



## ABDOMINAL CRUNCHES

MUSCLE GROUPS: ABDOMINALS

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Release the rope and sit on the machine seat.
4. As you pull the rope, hold your torso tight, your feet flat on the floor.
5. Pull upward, contract your abs and pull your head and shoulders up.
6. Release the rope and return to the starting position.
7. Repeat the exercise for the desired number of repetitions.



## SEATED PULLEY ROW

MUSCLE GROUPS: BACK

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and return to the starting position.
5. Repeat the exercise for the desired number of repetitions.



## SEATED BENCH PRESS

MUSCLE GROUPS: CHEST

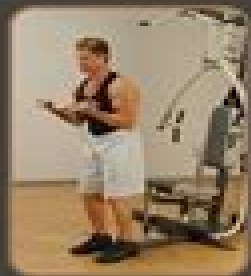
1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. As you pull the rope, hold your torso tight, your feet flat on the floor.
4. Pull the rope up and over your head, contract your chest and pull your head and shoulders up.
5. Release the rope and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



## FRONT SHOULDER RAISE

MUSCLE GROUPS: SHOULDER

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and return to the starting position.
5. Repeat the exercise for the desired number of repetitions.



## BICEP CURL

MUSCLE GROUPS: BICEPS

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and return to the starting position.
5. Repeat the exercise for the desired number of repetitions.



## SEATED PRESS BAR ROW

MUSCLE GROUPS: BACK

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and return to the starting position.
5. Repeat the exercise for the desired number of repetitions.



## INCLINE BENCH PRESS

MUSCLE GROUPS: CHEST

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. As you pull the rope, hold your torso tight, your feet flat on the floor.
4. Pull the rope up and over your head, contract your chest and pull your head and shoulders up.
5. Release the rope and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



## LATERAL SHOULDER RAISE

MUSCLE GROUPS: SHOULDER

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and return to the starting position.
5. Repeat the exercise for the desired number of repetitions.



## TRICEP PUSH-DOWN

MUSCLE GROUPS: TRICEPS

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and return to the starting position.
5. Repeat the exercise for the desired number of repetitions.



## INVERTED PULL-DOWN

MUSCLE GROUPS: BACK

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and return to the starting position.
5. Repeat the exercise for the desired number of repetitions.



## SEATED SHOULDER PRESS

MUSCLE GROUPS: SHOULDER

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. As you pull the rope, hold your torso tight, your feet flat on the floor.
4. Pull the rope up and over your head, contract your shoulder and pull your head and shoulders up.
5. Release the rope and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



## LEG EXTENSION

MUSCLE GROUPS: LEGS

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and return to the starting position.
5. Repeat the exercise for the desired number of repetitions.



## TRICEP EXTENSION

MUSCLE GROUPS: TRICEPS

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and return to the starting position.
5. Repeat the exercise for the desired number of repetitions.



## PECTORAL FLY

MUSCLE GROUPS: CHEST

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and return to the starting position.
5. Repeat the exercise for the desired number of repetitions.

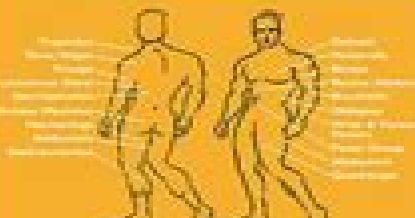


## UPRIGHT ROW

MUSCLE GROUPS: SHOULDER

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope to the top of the seat.
4. Release the rope and return to the starting position.
5. Repeat the exercise for the desired number of repetitions.

## MUSCLE REFERENCE GUIDE



# Marcy Vertex Home Gym Exercise Manual

**Victor M. Corman**



## **Marcy Vertex Home Gym Exercise Manual:**

## **Marcy Vertex Home Gym Exercise Manual** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Marcy Vertex Home Gym Exercise Manual**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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