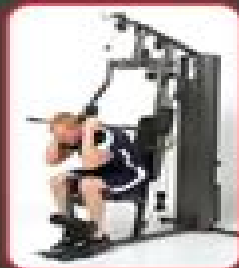




MARCY

# Multi Gym Exercise Chart

Please Note: This chart is for illustration purposes only and differs in style to the MKM-1101



## ABDOMINAL CRUNCH

MUSCLES: RECTUS ABDOMINUS, TRANSVERSUS ABDOMINUS

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps down towards your feet, lifting your shoulders and upper back off the seat.
5. Hold the contraction for a moment, then lower your shoulders and upper back back to the seat.
6. Repeat the exercise for the desired number of repetitions.



## BICEP CURL

MUSCLES: BICEPS BRACHII, BRACHIORADII

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps down towards your feet, lifting your shoulders and upper back off the seat.
5. Hold the contraction for a moment, then lower your shoulders and upper back back to the seat.
6. Repeat the exercise for the desired number of repetitions.



## PREACHER CURL

MUSCLES: BICEPS BRACHII, BRACHIORADII

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps down towards your feet, lifting your shoulders and upper back off the seat.
5. Hold the contraction for a moment, then lower your shoulders and upper back back to the seat.
6. Repeat the exercise for the desired number of repetitions.



## TRICEP PUSH-DOWN

MUSCLES: TRICEPS BRACHII, BRACHIORADII

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps down towards your feet, lifting your shoulders and upper back off the seat.
5. Hold the contraction for a moment, then lower your shoulders and upper back back to the seat.
6. Repeat the exercise for the desired number of repetitions.



## SEATED ROW

MUSCLES: LATISSIMUS DORSI, RHOMBIOIDES

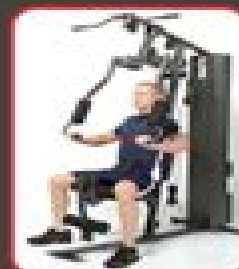
1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps down towards your feet, lifting your shoulders and upper back off the seat.
5. Hold the contraction for a moment, then lower your shoulders and upper back back to the seat.
6. Repeat the exercise for the desired number of repetitions.



## LAT PULDOWN

MUSCLES: LATISSIMUS DORSI, RHOMBIOIDES

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps down towards your feet, lifting your shoulders and upper back off the seat.
5. Hold the contraction for a moment, then lower your shoulders and upper back back to the seat.
6. Repeat the exercise for the desired number of repetitions.



## STANDARD BENCH PRESS

MUSCLES: PECTORALIS MAJOR, TRICEPS BRACHII

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps down towards your feet, lifting your shoulders and upper back off the seat.
5. Hold the contraction for a moment, then lower your shoulders and upper back back to the seat.
6. Repeat the exercise for the desired number of repetitions.



## PECTORAL FLY

MUSCLES: PECTORALIS MAJOR, TRICEPS BRACHII

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps down towards your feet, lifting your shoulders and upper back off the seat.
5. Hold the contraction for a moment, then lower your shoulders and upper back back to the seat.
6. Repeat the exercise for the desired number of repetitions.



## LEG EXTENSION

MUSCLES: RECTUS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps down towards your feet, lifting your shoulders and upper back off the seat.
5. Hold the contraction for a moment, then lower your shoulders and upper back back to the seat.
6. Repeat the exercise for the desired number of repetitions.



## EXTENDING LEG CURL

MUSCLES: BICEPS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps down towards your feet, lifting your shoulders and upper back off the seat.
5. Hold the contraction for a moment, then lower your shoulders and upper back back to the seat.
6. Repeat the exercise for the desired number of repetitions.



## LEG KICK-BACK

MUSCLES: BICEPS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps down towards your feet, lifting your shoulders and upper back off the seat.
5. Hold the contraction for a moment, then lower your shoulders and upper back back to the seat.
6. Repeat the exercise for the desired number of repetitions.



## LEG KICK-OUT-THIGH (ABDUCTORS)

MUSCLES: BICEPS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps down towards your feet, lifting your shoulders and upper back off the seat.
5. Hold the contraction for a moment, then lower your shoulders and upper back back to the seat.
6. Repeat the exercise for the desired number of repetitions.



## UPRIGHT ROW

MUSCLES: TRAPPEZOIDES, Deltoids

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps down towards your feet, lifting your shoulders and upper back off the seat.
5. Hold the contraction for a moment, then lower your shoulders and upper back back to the seat.
6. Repeat the exercise for the desired number of repetitions.



## FRONT SHOULDER RAISE

MUSCLES: Deltoids, TRAPPEZOIDES

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps down towards your feet, lifting your shoulders and upper back off the seat.
5. Hold the contraction for a moment, then lower your shoulders and upper back back to the seat.
6. Repeat the exercise for the desired number of repetitions.



## LEG KICK-INNER THIGH (ADDUCTORS)

MUSCLES: BICEPS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the straps to the machine while sitting upright.
3. Sit against the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps down towards your feet, lifting your shoulders and upper back off the seat.
5. Hold the contraction for a moment, then lower your shoulders and upper back back to the seat.
6. Repeat the exercise for the desired number of repetitions.

## MUSCLE REFERENCE GUIDE



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jul 30 2020 a quarter of native mammals now at risk of extinction in the uk this is according to the first red list of uk mammals a comprehensive review of the status of species including wildcats red

**what are the biggest threats to wildlife and why** - Jul 18 2023

feb 11 2020 wildlife on planet earth is under siege from all sides facing down habitat loss and the impact of climate change some of the biggest threats to wildlife include illegal wildlife trade habitat destruction invasive species pollution and climate change

environmental threats wwf world wildlife fund - Apr 15 2023

tackling threats that impact the earth wwf's work addresses direct and indirect threats and the forces that drive them to conserve biodiversity and reduce humanity's ecological footprint

threats to wildlife national wildlife federation - Aug 19 2023

wildlife are under threat from many different kinds of human activities from directly destroying habitat to spreading invasive species and disease most ecosystems are facing multiple threats each new threat puts additional stress on already weakened ecosystems and their wildlife

**in biodiverse nepal wildlife crime fighters are underpowered** - Nov 29 2021

oct 16 2023 wildlife crimes that occur elsewhere fall under the jurisdiction of local officers from provincial divisional forest offices for both groups the investigators are typically forestry graduates

around the world animals are endangered and under threat - May 16 2023

the planet's wildlife species are coming under ever increasing threats due to many factors but often overlooked are threats to wildlife from diseases both old and new disease threats can include known illnesses that affect new species such as canine distemper in amur tigers

**wwf these are the biggest threats to the earth's biodiversity** - Mar 14 2023

2 days ago nature and biodiversity wwf's living planet report 2020 has ranked the biggest threats to earth's biodiversity the list includes climate change changes in land and sea use and pollution the wwf used data from over 4 000 different species change in