



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 about 10 lbs. to the cable using a spring clip.
3. Sit on the machine with your feet flat on the floor.
4. Place your hands on your knees with your elbows on your knees.
5. Inhale and lift your head and shoulders off the ground, pulling the cable up towards your chest.
6. Exhale and lower your head and shoulders back to the ground.
7. Repeat the exercise 10-15 times.



BICEP CURL

Muscles: Biceps, Brachialis

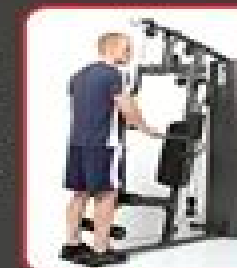
1. Select the desired weight.
2. Attach the cable to the top of the machine using a spring clip.
3. Stand with your feet flat on the floor.
4. Hold the cable with both hands, palms facing forward.
5. Inhale and lift your arms, pulling the cable up towards your chest.
6. Exhale and lower your arms back to the starting position.
7. Repeat the exercise 10-15 times.



PREACHER CURL

Muscles: Biceps, Brachialis

1. Select the desired weight.
2. Attach the cable to the top of the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor.
4. Place your hands on the preacher pads.
5. Inhale and lift your arms, pulling the cable up towards your chest.
6. Exhale and lower your arms back to the starting position.
7. Repeat the exercise 10-15 times.



TRICEP PUSH-DOWN

Muscles: Triceps, Brachialis

1. Select the desired weight.
2. Attach the cable to the top of the machine using a spring clip.
3. Stand with your feet flat on the floor.
4. Hold the cable with both hands, palms facing forward.
5. Inhale and lift your arms, pulling the cable up towards your chest.
6. Exhale and lower your arms back to the starting position.
7. Repeat the exercise 10-15 times.



SEATED ROW

Muscles: Back, Biceps, Brachialis

1. Select the desired weight.
2. Attach the cable to the top of the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor.
4. Hold the cable with both hands, palms facing forward.
5. Inhale and lift your arms, pulling the cable up towards your chest.
6. Exhale and lower your arms back to the starting position.
7. Repeat the exercise 10-15 times.



LAT PULL-DOWN

Muscles: Lats, Biceps, Brachialis

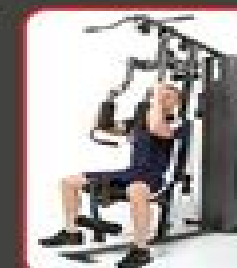
1. Select the desired weight.
2. Attach the cable to the top of the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor.
4. Hold the cable with both hands, palms facing forward.
5. Inhale and lift your arms, pulling the cable up towards your chest.
6. Exhale and lower your arms back to the starting position.
7. Repeat the exercise 10-15 times.



STANDARD BENCH PRESS

Muscles: Chest, Triceps, Brachialis

1. Select the desired weight.
2. Attach the cable to the top of the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor.
4. Hold the cable with both hands, palms facing forward.
5. Inhale and lift your arms, pulling the cable up towards your chest.
6. Exhale and lower your arms back to the starting position.
7. Repeat the exercise 10-15 times.



PECTORAL FLY

Muscles: Pectorals, Brachialis

1. Select the desired weight.
2. Attach the cable to the top of the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor.
4. Hold the cable with both hands, palms facing forward.
5. Inhale and lift your arms, pulling the cable up towards your chest.
6. Exhale and lower your arms back to the starting position.
7. Repeat the exercise 10-15 times.



LEG EXTENSION

Muscles: Quadriceps, Brachialis

1. Select the desired weight.
2. Attach the cable to the top of the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor.
4. Hold the cable with both hands, palms facing forward.
5. Inhale and lift your arms, pulling the cable up towards your chest.
6. Exhale and lower your arms back to the starting position.
7. Repeat the exercise 10-15 times.



STANDING LEG CURL

Muscles: Hamstrings, Brachialis

1. Select the desired weight.
2. Attach the cable to the top of the machine using a spring clip.
3. Stand with your feet flat on the floor.
4. Hold the cable with both hands, palms facing forward.
5. Inhale and lift your arms, pulling the cable up towards your chest.
6. Exhale and lower your arms back to the starting position.
7. Repeat the exercise 10-15 times.



LEG KICKBACK

Muscles: Glutes, Brachialis

1. Select the desired weight.
2. Attach the cable to the top of the machine using a spring clip.
3. Stand with your feet flat on the floor.
4. Hold the cable with both hands, palms facing forward.
5. Inhale and lift your arms, pulling the cable up towards your chest.
6. Exhale and lower your arms back to the starting position.
7. Repeat the exercise 10-15 times.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductors, Brachialis

1. Select the desired weight.
2. Attach the cable to the top of the machine using a spring clip.
3. Stand with your feet flat on the floor.
4. Hold the cable with both hands, palms facing forward.
5. Inhale and lift your arms, pulling the cable up towards your chest.
6. Exhale and lower your arms back to the starting position.
7. Repeat the exercise 10-15 times.



UPRIGHT ROW

Muscles: Traps, Biceps, Brachialis

1. Select the desired weight.
2. Attach the cable to the top of the machine using a spring clip.
3. Stand with your feet flat on the floor.
4. Hold the cable with both hands, palms facing forward.
5. Inhale and lift your arms, pulling the cable up towards your chest.
6. Exhale and lower your arms back to the starting position.
7. Repeat the exercise 10-15 times.



FRONT SHOULDER RAISE

Muscles: Deltoids, Brachialis

1. Select the desired weight.
2. Attach the cable to the top of the machine using a spring clip.
3. Stand with your feet flat on the floor.
4. Hold the cable with both hands, palms facing forward.
5. Inhale and lift your arms, pulling the cable up towards your chest.
6. Exhale and lower your arms back to the starting position.
7. Repeat the exercise 10-15 times.



LEG KICK/INNER THIGH ADDUCTORS

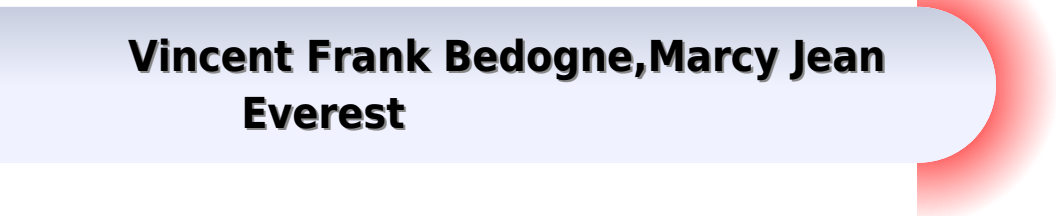
Muscles: Adductors, Brachialis

1. Select the desired weight.
2. Attach the cable to the top of the machine using a spring clip.
3. Stand with your feet flat on the floor.
4. Hold the cable with both hands, palms facing forward.
5. Inhale and lift your arms, pulling the cable up towards your chest.
6. Exhale and lower your arms back to the starting position.
7. Repeat the exercise 10-15 times.



Marcy Workout Guide

**Vincent Frank Bedogne, Marcy Jean
Everest**



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