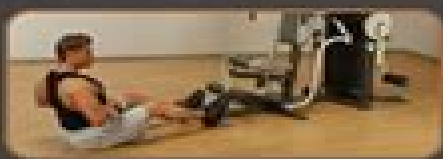




ABDOMINAL CRUNCHES

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 and your feet flat on the floor.
5. Pull your shoulders and chest up and over the rope, keeping your back and arms straight.
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 and your feet flat on the floor.
4. Release the rope and return to the starting position.
5. 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 and your feet flat on the floor.
4. Release the rope and return to the starting position.
5. 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-DOWNS

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-EXTENDS

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. 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.



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.

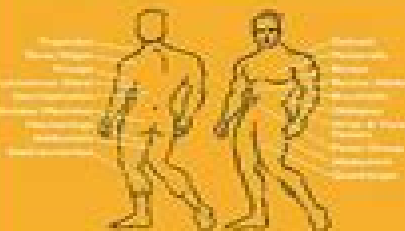


UPRIGHT ROW

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 Stack Home Gym 1100 Exercise Manual

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