



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 pull the straps up towards your chest.
6. Hold the straps for a few seconds and then release them.
7. Repeat the exercise for the desired number of repetitions.



BICEP CURL

Muscles: biceps, 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 pull the straps up towards your chest.
6. Hold the straps for a few seconds and then release them.
7. Repeat the exercise for the desired number of repetitions.



PREACHER CURL

Muscles: biceps, 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 pull the straps up towards your chest.
6. Hold the straps for a few seconds and then release them.
7. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

Muscles: triceps, 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 pull the straps up towards your chest.
6. Hold the straps for a few seconds and then release them.
7. Repeat the exercise for the desired number of repetitions.



SEATED ROW

Muscles: latissimus dorsi, rhomboids, trapezius

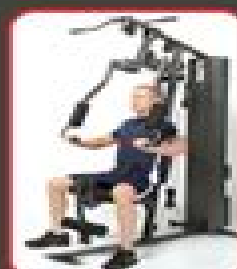
1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a few seconds and then release them.
7. Repeat the exercise for the desired number of repetitions.



LAT PULDOWN

Muscles: latissimus dorsi, rhomboids, trapezius

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 pull the straps up towards your chest.
6. Hold the straps for a few seconds and then release them.
7. Repeat the exercise for the desired number of repetitions.



STANDARD BENCH PRESS

Muscles: pectoralis major, pectoralis minor, triceps

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 pull the straps up towards your chest.
6. Hold the straps for a few seconds and then release them.
7. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

Muscles: pectoralis major, pectoralis minor, triceps

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 pull the straps up towards your chest.
6. Hold the straps for a few seconds and then release them.
7. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

Muscles: quadriceps, rectus femoris, vastus medialis

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 pull the straps up towards your chest.
6. Hold the straps for a few seconds and then release them.
7. Repeat the exercise for the desired number of repetitions.



EXTENDING LEG CURL

Muscles: quadriceps, rectus femoris, vastus medialis

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 pull the straps up towards your chest.
6. Hold the straps for a few seconds and then release them.
7. Repeat the exercise for the desired number of repetitions.



LEG KICK-BACK

Muscles: quadriceps, rectus femoris, vastus medialis

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 pull the straps up towards your chest.
6. Hold the straps for a few seconds and then release them.
7. Repeat the exercise for the desired number of repetitions.



LEG KICK-OUTER THIGH (ABDUCTORS)

Muscles: quadriceps, rectus femoris, vastus medialis

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 pull the straps up towards your chest.
6. Hold the straps for a few seconds and then release them.
7. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

Muscles: latissimus dorsi, rhomboids, trapezius

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 pull the straps up towards your chest.
6. Hold the straps for a few seconds and then release them.
7. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: latissimus dorsi, rhomboids, trapezius

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 pull the straps up towards your chest.
6. Hold the straps for a few seconds and then release them.
7. Repeat the exercise for the desired number of repetitions.



LEG KICK-INNER THIGH (ADDUCTORS)

Muscles: quadriceps, rectus femoris, vastus medialis

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 pull the straps up towards your chest.
6. Hold the straps for a few seconds and then release them.
7. Repeat the exercise for the desired number of repetitions.



Marcy Mwm 988 Exercise Manual

John Carpinito



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The Home Workout Plan Dale L. Roberts, 2016-10-05 Are you sick of having jiggly batwings or buggy whip arms Wouldn't it be perfect if you had a simple easy to follow plan to turn your arms into loaded guns in no time Then *The Home Workout Plan How to Master Arm Exercises in 30 Days* has your answer in a short concise book you can read in less than an hour That way you can get into shape instead of spending countless hours scouring the internet and encyclopedia long fitness publications In this health and fitness short read you'll get 27 simple exercises with additional recommendations for adjustments Arm exercises ideal for anyone from the beginner to the athlete Brief and straightforward instructions of each exercise A reliable and customizable 30 day workout plan Helpful guidelines and tips to get the most from your workouts Over 30 full color pictures to help you with how to do an exercise And much more Stop Waiting and Start Getting Your Arms into Great Shape Scroll Up and Click the Add to Cart Button to Get Your Copy NOW [Do it Right Health & Fitness](#) Michael Sardone, 2011 *Exercise Technique Checklist Manual* National Strength & Conditioning Association (U.S.). Certification Commission, 1998 *The Manual Exercise. To which are Added, II. Davie Williamson. III. Merryman Going to His Grave. IV. The Tobacco-Box. [Songs.]*, 1790* *The Ultimate Door Mounted Pull-Up Guide* John Carpinito, 2020-08-28 This pull up exercise guide is a great companion to your door mounted pull up bar Combining this exercise manual with your pull up bar will give you a gym workout experience at home This along with your bar are a great combination for home exercise equipment From easy to follow instructions on how to perform your first pull up to advanced level exercise that you didn't know were possible at home This guide gives you over 30 varieties of exercise in numerous different positions including various types of pull ups chin ups sit ups push ups dips and more This exercise guide incorporates all of your muscles giving you a head to toe workout at home There are also 2 easy to follow workout routines for beginners and advanced athletes Get the most out of your home pull up bar and you'll never need to go to the gym again

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