



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: Abdominals, Rectus Abdominis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle down towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



BICEP CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Stand with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



PREDICATOR CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

Muscles: Triceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Stand with your feet flat on the floor and your hands on the rope handle.
4. Push the rope handle down towards your feet.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



SEATED ROW

Muscles: Back, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



LAT PULL-DOWN

Muscles: Lats, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Stand with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



STANDARD BENCH PRESS

Muscles: Chest, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Push the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

Muscles: Pectorals, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Push the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

Muscles: Quads, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Push the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



STANDING LEG CURL

Muscles: Hamstrings, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Stand with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



LEG KICK-BACK

Muscles: Hamstrings, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Stand with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



LEG KICK-OUT-THIGH (ADDUCTORS)

Muscles: Adductors, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Stand with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

Muscles: Back, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Stand with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: Shoulders, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Stand with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



LEG KICK-INNER THIGH (ADDUCTORS)

Muscles: Adductors, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Stand with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.

MUSCLE REFERENCE GUIDE



Gym Exercise At Home Guide Pic

Didier Musso



Gym Exercise At Home Guide Pic:

This book delves into Gym Exercise At Home Guide Pic. Gym Exercise At Home Guide Pic is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Gym Exercise At Home Guide Pic, encompassing both the fundamentals and more intricate discussions.

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 - Chapter 1: Introduction to Gym Exercise At Home Guide Pic
 - Chapter 2: Essential Elements of Gym Exercise At Home Guide Pic
 - Chapter 3: Gym Exercise At Home Guide Pic in Everyday Life
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