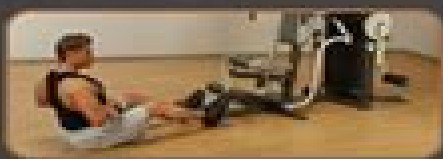




ABDOMINAL CRUNCHES

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 upward, keeping your back and neck straight and your feet flat on the floor.
6. Release the rope and sit on the machine seat.
7. Repeat the exercise for the desired number of repetitions.



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 on the machine seat.
5. Repeat the exercise for the desired number of repetitions.



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 the rope up to your chest, keeping your back and neck straight.
5. Release the rope and sit on the machine seat.
6. Repeat the exercise for the desired number of repetitions.



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, keeping your back and neck straight.
4. Release the rope and sit on the machine seat.
5. Repeat the exercise for the desired number of repetitions.



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, keeping your back and neck straight.
4. Release the rope and sit on the machine seat.
5. Repeat the exercise for the desired number of repetitions.



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, keeping your back and neck straight.
4. Release the rope and sit on the machine seat.
5. Repeat the exercise for the desired number of repetitions.



INCLINE BENCH PRESS

MUSCLE GROUPS: CHEST

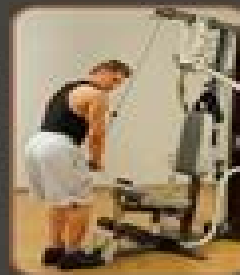
1. Select the desired weight.
2. Attach the rope to the seat, pull and engage the fly.
3. As you pull the rope, hold your torso tight and your feet flat on the floor.
4. Pull the rope up to your chest, keeping your back and neck straight.
5. Release the rope and sit on the machine seat.
6. Repeat the exercise for the desired number of repetitions.



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, keeping your back and neck straight.
4. Release the rope and sit on the machine seat.
5. Repeat the exercise for the desired number of repetitions.



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, keeping your back and neck straight.
4. Release the rope and sit on the machine seat.
5. Repeat the exercise for the desired number of repetitions.



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, keeping your back and neck straight.
4. Release the rope and sit on the machine seat.
5. Repeat the exercise for the desired number of repetitions.



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, keeping your back and neck straight.
4. Release the rope and sit on the machine seat.
5. Repeat the exercise for the desired number of repetitions.



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, keeping your back and neck straight.
4. Release the rope and sit on the machine seat.
5. Repeat the exercise for the desired number of repetitions.



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, keeping your back and neck straight.
4. Release the rope and sit on the machine seat.
5. Repeat the exercise for the desired number of repetitions.



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, keeping your back and neck straight.
4. Release the rope and sit on the machine seat.
5. Repeat the exercise for the desired number of repetitions.



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, keeping your back and neck straight.
4. Release the rope and sit on the machine seat.
5. Repeat the exercise for the desired number of repetitions.

MUSCLE REFERENCE GUIDE



Marcy Vertex Home Gym Exercise Manual

F Rizvi



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