



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 ABDOMINUS**

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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for a count of 10.
7. Repeat the exercise for 10-15 repetitions.



BICEP CURL

Muscles: **BICEPS, DELTOIDS, FOREARMS**

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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for a count of 10.
7. Repeat the exercise for 10-15 repetitions.



PREACHER CURL

Muscles: **BICEPS, DELTOIDS, FOREARMS**

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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for a count of 10.
7. Repeat the exercise for 10-15 repetitions.



TRICEP PUSH-DOWN

Muscles: **TRICEPS, DELTOIDS, FOREARMS**

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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for a count of 10.
7. Repeat the exercise for 10-15 repetitions.



SEATED ROW

Muscles: **BACK, BICEPS, DELTOIDS, FOREARMS**

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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for a count of 10.
7. Repeat the exercise for 10-15 repetitions.



LAT PUL-DOWN

Muscles: **BACK, BICEPS, DELTOIDS, FOREARMS**

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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for a count of 10.
7. Repeat the exercise for 10-15 repetitions.



STANDARD BENCH PRESS

Muscles: **CHEST, BICEPS, DELTOIDS, FOREARMS**

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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for a count of 10.
7. Repeat the exercise for 10-15 repetitions.



PECTORAL FLY

Muscles: **CHEST, BICEPS, DELTOIDS, FOREARMS**

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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for a count of 10.
7. Repeat the exercise for 10-15 repetitions.



LEG EXTENSION

Muscles: **QUADRICEPS, HAMSTRINGS, CALVES**

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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for a count of 10.
7. Repeat the exercise for 10-15 repetitions.



EXTENDING LEG CURL

Muscles: **QUADRICEPS, HAMSTRINGS, CALVES**

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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for a count of 10.
7. Repeat the exercise for 10-15 repetitions.



LEG KICK-BACK

Muscles: **QUADRICEPS, HAMSTRINGS, CALVES**

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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for a count of 10.
7. Repeat the exercise for 10-15 repetitions.



LEG KICK-OUT-THIGH

Muscles: **QUADRICEPS, HAMSTRINGS, CALVES**

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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for a count of 10.
7. Repeat the exercise for 10-15 repetitions.



UPRIGHT ROW

Muscles: **SHOULDERS, BICEPS, DELTOIDS, FOREARMS**

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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for a count of 10.
7. Repeat the exercise for 10-15 repetitions.



FRONT SHOULDER RAISE

Muscles: **SHOULDERS, BICEPS, DELTOIDS, FOREARMS**

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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for a count of 10.
7. Repeat the exercise for 10-15 repetitions.



LEG KICK-INNER THIGH

Muscles: **QUADRICEPS, HAMSTRINGS, CALVES**

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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for a count of 10.
7. Repeat the exercise for 10-15 repetitions.



Marcy Weight Machine Manual

WJ Hussar



Marcy Weight Machine Manual:

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