



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, TRANSVERSUS ABDOMINUS

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.
7. Repeat the motion for the desired number of repetitions.



BICEP CURL

MUSCLES: BICEPS BRACHII, BRACHIORADII

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Stand with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.
7. Repeat the motion for the desired number of repetitions.



PREACHER CURL

MUSCLES: BICEPS BRACHII, BRACHIORADII

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.
7. Repeat the motion for the desired number of repetitions.



TRICEP PUSH-DOWN

MUSCLES: TRICEPS BRACHII, BRACHIORADII

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Stand with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.
7. Repeat the motion for the desired number of repetitions.



SEATED ROW

MUSCLES: LATISSIMUS DORSI, TRAPPEZII

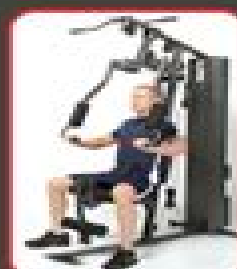
1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.
7. Repeat the motion for the desired number of repetitions.



LAT PULDOWN

MUSCLES: LATISSIMUS DORSI, TRAPPEZII

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Stand with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.
7. Repeat the motion for the desired number of repetitions.



STANDARD BENCH PRESS

MUSCLES: PECTORALIS MAJOR, TRICEPS BRACHII

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.
7. Repeat the motion for the desired number of repetitions.



PECTORAL FLY

MUSCLES: PECTORALIS MAJOR, TRICEPS BRACHII

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.
7. Repeat the motion for the desired number of repetitions.



LEG EXTENSION

MUSCLES: RECTUS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.
7. Repeat the motion for the desired number of repetitions.



EXTENDING LEG CURL

MUSCLES: BICEPS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.
7. Repeat the motion for the desired number of repetitions.



LEG KICK-BACK

MUSCLES: BICEPS FEMORIS, VASTUS MEDIALIS

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.
7. Repeat the motion for the desired number of repetitions.



LEG KICK-OUT-THIGH (ABDUCTORS)

MUSCLES: VASTUS MEDIALIS, VASTUS LATERALIS

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.
7. Repeat the motion for the desired number of repetitions.



UPRIGHT ROW

MUSCLES: TRAPPEZII, Deltoids

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Stand with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.
7. Repeat the motion for the desired number of repetitions.



FRONT SHOULDER RAISE

MUSCLES: Deltoids, TRAPPEZII

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Stand with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.
7. Repeat the motion for the desired number of repetitions.



LEG KICK-INNER THIGH (ADDUCTORS)

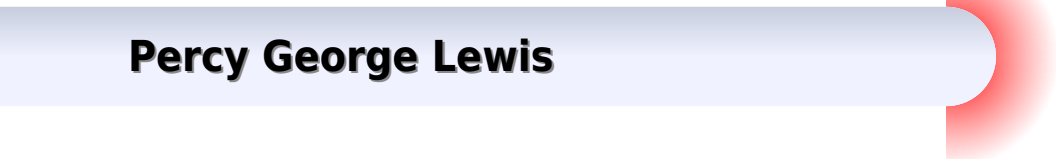
MUSCLES: VASTUS MEDIALIS, VASTUS LATERALIS

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment, then release them and repeat the motion.
7. Repeat the motion for the desired number of repetitions.



Marcy Mwm 988 Manual Exercises

Percy George Lewis



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