



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, TRANSVERSE ABDOMINUS

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles down towards your knees, lifting your upper body off the seat.
5. Hold the contraction for a moment, then lower your upper body back to the seat.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to its starting position.



## BICEP CURL

MUSCLES: BICEPS BRACHII, FOREARM FLEXORS

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your upper arms off your sides.
5. Hold the contraction for a moment, then lower the handles back to your sides.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to its starting position.



## PREACHER CURL

MUSCLES: BICEPS BRACHII, FOREARM FLEXORS

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your upper arms off your sides.
5. Hold the contraction for a moment, then lower the handles back to your sides.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to its starting position.



## TRICEP PUSH-DOWN

MUSCLES: TRICEPS BRACHII, FOREARM EXTENSORS

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Push the handles down towards your feet, extending your arms.
5. Hold the contraction for a moment, then raise the handles back to your shoulders.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to its starting position.



## SEATED ROW

MUSCLES: LATISSIMUS DORSI, RHOMBUS

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, lifting your upper body off the seat.
5. Hold the contraction for a moment, then lower the handles back to your sides.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to its starting position.



## LAT PULDOWN

MUSCLES: LATISSIMUS DORSI, RHOMBUS

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles down towards your thighs, lifting your upper body off the seat.
5. Hold the contraction for a moment, then raise the handles back to your shoulders.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to its starting position.



## STANDARD BENCH PRESS

MUSCLES: PECTORALIS MAJOR, TRICEPS BRACHII

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your chest, lifting your upper body off the seat.
5. Hold the contraction for a moment, then lower the handles back to your shoulders.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to its starting position.



## PECTORAL FLY

MUSCLES: PECTORALIS MAJOR, TRICEPS BRACHII

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your chest, lifting your upper body off the seat.
5. Hold the contraction for a moment, then lower the handles back to your shoulders.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to its starting position.



## LEG EXTENSION

MUSCLES: RECTUS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your chest, lifting your upper body off the seat.
5. Hold the contraction for a moment, then lower the handles back to your shoulders.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to its starting position.



## STANDING LEG CURL

MUSCLES: BICEPS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your thighs, lifting your upper body off the seat.
5. Hold the contraction for a moment, then lower the handles back to your shoulders.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to its starting position.



## LEG KICKBACK

MUSCLES: GLUTEUS MAXIMUS, BICEPS FEMORIS

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Push the handles up towards your chest, lifting your upper body off the seat.
5. Hold the contraction for a moment, then lower the handles back to your shoulders.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to its starting position.



## LEG KICK-OUT/THIGH ADDUCTORS

MUSCLES: ADDUCTOR MAGNUS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Push the handles up towards your chest, lifting your upper body off the seat.
5. Hold the contraction for a moment, then lower the handles back to your shoulders.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to its starting position.



## UPRIGHT ROW

MUSCLES: TRAPPEZIIUS, Deltoids

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your chest, lifting your upper body off the seat.
5. Hold the contraction for a moment, then lower the handles back to your shoulders.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to its starting position.



## FRONT SHOULDER RAISE

MUSCLES: Deltoids, TRAPPEZIIUS

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your chest, lifting your upper body off the seat.
5. Hold the contraction for a moment, then lower the handles back to your shoulders.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to its starting position.



## LEG KICK-UP/THIGH ADDUCTORS

MUSCLES: ADDUCTOR MAGNUS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Push the handles up towards your chest, lifting your upper body off the seat.
5. Hold the contraction for a moment, then lower the handles back to your shoulders.
6. Repeat the exercise for the desired number of repetitions.
7. Release the weight and return the machine to its starting position.

## MUSCLE REFERENCE GUIDE



# **Marcy Home Gym Exercise Guide**

**Gale Group**



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