

Olympic Smith Machine



ARMS

BACK

CHEST

LEGS

SHOULDER

ABS

VARIABLE EXERCISE PROGRAM

EXERCISE	MUSCLES	WEIGHTS
1. BENCH PRESS	PECTUS, TRICEPS	45 LBS.
2. SQUAT	QUADRICEPS, HAMSTRINGS	135 LBS.
3. DEADLIFT	BACK, LEGS	135 LBS.

SAFETY PRECAUTIONS:

1. Always use proper form and technique.

2. Do not lift or lower weights too fast.

3. Do not lift or lower weights too high or low.

4. Do not lift or lower weights too far from the body.

5. Do not lift or lower weights too close to the body.

6. Do not lift or lower weights too far from the feet.

7. Do not lift or lower weights too close to the feet.

8. Do not lift or lower weights too far from the knees.

9. Do not lift or lower weights too close to the knees.

10. Do not lift or lower weights too far from the hips.

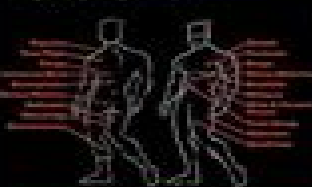
11. Do not lift or lower weights too close to the hips.

12. Do not lift or lower weights too far from the ankles.

13. Do not lift or lower weights too close to the ankles.

14. Do not lift or lower weights too far from the toes.

15. Do not lift or lower weights too close to the toes.



WARNING: PLEASE READ BEFORE USING

1. Always use proper form and technique.

2. Do not lift or lower weights too fast.

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10. Do not lift or lower weights too far from the hips.

11. Do not lift or lower weights too close to the hips.

12. Do not lift or lower weights too far from the ankles.

13. Do not lift or lower weights too close to the ankles.

14. Do not lift or lower weights too far from the toes.

15. Do not lift or lower weights too close to the toes.



STANDING BACK SQUAT
 This exercise is performed by standing with feet shoulder-width apart, toes slightly out. Lower the body by pushing the hips back and down, keeping the back straight and the weight on the heels. Push the hips forward to return to the starting position.



BENT OVER ROW
 This exercise is performed by standing with feet shoulder-width apart, hips pushed back, and torso nearly parallel to the floor. Bend the knees slightly. Pull the bar up to the mid-thigh level, keeping the back straight.



FRONT SQUAT
 This exercise is performed by standing with feet shoulder-width apart, toes slightly out. Lower the body by pushing the hips back and down, keeping the back straight and the weight on the heels. Push the hips forward to return to the starting position.



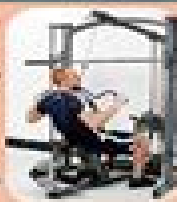
STANDING FRONT SQUAT
 This exercise is performed by standing with feet shoulder-width apart, toes slightly out. Lower the body by pushing the hips back and down, keeping the back straight and the weight on the heels. Push the hips forward to return to the starting position.



BENT OVER DEADLIFT
 This exercise is performed by standing with feet shoulder-width apart, hips pushed back, and torso nearly parallel to the floor. Bend the knees slightly. Pull the bar up to the mid-thigh level, keeping the back straight.



SEATED ROW
 This exercise is performed by sitting on a bench with feet flat on the floor, knees bent. Pull the bar up to the chest level, keeping the back straight.



SEATED LEG PRESS
 This exercise is performed by sitting on a bench with feet flat on the floor, knees bent. Push the bar up by extending the legs, keeping the back straight.



SEATED CALF PRESS
 This exercise is performed by sitting on a bench with feet flat on the floor, knees bent. Push the bar up by extending the legs, keeping the back straight.



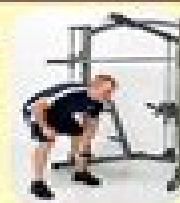
BENCH PRESS
 This exercise is performed by lying on a bench with feet flat on the floor, knees bent. Push the bar up by extending the arms, keeping the back straight.



BENCH ROW
 This exercise is performed by lying on a bench with feet flat on the floor, knees bent. Pull the bar up to the chest level, keeping the back straight.



BENCH LEG PRESS
 This exercise is performed by lying on a bench with feet flat on the floor, knees bent. Push the bar up by extending the legs, keeping the back straight.



BENCH CALF PRESS
 This exercise is performed by lying on a bench with feet flat on the floor, knees bent. Push the bar up by extending the legs, keeping the back straight.



SEATED LEG CURL
 This exercise is performed by sitting on a bench with feet flat on the floor, knees bent. Pull the bar up to the chest level, keeping the back straight.



SEATED CALF CURL
 This exercise is performed by sitting on a bench with feet flat on the floor, knees bent. Pull the bar up to the chest level, keeping the back straight.



SEATED LEG EXTENSION
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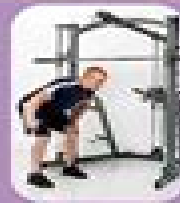
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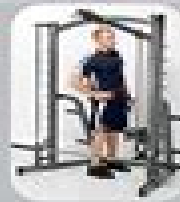
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Marcy One Home Gym Exercise Guide

AW Rasmussen



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