



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 holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



BICEP CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



PREDICATOR CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest and then back down.
5. Repeat the motion 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 holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Push the rope down towards your feet and then back up.
5. Repeat the motion 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 holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest and then back down.
5. Repeat the motion 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 holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest and then back down.
5. Repeat the motion 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 holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Push the rope up towards your chest and then back down.
5. Repeat the motion 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 holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Fly the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



LEG EXTENSION

Muscles: Quadriceps, Rectus Femoris

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Push the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



STANDING LEG CURL

Muscles: Hamstrings, Rectus Femoris

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



LEG KICKBACK

Muscles: Hamstrings, Rectus Femoris

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Kick the rope back towards your feet and then back up.
5. Repeat the motion for the desired number of repetitions.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductors, Rectus Femoris

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Kick the rope out towards your feet and then back up.
5. Repeat the motion for the desired number of repetitions.



UPRIGHT ROW

Muscles: Traps, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: Deltoids, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Raise the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



LEG KICK-IN/THIGH ADDUCTORS

Muscles: Adductors, Rectus Femoris

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Kick the rope in towards your feet and then back up.
5. Repeat the motion for the desired number of repetitions.

MUSCLE REFERENCE GUIDE



Marcy Mwm 900 Home Gym Exercises Guide

Rayen Crown



Marcy Mwm 900 Home Gym Exercises Guide:

A Complete Guide to At-Home Workouts: Tips, Equipment & Fitness Exercises Bob Babson,2025-07-15 A

Complete Guide to At Home Workouts Tips Equipment Fitness Exercises by Bob Babson Description Get fit stay strong and feel your best right from home Whether you re a beginner or looking to upgrade your home fitness routine this complete guide helps you create effective efficient workouts without the need for a gym From bodyweight moves to simple gear suggestions you ll find everything you need to start and stay motivated Inside you ll discover Easy to follow workouts for strength cardio flexibility and balance How to choose affordable space saving home workout equipment Sample workout plans for weight loss toning and general fitness Tips for staying motivated tracking progress and avoiding injuries Adaptable routines for all levels from beginner to advanced Quick workouts for busy schedules including 10 minute circuits Bonus Stretching and recovery techniques for overall wellness This is your go to fitness companion for staying active energized and confident no gym required [The Home Workout Plan for Beginners](#) Dale L Roberts,2019-02-06 Workout at Home with this Exercise Program for BeginnersAre you ready to finally start working out but don t know where to begin Wouldn t it be nice to get a simple exercise program you can do from the comforts of your home Then The Home Workout Plan for Beginners has what you need without any filler No more fooling around with fad diets trendy workout programs or questionable weight loss theories You need sound advice on the fundamentals of working out with proven results and credible resources The Home Workout Plan for Beginners gives everything you need to start your new healthy lifestyle on the right foot and continue to even better health and fitness In The Home Workout Plan for Beginners you ll discover Why you don t have to kill yourself for impressive results How short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don t have Easily modifiable at home exercises Hundreds of high quality images of exercise demonstrations Over 90 days of exercise programs to keep you going for months to come This workout guide is to the point so you can start now get results ASAP Stop hoping to get results by blindly searching online for answers Get the right information on the best steps for a beginner s home workout plan right NOW Get Your Copy and Start Your NEW At Home Workout Routine TODAY

Home Workouts A. G. Scott,2020-10-12 How to tone and sculpt your body even if you hate cardio or have never stepped inside a gym and don t plan on doing so At one point or another we ve all told ourselves I m going to sign up for a gym membership and really do it this time or I swear I ll do my workout later on tonight We all know the benefits of exercise It improves our physical and mental health gives us more energy and boosts our self image So why is it so hard to start an exercise regimen and even harder to stick to it Despite our best intentions life gets in the way and there always seems to be an obstacle stopping us from actively trying to live healthier Whatever the reason continuing to live a sedentary lifestyle isn t doing you any favors In fact physical inactivity is the 4th leading risk factor for global mortality and is a strong predictor for weight gain cardiovascular disease and other chronic conditions Does this mean that you have to make drastic lifestyle

changes to start improving your health mentally and physically Or that you need to give up time doing what you love just so you can spend hours in the gym Not at all I ll let you in on a secret that the fitness industry doesn t want you to know You don t need fancy equipment or expensive trainers to sculpt the body that up until now you ve only imagined A G Scott knows firsthand the amazing results that can be achieved with home workouts and so he has put together the only exercise guide you ll ever need In Home Workouts Anyone Anytime Anywhere you will discover The six key elements every workout must have in order to make the most of your time and effort and how they will have you seeing results sooner than you would believe Exercises for every muscle group and fitness level with clear comprehensive instructions diagrams and variations so you re working your target areas every time The 1 upper body workout that will rapidly build your overall strength hint small adjustments make big changes How this engaging training method can help you burn more calories than traditional cardio and continue to burn calories even after your workout is finished The numerous benefits of dynamic stretching and how that one simple habit not only warms up your muscles but also improves your balance and coordination over time Meal plans that can be adapted for any lifestyle so you can create a plan that meets your personal needs and preferences The most common mistakes people make without realising and how these can hold you back from achieving incredible results And much more With the demands and responsibilities of everyday life you shouldn t have to sacrifice precious hours every week going to the gym to build the body you ve always wanted The key to transforming your life is having a workout routine that works for you not against you This is a plan that will adjust to match your needs and experience no matter where you are It s time to leave the costly gym membership behind save money and allow yourself more time to enjoy life If you start today think how much better you will look and feel in a month If you want to start looking forward to exercise and commit to achieving the body of your dreams no strings attached then scroll up and click the Add to Cart button right now [Workout Exercises at Home](#)

Gary Jackson,2021-09-28 Do you want to stay in shape even if you don t have the time to go to the gym Thousands of people love fitness but only a few do it well During this time it is very easy to stay at home and keep eating and then gain weight and lose shape which is very bad for the overall health and fitness of the body Therefore it is very important to keep fit by exercising at home even without the use of fitness equipment This guide will show you simple and effective exercises that you can perform at home alone or in pairs to maintain your fitness and overall body health allowing you to stay in shape even without going to the gym Buy it Now and keep fit even if you can t go to the gym [Home Workout Exercises](#)

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perform at home alone or in pairs to maintain body fitness and overall health allowing you to remain fit even without going to the gym Get yours today at this special launch price Buy it Now and let your customers get addicted to this amazing book

The Ultimate Exercise Guide Nicolas Andreou,2025-01-30 The Ultimate Exercise Guide Back Edition 120 How to Instructions for Home and Gym Are you ready to build and strengthen your Abdominals with a comprehensive easy to follow guide Look no further than The Ultimate Exercise Guide Back Edition your essential resource for mastering 120 targeted back exercises designed for home workouts and gym sessions Whether you re a beginner intermediate or advanced fitness enthusiast this book will help you sculpt a powerful back with expert guidance and visual support What Makes This Guide Stand Out 120 Back Exercises A wide range of exercises that target your back and trapezius from every angle ensuring complete muscle activation for optimal results Includes Bodyweight Machines Suspension Trainer Resistance Bands Dumbbells Barbell exercises and more Step by Step Instructions Detailed how to instructions for every exercise eliminating guesswork and ensuring you perform each move correctly High Quality 3D Illustrations Visualize your exercises with state of the art 3D illustrations clearly demonstrating form and muscle engagement QR Codes for Video Demonstrations Get access to exercise animation videos by scanning QR codes included with each exercise offering you real time demonstrations and extra visual support For Home or Gym Whether you re working out at home with minimal equipment or hitting the gym this guide covers bodyweight free weights resistance bands and machine exercises For All Fitness Levels Discover a range of exercises perfect for both beginners and advanced athletes No matter your level there s something for you Why Choose The Ultimate Exercise Guide Back Edition Build Strength it s your ultimate resource for building muscle improving strength and enhancing your fitness journey Don t miss out this guide is a must have for anyone serious about training their back

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Guide to Training Workout at Home Kalei Fermantez,2021-01-14 Strength training also called weight training or resistance training is an important part of any fitness routine It helps make you stronger and also builds muscle endurance With strength training you move your body against some type of resistance such as Your body weight Free weights like dumbbells or barbells Resistance bands also known as resistance tubing or workout bands Resistance machines like cable machines single exercise machines or multi gym systems Strength training is a versatile type of workout that you can do almost anywhere While it s a popular exercise option at many gyms you can also build a robust strength training program that you can do in the comfort and privacy of your home Strength Training Workout at Home will help you understand what you need to get started with an at home strength training routine along with examples of exercises that you

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StoryBuddiesPlay,2024-08-16 *Fitness at Home Effective Workouts with Minimal Equipment* is your ultimate guide to achieving your fitness goals without the need for a gym This comprehensive resource offers a variety of bodyweight exercises and routines tailored for all fitness levels focusing on strength cardio flexibility and core stability With practical tips for creating a personalized workout plan staying motivated and overcoming common challenges you ll be empowered to embrace a healthier lifestyle from the comfort of your home Whether you re a beginner or an experienced athlete this guide will help you unlock your potential and make fitness an enjoyable part of your daily routine home workouts bodyweight exercises fitness at home strength training cardio workouts flexibility training core strength workout plan motivation for fitness minimal equipment workouts *Home Workout for Beginners* Kenny Morel,2021-09-16 The home workouts with no equipment book is intended for everyone who wants or wishes to stay active in their exercises mostly at home to get fit build muscle tones as well as gain strength without having to buy additional fitness equipment or even without any equipment However you don t need to think too much of the right equipment right kits finding a fitness center or having time for exercise In this workout guide you ll learn Why your body is the best workout tool you ll ever use and how to use it in the best ways possible The 4 minute speed circuit boost metabolism with this fast paced routine The 30 minute workout get your total body toned with this no equipment circuit training workout The 60 minutes or less total body workout no time No equipment

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All I am going to ask from you is a consistent desire to improve and strive to become a better version of yourself You will get all the tools you need Just take and use them the best you can Here are just a few of them 11 reasons you have to start weight training as early as you can A complete step by step home exercising plan Detailed PERSONAL INSTRUCTIONS next to each one How to find a perfect place for your home based gym Exercise motivation how to Prepare Your Mind For The Most Productive Workout The best home Exercises To Burn Fat Fast The best ways to start as a Complete Exercise Beginner Exercise advise for stay at home moms Much much more And believe me you don t need some fancy fully equipt gym s membership card to impress your friends and colleagues The results will do all that talking Now it is your turn to step ahead and leave all the excuses behind Scroll up click on Buy Now and get on step closer to achieving your Deepest Dreams and Desires

Men's Fitness Magazine John Lipsey,2009 173 exercises demonstrated in detail **Home Exercise Guide Made Simple for Beginners** Brice Clayton,2023-11-06 Home Exercise Guide Made Simple for Beginners One of the most prominent advantages of home workouts is the unparalleled convenience they offer You re not bound by the constraints of gym hours or long commutes You can exercise at any time that suits your schedule making it easier to establish a consistent routine For many beginners the idea of working out in a crowded gym can be intimidating Exercising at home provides a private and comfortable setting where you can build confidence and focus on your fitness journey without any self consciousness Gym memberships and fitness classes can be expensive Home workouts eliminate the need for these recurring expenses making fitness more affordable especially for those just starting Exercising at home allows you to tailor your workouts to your specific goals preferences and comfort level You can choose exercises that align with your interests and adapt routines as you progress While you can invest in equipment many effective home workouts can be done with little to no equipment This makes it accessible for individuals with limited space or budget Home workouts can be a great way to involve family members or create a sense of community with others who share similar fitness goals It s an excellent way to encourage family bonding and mutual support Especially relevant during times of public health concerns exercising at home minimizes exposure to crowded spaces and provides a more controlled and hygienic environment TO CONTINUE READING GRAB YOUR COPY NOW

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