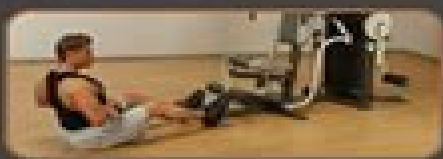




ABDOMINAL CRUNCHES

MUSCLE GROUPS: ABDOMINALS

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Release the rope and sit on the machine seat.
4. As you pull the rope, hold your torso tight and your feet flat on the floor.
5. Pull your shoulders and chest up and over the knees, and pull your arms up and over the head.
6. Release the rope and sit back down. Repeat the exercise.
7. Repeat the exercise 10-15 times.



SEATED PULLEY ROW

MUSCLE GROUPS: BACK

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope up to your chest.
4. Release the rope and sit back down. Repeat the exercise.
5. Repeat the exercise 10-15 times.



SEATED BENCH PRESS

MUSCLE GROUPS: CHEST

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. As you pull the rope, hold your torso tight and your feet flat on the floor.
4. Pull your shoulders and chest up and over the knees, and pull your arms up and over the head.
5. Release the rope and sit back down. Repeat the exercise.
6. Repeat the exercise 10-15 times.



FRONT SHOULDER RAISE

MUSCLE GROUPS: SHOULDER

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope up to your chest.
4. Release the rope and sit back down. Repeat the exercise.
5. Repeat the exercise 10-15 times.



BICEP CURL

MUSCLE GROUPS: BICEPS

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope up to your chest.
4. Release the rope and sit back down. Repeat the exercise.
5. Repeat the exercise 10-15 times.



SEATED PRESS BAR ROW

MUSCLE GROUPS: BACK

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope up to your chest.
4. Release the rope and sit back down. Repeat the exercise.
5. Repeat the exercise 10-15 times.



INCLINE BENCH PRESS

MUSCLE GROUPS: CHEST

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. As you pull the rope, hold your torso tight and your feet flat on the floor.
4. Pull your shoulders and chest up and over the knees, and pull your arms up and over the head.
5. Release the rope and sit back down. Repeat the exercise.
6. Repeat the exercise 10-15 times.



LATERAL SHOULDER RAISE

MUSCLE GROUPS: SHOULDER

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope up to your chest.
4. Release the rope and sit back down. Repeat the exercise.
5. Repeat the exercise 10-15 times.



TRICEP PUSH-DOWN

MUSCLE GROUPS: TRICEPS

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope up to your chest.
4. Release the rope and sit back down. Repeat the exercise.
5. Repeat the exercise 10-15 times.



INVERTED PULL-EXTENDS

MUSCLE GROUPS: BACK

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope up to your chest.
4. Release the rope and sit back down. Repeat the exercise.
5. Repeat the exercise 10-15 times.



SEATED SHOULDER PRESS

MUSCLE GROUPS: SHOULDER

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope up to your chest.
4. Release the rope and sit back down. Repeat the exercise.
5. Repeat the exercise 10-15 times.



LEG EXTENSION

MUSCLE GROUPS: LEGS

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope up to your chest.
4. Release the rope and sit back down. Repeat the exercise.
5. Repeat the exercise 10-15 times.



TRICEP EXTENSION

MUSCLE GROUPS: TRICEPS

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope up to your chest.
4. Release the rope and sit back down. Repeat the exercise.
5. Repeat the exercise 10-15 times.



PECTORAL FLY

MUSCLE GROUPS: CHEST

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope up to your chest.
4. Release the rope and sit back down. Repeat the exercise.
5. Repeat the exercise 10-15 times.

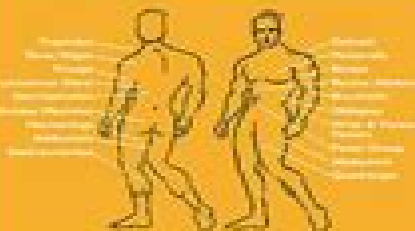


UPRIGHT ROW

MUSCLE GROUPS: SHOULDER

1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. Holding the rope with both hands, pull the rope up to your chest.
4. Release the rope and sit back down. Repeat the exercise.
5. Repeat the exercise 10-15 times.

MUSCLE REFERENCE GUIDE



Marcy Stack Home Gym 1100 Exercise Manual

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