



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: RECTUS ABDOMINUS, TRANSVERSUS 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 feet.
5. Lean back slightly and hold the straps with your hands.
6. Crunch forward, lifting your shoulders and upper back off the floor.
7. Return to the starting position and repeat.



## BICEP CURL

MUSCLES: BICEPS BRACHII, BRACHIORADII

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 hold the straps with your hands.
6. Curl the straps up towards your shoulders.
7. Return to the starting position and repeat.



## PREACHER CURL

MUSCLES: BICEPS BRACHII, BRACHIORADII

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 hold the straps with your hands.
6. Curl the straps up towards your shoulders.
7. Return to the starting position and repeat.



## TRICEP PUSH-DOWN

MUSCLES: TRICEPS BRACHII, BRACHIORADII

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 hold the straps with your hands.
6. Push the straps down towards your feet.
7. Return to the starting position and repeat.



## SEATED ROW

MUSCLES: LATISSIMUS DORSI, RHOMBUS

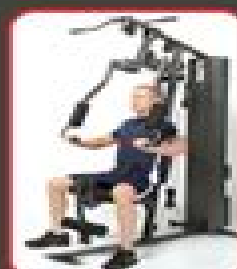
1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and hold the straps with your hands.
6. Row the straps up towards your chest.
7. Return to the starting position and repeat.



## LAT PULDOWN

MUSCLES: LATISSIMUS DORSI, RHOMBUS

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 hold the straps with your hands.
6. Pull the straps down towards your feet.
7. Return to the starting position and repeat.



## STANDARD BENCH PRESS

MUSCLES: PECTORALIS MAJOR, TRICEPS BRACHII

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 hold the straps with your hands.
6. Press the straps up towards your chest.
7. Return to the starting position and repeat.



## PECTORAL FLY

MUSCLES: PECTORALIS MAJOR, TRICEPS BRACHII

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 hold the straps with your hands.
6. Fly the straps out towards your feet.
7. Return to the starting position and repeat.



## LEG EXTENSION

MUSCLES: 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 hold the straps with your hands.
6. Extend your legs outwards.
7. Return to the starting position and repeat.



## EXTENDING LEG CURL

MUSCLES: BICEPS 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 hold the straps with your hands.
6. Curl your legs back.
7. Return to the starting position and repeat.



## LEG KICK-BACK

MUSCLES: BICEPS 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 hold the straps with your hands.
6. Kick your legs back.
7. Return to the starting position and repeat.



## LEG KICK-OUT THIGH (ADDUCTORS)

MUSCLES: ADDUCTOR MAGNUS, 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 hold the straps with your hands.
6. Kick your legs outwards.
7. Return to the starting position and repeat.



## UPRIGHT ROW

MUSCLES: TRAPEZIUS, Deltoids

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 hold the straps with your hands.
6. Row the straps up towards your chest.
7. Return to the starting position and repeat.



## FRONT SHOULDER RAISE

MUSCLES: Deltoids, 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 hold the straps with your hands.
6. Raise the straps up towards your shoulders.
7. Return to the starting position and repeat.

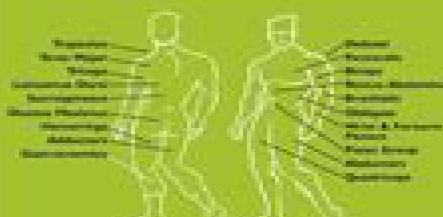


## LEG KICK-INNER THIGH (ADDUCTORS)

MUSCLES: ADDUCTOR MAGNUS, 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 hold the straps with your hands.
6. Kick your legs inwards.
7. Return to the starting position and repeat.

## MUSCLE REFERENCE GUIDE



# Marcy Mwm 988 Exercise Manual

**Dale L. Roberts**



## **Marcy Mwm 988 Exercise Manual:**

*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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