



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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



## 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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



## 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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



## 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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



## SEATED ROW

*Muscles: lat, 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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



## LAT PULLDOWN

*Muscles: lat, 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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



## 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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



## 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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



## 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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



## 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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



## 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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



## LEG KICK-OUT-THIGH (ABDUCTORS)

*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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



## UPRIGHT ROW

*Muscles: lat, 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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



## FRONT SHOULDER RAISE

*Muscles: lat, 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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



## 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 arms.
5. Lean back slightly and lift your shoulders off the seat.
6. Hold the weight for 10 seconds.
7. Repeat the exercise 10 times.



# Marcy Mach 3 Weight Machine Manual

**N Noddings**



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