



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 front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



BICEP CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet shoulder-width apart.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



PREACHER CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



TRICEP PUSH-DOWN

Muscles: Triceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet shoulder-width apart.
4. Grasp the rope with both hands and pull it down towards your feet.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



LAT PULLDOWN

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet shoulder-width apart.
4. Grasp the rope with both hands and pull it down towards your feet.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Triceps Brachii

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



PECTORAL FLY

Muscles: Pectoralis Major, Triceps Brachii

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet shoulder-width apart.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



LEG KICKBACK

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet shoulder-width apart.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet shoulder-width apart.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



UPRIGHT ROW

Muscles: Trapezius, Deltoids

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet shoulder-width apart.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: Deltoids, Trapezius

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet shoulder-width apart.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.



LEG KICK-INNER THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus

1. Select the desired weight.
2. Attach the rope to the front of the machine.
3. Stand with your feet shoulder-width apart.
4. Grasp the rope with both hands and pull it up towards your chest.
5. As you pull, lift your shoulders and upper back off the seat.
6. Hold the contraction for a moment, then lower the rope back down.
7. Repeat the motion for the desired number of repetitions.

MUSCLE REFERENCE GUIDE



Marcy Home Gym Exercise Guide

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Hoops Nation is a celebration of the game of basketball as it is played in America. It includes guides to streetball, fashion, the lingo of the courts, the etiquette of the pickup world, the tricks of old guy basketball, and tips for the dunking impaired. Also included are profiles of playground legends and dispatches from the legions of basketball lifers who populate the country's courts. This book can tell you where they're running today all over America. Who's got next? Who's who in U.S. Writers, Editors & Poets, 1992 *Bibliographic Guide to Dance* New York Public Library. Dance Collection, 1991 **San Diego Magazine**, 1978-05 **Who's who in Writers, Editors & Poets, United States & Canada**, 1995 *Scholastic Coach*, 1977

Unveiling the Power of Verbal Art: An Psychological Sojourn through **Marcy Home Gym Exercise Guide**

In a global inundated with displays and the cacophony of instantaneous interaction, the profound power and emotional resonance of verbal art often disappear into obscurity, eclipsed by the constant barrage of sound and distractions. However, set within the musical pages of **Marcy Home Gym Exercise Guide**, a charming work of fictional splendor that pulses with organic feelings, lies an unique journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, that mesmerizing opus instructions visitors on a mental odyssey, softly exposing the latent possible and profound affect stuck within the delicate internet of language. Within the heart-wrenching expanse of the evocative evaluation, we will embark upon an introspective exploration of the book is central subjects, dissect their interesting publishing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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