



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. Release the rope handle and allow it to return to the starting position.
6. 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. Release the rope handle and allow it to return to the starting position.
6. 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. Release the rope handle and allow it to return to the starting position.
6. 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. Release the rope handle and allow it to return to the starting position.
6. 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. Release the rope handle and allow it to return to the starting position.
6. 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. Release the rope handle and allow it to return to the starting position.
6. 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. Release the rope handle and allow it to return to the starting position.
6. 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. Fly the rope handle up towards your chest.
5. Release the rope handle and allow it to return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

Muscles: Quadriceps, Rectus Femoris

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. Release the rope handle and allow it to return to the starting position.
6. 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. Release the rope handle and allow it to return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG KICKBACK

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. Kick the rope handle back towards your feet.
5. Release the rope handle and allow it to return to the starting position.
6. 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. Kick the rope handle out towards your feet.
5. Release the rope handle and allow it to return to the starting position.
6. Repeat the exercise 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 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. Release the rope handle and allow it to return to the starting position.
6. Repeat the exercise 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 handle and pull the rope handle down.
3. Stand with your feet flat on the floor and your hands on the rope handle.
4. Raise the rope handle up towards your chest.
5. Release the rope handle and allow it to return to the starting position.
6. 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. Kick the rope handle in towards your feet.
5. Release the rope handle and allow it to return to the starting position.
6. Repeat the exercise for the desired number of repetitions.

MUSCLE REFERENCE GUIDE



Marcy Pro Exercise Guide

Marcy Osgood, Karen Ocorr



Marcy Pro Exercise Guide:

The Absolute, Ultimate Guide to Lehninger Principles of Biochemistry Marcy Osgood, Karen A. Ocorr, 2008-04-04
The Absolute Ultimate Guide combines an innovative study guide with a reliable solutions manual in one convenient printed volume
The Absolute, Ultimate Guide to Lehninger Principles of Biochemistry 4e Marcy Osgood, Karen Ocorr, 2005 This undergraduate textbook describes the structure and function of the major classes of cellular constituents and explains the physical chemical and biological context in which each biomolecule reaction and pathway operates The fourth edition adds a chapter on the regulation of metabolism reflects recent advances and incorporates new experimental methodologies and an expanded and redesigned treatment of reaction mechanisms Annotation 2004 Book News Inc Portland OR booknews com

Catalog of Sears, Roebuck and Company Sears, Roebuck and Company, 1990 Commercial News USA, 1985 **I Love New York Guide** Marilyn J. Appleberg, 1988 Features a wealth of information on New York's buildings and landmarks public events noted sights and less known points of interest **Resources in Education**, 1999 **Science Digest**, 1985

The Spa Guide Judy Colbert, Ed Colbert, 1988 **Journal of Property Management**, 1986 **Lodging Hospitality**, 1989 *Diabetes Dateline*, 1979 **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office, 1973 **Readers' Guide to Periodical Literature** Anna Lorraine Guthrie, Bertha Tannehill, Neltje Marie Tannehill Shimer, 1919 *Bookseller*, 1873 Vols for 1871 76 1913 14 include an extra number The Christmas bookseller separately paged and not included in the consecutive numbering of the regular series New York Magazine, 1988-06-20 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 **Practical Pharmacology in Rehabilitation** Lynette Carl, Joseph Gallo, Peter Johnson, 2014 Practical Pharmacology in Rehabilitation discusses the effects of medications in the rehabilitation process and assists rehabilitation professionals in designing patient specific therapy plans based on coexisting disease states and medications used **Corporate Fitness**, 1988 **The Publishers' Trade List Annual**, 1987 **Subject Guide to Books in Print**, 1997 Good Housekeeping, 1983

Marcy Pro Exercise Guide Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has are more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Marcy Pro Exercise Guide**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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