marcy Mach 3 Weight Machine Manual Free and Paid eBooks
 - Marcy Mach 3 Weight Machine Manual Public Domain eBooks
 - Marcy Mach 3 Weight Machine Manual eBook Subscription Services
 - Marcy Mach 3 Weight Machine Manual Budget-Friendly Options
6. Navigating Marcy Mach 3 Weight Machine Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Marcy Mach 3 Weight Machine Manual Compatibility with Devices
 - Marcy Mach 3 Weight Machine Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Marcy Mach 3 Weight Machine Manual
 - Highlighting and Note-Taking Marcy Mach 3 Weight Machine Manual
 - Interactive Elements Marcy Mach 3 Weight Machine Manual
8. Staying Engaged with Marcy Mach 3 Weight Machine Manual

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Marcy Mach 3 Weight Machine Manual
- 9. Balancing eBooks and Physical Books Marcy Mach 3 Weight Machine Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Marcy Mach 3 Weight Machine Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Marcy Mach 3 Weight Machine Manual
 - Setting Reading Goals Marcy Mach 3 Weight Machine Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Marcy Mach 3 Weight Machine Manual
 - Fact-Checking eBook Content of Marcy Mach 3 Weight Machine Manual
 - 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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