



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 moment, then release them.
7. Repeat the exercise for the desired number of repetitions.



BICEP CURL

Muscles: **bicep, 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 moment, then release them.
7. Repeat the exercise for the desired number of repetitions.



PREACHER CURL

Muscles: **bicep, 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 moment, then release them.
7. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

Muscles: **tricep, 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 moment, then release them.
7. Repeat the exercise for the desired number of repetitions.



SEATED ROW

Muscles: **back, bicep, brachialis, brachioradialis**

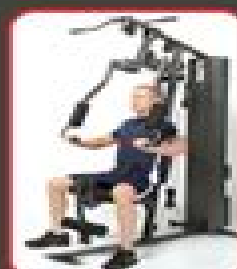
1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.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



LAT PULL-DOWN

Muscles: **back, bicep, 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 moment, then release them.
7. Repeat the exercise for the desired number of repetitions.



STANDARD BENCH PRESS

Muscles: **chest, bicep, 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 moment, then release them.
7. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

Muscles: **chest, bicep, 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 moment, then release them.
7. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

Muscles: **quadriceps, rectus femoris, vastus medialis, vastus lateralis**

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 moment, then release them.
7. Repeat the exercise for the desired number of repetitions.



EXTENDING LEG CURL

Muscles: **quadriceps, rectus femoris, vastus medialis, vastus lateralis**

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 moment, then release them.
7. Repeat the exercise for the desired number of repetitions.



LEG KICK-BACK

Muscles: **quadriceps, rectus femoris, vastus medialis, vastus lateralis**

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 moment, then release them.
7. Repeat the exercise for the desired number of repetitions.



LEG KICK-OUT-THIGH (ADDUCTORS)

Muscles: **quadriceps, rectus femoris, vastus medialis, vastus lateralis**

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 moment, then release them.
7. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

Muscles: **back, bicep, 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 moment, then release them.
7. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: **back, bicep, 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 moment, then release them.
7. Repeat the exercise for the desired number of repetitions.

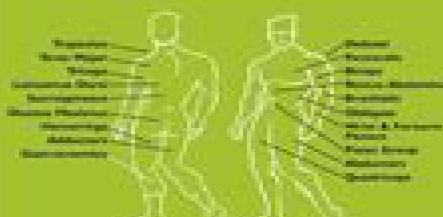


LEG KICK-INNER THIGH (ADDUCTORS)

Muscles: **quadriceps, rectus femoris, vastus medialis, vastus lateralis**

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 moment, then release them.
7. Repeat the exercise for the desired number of repetitions.

MUSCLE REFERENCE GUIDE



Marcy Manual

McClurg, Firm, Booksellers, Chicago

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This book delves into Marcy Manual. Marcy Manual is a crucial topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Marcy Manual, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Marcy Manual
- Chapter 2: Essential Elements of Marcy Manual
- Chapter 3: Marcy Manual in Everyday Life
- Chapter 4: Marcy Manual in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Marcy Manual. The first chapter will explore what Marcy Manual is, why Marcy Manual is vital, and how to effectively learn about Marcy Manual.

3. In chapter 2, the author will delve into the foundational concepts of Marcy Manual. The second chapter will elucidate the essential principles that need to be understood to grasp Marcy Manual in its entirety.

4. In chapter 3, the author will examine the practical applications of Marcy Manual in daily life. The third chapter will showcase real-world examples of how Marcy Manual can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Marcy Manual in specific contexts. This chapter will explore how Marcy Manual is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, this book will draw a conclusion about Marcy Manual. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Marcy Manual.

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