



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 about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles down towards your knees, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



BICEP CURL

Muscles: Biceps, Forearms

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



PREDICATOR CURL

Muscles: Biceps, Forearms

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



TRICEP PUSH-DOWN

Muscles: Triceps, Forearms

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Push the handles down towards your feet, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



SEATED ROW

Muscles: Back, Biceps, Forearms

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



LAT PULL-DOWN

Muscles: Lats, Biceps, Forearms

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



STANDARD BENCH PRESS

Muscles: Chest, Triceps, Forearms

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your feet, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



PECTORAL FLY

Muscles: Pectorals, Forearms

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your feet, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



LEG EXTENSION

Muscles: Quadriceps, Forearms

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your feet, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



STANDING LEG CURL

Muscles: Hamstrings, Forearms

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



LEG KICK-BACK

Muscles: Hamstrings, Forearms

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



LEG KICK-OUT-THIGH (ADDUCTORS)

Muscles: Adductors, Forearms

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



UPRIGHT ROW

Muscles: Traps, Biceps, Forearms

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



FRONT SHOULDER RAISE

Muscles: Deltoids, Forearms

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



LEG KICK-INNER THIGH (ADDUCTORS)

Muscles: Adductors, Forearms

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.

MUSCLE REFERENCE GUIDE



Gym Exercise At Home Guide Pic

Bobbie Wright



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