



STANDING CABLE CROSSOVER
 • Targets: Pectorals, Deltoids, Triceps
 • Benefits: Improves posture, increases flexibility
 • Instructions: Stand with feet shoulder-width apart, holding the cable handles with both hands. Pull the handles diagonally across your chest towards the opposite shoulder.



SEATED CABLE ROW
 • Targets: Latissimus Dorsi, Rhomboids, Trapezius
 • Benefits: Builds back strength, improves posture
 • Instructions: Sit on the machine with feet on the footplate. Pull the handle towards your chest, squeezing your shoulder blades together.



STANDING LAT PULL-DOWN
 • Targets: Latissimus Dorsi, Biceps, Trapezius
 • Benefits: Increases upper body strength, improves posture
 • Instructions: Stand with feet shoulder-width apart, holding the bar with both hands. Pull the bar down towards your chest, squeezing your shoulder blades together.



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MAFRCY

When You Finally Get Serious



SETTING UP YOUR MAFRCY
 Before you begin your workout, it is important to set up your MAFRCY correctly. This will ensure that you are using the machine safely and effectively. The following steps will guide you through the setup process:

1. Check the weight stack and adjust the weight to your desired level.
2. Adjust the seat height and backrest angle to suit your body.
3. Make sure your feet are firmly planted on the footplate.
4. Grab the handles and ensure they are at a comfortable height.
5. Perform a few test repetitions to ensure everything is working correctly.

MAFRCY: THE DIFFERENCE IS IN THE DETAILS
 MAFRCY is a revolutionary piece of gym equipment that offers a wide range of exercises for the upper and lower body. It is designed to be versatile and user-friendly, making it a perfect addition to any home or commercial gym. The machine features a sturdy frame, a comfortable seat, and a variety of adjustable components to cater to different users. With MAFRCY, you can target specific muscle groups and improve your overall fitness in a safe and effective manner.

MAFRCY: THE DIFFERENCE IS IN THE DETAILS

Marcy Diamond Elite Workout Manual

Guillaume Favre

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

Marcy Diamond Elite Workout Manual:

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