



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: abdominal, rectus abdominis

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your knees.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment and then release them.
7. Repeat the exercise for the desired number of repetitions.



BICEP CURL

Muscles: biceps, brachialis, brachioradialis

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Stand with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment and then release them.
7. Repeat the exercise for the desired number of repetitions.



PREACHER CURL

Muscles: biceps, brachialis, brachioradialis

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment and then release them.
7. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

Muscles: triceps, brachialis, brachioradialis

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Stand with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment and then release them.
7. Repeat the exercise for the desired number of repetitions.



SEATED ROW

Muscles: latissimus dorsi, rhomboids, trapezius

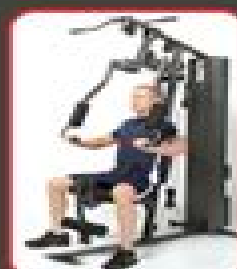
1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment and then release them.
7. Repeat the exercise for the desired number of repetitions.



LAT PUL-DOWN

Muscles: latissimus dorsi, rhomboids, trapezius

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Stand with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment and then release them.
7. Repeat the exercise for the desired number of repetitions.



STANDARD BENCH PRESS

Muscles: pectoralis major, pectoralis minor, triceps

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment and then release them.
7. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

Muscles: pectoralis major, pectoralis minor, triceps

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment and then release them.
7. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

Muscles: quadriceps, rectus femoris, vastus medialis

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment and then release them.
7. Repeat the exercise for the desired number of repetitions.



EXTENDING LEG CURL

Muscles: quadriceps, rectus femoris, vastus medialis

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment and then release them.
7. Repeat the exercise for the desired number of repetitions.



LEG KICK-BACK

Muscles: quadriceps, rectus femoris, vastus medialis

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment and then release them.
7. Repeat the exercise for the desired number of repetitions.



LEG KICK-OUT-THIGH (ADDUCTORS)

Muscles: quadriceps, rectus femoris, vastus medialis

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment and then release them.
7. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

Muscles: latissimus dorsi, rhomboids, trapezius

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment and then release them.
7. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: latissimus dorsi, rhomboids, trapezius

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment and then release them.
7. Repeat the exercise for the desired number of repetitions.

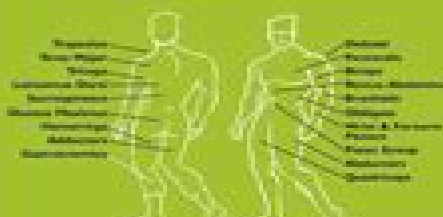


LEG KICK-INNER THIGH (ADDUCTORS)

Muscles: quadriceps, rectus femoris, vastus medialis

1. Select the desired weight.
2. Attach the straps to the machine using the provided clips.
3. Sit on the machine with your feet flat on the floor and your hands resting on your hips.
4. Pull the straps over your head and under your feet.
5. Lean back slightly and pull the straps up towards your chest.
6. Hold the straps for a moment and then release them.
7. Repeat the exercise for the desired number of repetitions.

MUSCLE REFERENCE GUIDE



Marcy Mach 3 Weight Machine Manual

G Thomas



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