

Olympic Smith Machine



APRARS

BACK

CHEST

LEGS

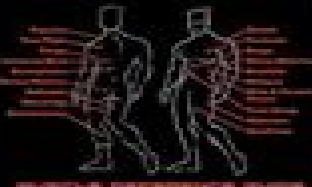
SHOULDER

ARMS

VARIABLE EXERCISE PROGRAM

EXERCISE	RECOMMENDED WEIGHT	RECOMMENDED SETS
BENCH PRESS	100 LBS	3 SETS
SHOULDER PRESS	50 LBS	3 SETS
LEG PRESS	150 LBS	3 SETS
ROW	50 LBS	3 SETS

For best results, use the following guidelines when selecting weights and sets. The recommended weight and sets are based on a person's body weight and fitness level. The recommended weight and sets are based on a person's body weight and fitness level.



EXERCISE PROGRAM

For best results, use the following guidelines when selecting weights and sets. The recommended weight and sets are based on a person's body weight and fitness level. The recommended weight and sets are based on a person's body weight and fitness level.



STANDING BACK SQUAT
This exercise targets the quadriceps, hamstrings, and glutes. It is a compound movement that involves lowering the body into a squat position and then returning to the starting position.



BENT OVER ROW
This exercise targets the back, shoulders, and biceps. It involves pulling the weight up towards the chest while maintaining a bent-over position.



OVERHEAD TRICEP EXTENSION
This exercise targets the triceps and shoulders. It involves extending the arms overhead and then lowering the weight back down.



SEATED CABLE ROW
This exercise targets the back, shoulders, and biceps. It involves pulling the cable towards the chest while seated.



SEATED LEG PRESS
This exercise targets the quadriceps and glutes. It involves pushing the weight away from the feet while seated.



SEATED SHOULDER PRESS
This exercise targets the shoulders and triceps. It involves pressing the weight up from the shoulders while seated.



SEATED BICEP CURL
This exercise targets the biceps and forearms. It involves curling the weight up towards the shoulders while seated.



SEATED TRICEP EXTENSION
This exercise targets the triceps and shoulders. It involves extending the arms overhead and then lowering the weight back down while seated.



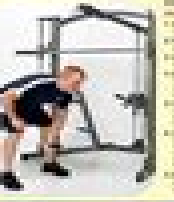
BENCH PRESS
This exercise targets the chest, shoulders, and triceps. It involves pressing the weight up from the chest while lying on a bench.



BENCH ROW
This exercise targets the back, shoulders, and biceps. It involves pulling the weight up towards the chest while lying on a bench.



BENCH TRICEP EXTENSION
This exercise targets the triceps and shoulders. It involves extending the arms overhead and then lowering the weight back down while lying on a bench.



BENCH SQUAT
This exercise targets the quadriceps, hamstrings, and glutes. It involves lowering the body into a squat position and then returning to the starting position while lying on a bench.



SEATED LEG CURL
This exercise targets the hamstrings and glutes. It involves curling the weight up towards the chest while seated.



SEATED SHOULDER PRESS
This exercise targets the shoulders and triceps. It involves pressing the weight up from the shoulders while seated.



SEATED BICEP CURL
This exercise targets the biceps and forearms. It involves curling the weight up towards the shoulders while seated.



SEATED TRICEP EXTENSION
This exercise targets the triceps and shoulders. It involves extending the arms overhead and then lowering the weight back down while seated.



SEATED LEG PRESS
This exercise targets the quadriceps and glutes. It involves pushing the weight away from the feet while seated.



SEATED CABLE ROW
This exercise targets the back, shoulders, and biceps. It involves pulling the cable towards the chest while seated.



SEATED SHOULDER PRESS
This exercise targets the shoulders and triceps. It involves pressing the weight up from the shoulders while seated.



SEATED BICEP CURL
This exercise targets the biceps and forearms. It involves curling the weight up towards the shoulders while seated.



SEATED TRICEP EXTENSION
This exercise targets the triceps and shoulders. It involves extending the arms overhead and then lowering the weight back down while seated.



SEATED LEG PRESS
This exercise targets the quadriceps and glutes. It involves pushing the weight away from the feet while seated.



SEATED CABLE ROW
This exercise targets the back, shoulders, and biceps. It involves pulling the cable towards the chest while seated.



SEATED SHOULDER PRESS
This exercise targets the shoulders and triceps. It involves pressing the weight up from the shoulders while seated.



SEATED BICEP CURL
This exercise targets the biceps and forearms. It involves curling the weight up towards the shoulders while seated.



SEATED TRICEP EXTENSION
This exercise targets the triceps and shoulders. It involves extending the arms overhead and then lowering the weight back down while seated.



SEATED LEG PRESS
This exercise targets the quadriceps and glutes. It involves pushing the weight away from the feet while seated.

Marcy One Home Gym Exercise Guide

Raffaela Di Napoli



Marcy One Home Gym Exercise Guide:

New York Magazine ,1991-06-03 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

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Exerstyle Philip Mazzurco,1985

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New York ,1990

The Washingtonian ,1986

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1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea *Science Digest* ,1985 **Athletic Journal** ,1982 Vols 9 12 include proceedings of the 8th 11th annual meeting of the American Football Coaches Association and of the National Association of Basketball Coaches of the United States 3d 6th annual meeting **Good Housekeeping** ,1983

Video Source Book Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction Consumers Digest ,1985 Lodging ,1987 **Field and Stream** ,1983 Woman's Home Missions of the Methodist Episcopal Church ,1924 **Best Life** ,2006-07 Best Life magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life *Bulletin* Hull House (Chicago, Ill.),1902

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