



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 the rope to the rope holder and pull the rope over the pulley.
3. Sit on the machine and hold the rope with both hands.
4. Pull the rope up towards your chest and then down towards your knees.
5. Repeat the motion for the desired number of repetitions.



BICEP CURL

Muscles: Biceps, Brachialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope over the pulley.
3. Stand on the machine and hold the rope with both hands.
4. Pull the rope up towards your chest and then down towards your knees.
5. Repeat the motion for the desired number of repetitions.



PREDICATOR CURL

Muscles: Biceps, Brachialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope over the pulley.
3. Sit on the machine and hold the rope with both hands.
4. Pull the rope up towards your chest and then down towards your knees.
5. Repeat the motion for the desired number of repetitions.



TRICEP PUSH-DOWN

Muscles: Triceps, Brachialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope over the pulley.
3. Stand on the machine and hold the rope with both hands.
4. Push the rope down towards your knees.
5. Repeat the motion for the desired number of repetitions.



SEATED ROW

Muscles: Back, Biceps

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope over the pulley.
3. Sit on the machine and hold the rope with both hands.
4. Pull the rope up towards your chest and then down towards your knees.
5. Repeat the motion for the desired number of repetitions.



LAT PULL-DOWN

Muscles: Lats, Biceps

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope over the pulley.
3. Sit on the machine and hold the rope with both hands.
4. Pull the rope up towards your chest and then down towards your knees.
5. Repeat the motion for the desired number of repetitions.



STANDARD BENCH PRESS

Muscles: Chest, Triceps

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope over the pulley.
3. Sit on the machine and hold the rope with both hands.
4. Push the rope up towards your chest and then down towards your knees.
5. Repeat the motion for the desired number of repetitions.



PECTORAL FLY

Muscles: Pectorals, Biceps

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope over the pulley.
3. Sit on the machine and hold the rope with both hands.
4. Fly the rope up towards your chest and then down towards your knees.
5. Repeat the motion for the desired number of repetitions.



LEG EXTENSION

Muscles: Quadriceps, Hamstrings

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope over the pulley.
3. Sit on the machine and hold the rope with both hands.
4. Push the rope up towards your chest and then down towards your knees.
5. Repeat the motion for the desired number of repetitions.



STANDING LEG CURL

Muscles: Hamstrings, Glutes

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope over the pulley.
3. Stand on the machine and hold the rope with both hands.
4. Pull the rope up towards your chest and then down towards your knees.
5. Repeat the motion for the desired number of repetitions.



LEG KICK-BACK

Muscles: Hamstrings, Glutes

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope over the pulley.
3. Stand on the machine and hold the rope with both hands.
4. Kick the rope back towards your chest and then down towards your knees.
5. Repeat the motion for the desired number of repetitions.



LEG KICK-OUT-THIGH

Muscles: Adductors, Glutes

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope over the pulley.
3. Stand on the machine and hold the rope with both hands.
4. Kick the rope out towards your chest and then down towards your knees.
5. Repeat the motion for the desired number of repetitions.



UPRIGHT ROW

Muscles: Traps, Biceps

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope over the pulley.
3. Stand on the machine and hold the rope with both hands.
4. Pull the rope up towards your chest and then down towards your knees.
5. Repeat the motion for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: Deltoids, Biceps

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope over the pulley.
3. Stand on the machine and hold the rope with both hands.
4. Raise the rope up towards your chest and then down towards your knees.
5. Repeat the motion for the desired number of repetitions.



LEG KICK-INNER THIGH

Muscles: Adductors, Glutes

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope over the pulley.
3. Stand on the machine and hold the rope with both hands.
4. Kick the rope in towards your chest and then down towards your knees.
5. Repeat the motion for the desired number of repetitions.



Marcy Classic Mch 1510 Workout Guide

Ying Liu



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Table of Contents Marcy Classic Mch 1510 Workout Guide

1. Understanding the eBook Marcy Classic Mch 1510 Workout Guide
 - The Rise of Digital Reading Marcy Classic Mch 1510 Workout Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Marcy Classic Mch 1510 Workout Guide
 - 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 Classic Mch 1510 Workout Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Marcy Classic Mch 1510 Workout Guide
 - Personalized Recommendations
 - Marcy Classic Mch 1510 Workout Guide User Reviews and Ratings

- Marcy Classic Mch 1510 Workout Guide and Bestseller Lists
- 5. Accessing Marcy Classic Mch 1510 Workout Guide Free and Paid eBooks
 - Marcy Classic Mch 1510 Workout Guide Public Domain eBooks
 - Marcy Classic Mch 1510 Workout Guide eBook Subscription Services
 - Marcy Classic Mch 1510 Workout Guide Budget-Friendly Options
- 6. Navigating Marcy Classic Mch 1510 Workout Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Marcy Classic Mch 1510 Workout Guide Compatibility with Devices
 - Marcy Classic Mch 1510 Workout Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Marcy Classic Mch 1510 Workout Guide
 - Highlighting and Note-Taking Marcy Classic Mch 1510 Workout Guide
 - Interactive Elements Marcy Classic Mch 1510 Workout Guide
- 8. Staying Engaged with Marcy Classic Mch 1510 Workout Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Marcy Classic Mch 1510 Workout Guide
- 9. Balancing eBooks and Physical Books Marcy Classic Mch 1510 Workout Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Marcy Classic Mch 1510 Workout Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Marcy Classic Mch 1510 Workout Guide
 - Setting Reading Goals Marcy Classic Mch 1510 Workout Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Marcy Classic Mch 1510 Workout Guide
 - Fact-Checking eBook Content of Marcy Classic Mch 1510 Workout Guide
 - 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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