



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 about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



## BICEP CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



## PREACHER CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



## TRICEP PUSH-DOWN

Muscles: Triceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



## SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids, Trapezius

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



## LAT PULLDOWN

Muscles: Latissimus Dorsi, Rhomboids, Trapezius

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



## STANDARD BENCH PRESS

Muscles: Pectoralis Major, Pectoralis Minor, Triceps

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



## PECTORAL FLY

Muscles: Pectoralis Major, Pectoralis Minor, Triceps

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



## LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



## STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



## LEG KICKBACK

Muscles: Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



## LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus, Adductor Longus

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



## UPRIGHT ROW

Muscles: Trapezius, Rhomboids, Latissimus Dorsi

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



## FRONT SHOULDER RAISE

Muscles: Deltoids, Trapezius, Rhomboids

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



## LEG KICK-UP/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus, Adductor Longus

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 to 15 seconds.
6. Release the weight and repeat the exercise.



# Marcy Workout Guide

**Phil Brown**



## **Marcy Workout Guide:**

**Explorer's Guide The Santa Fe & Taos Book** Sharon Niederman,2006-04-17 This authoritative guide to the historic mystical hub of the Southwest is highly recommended by Travel Leisure and New Mexico magazines This definitive travel guide by one of New Mexico s most highly respected and widely published food and travel journalists will appeal to the traveler who seeks an in depth experience of northern New Mexico Niederman knows the major attractions the off beat caf s the luxurious spas the history back roads festivals and the area s scenic beauty like her own backyard Vivid photographs accompany hundreds of personally recommended lodging and dining establishments along with her insider s tips for the best places to go sightseeing shop or just relax This is the only guide to Santa Fe and Taos that you will ever need *A Complete Guide for First-Time Mommies* Anne Marceline Yepmo,2011-12-21 Pregnancy is an exciting time in any womans life Its also a time of nervousness and unknowns as your body changes to accommodate the precious little one inside you You may wonder or even worry about how to do everything you can to give your baby a healthy start The best way to alleviate your fears and give your child the best start is to understand your pregnancy and to be prepared for what is to come A Complete Guide for First Time Mommies seeks to help you prepare for your journey into motherhood and develop confidence along the way This guide offers answers to your new mom questions as well as comprehensive step by step instructions for everything from preparing your nursery to preparing your body for the birth of your child The checklists included will help you stay organized focused and always one step ahead With pertinent information on infant care this guide also serves as an excellent reference for after your baby is born Congratulations on taking this step to becoming the most knowledgeable and well prepared mommy you can be **Financial Guide** United States. Office of Justice Programs. Office of the Comptroller,1998 **A Poet'S Guide to Outdoor Exercise** John Famulary,2013-03-01 In A Poets Guide to Outdoor Exercise author John Famulary shares some remarkable outdoor exercise adventures set in such exotic locales as Williamsburg Brooklyn Central Park the Catskill Mountains and a football field in New Jersey John discusses the advantages of outdoor exercise and in clues and descriptions suggests steps you can take to create your own outdoor exercise routine For the author outdoor exercise means being in nature wherever he finds it plus the joy of movement as they used to say Theres some philosophy here too A little poetry as well and some excerpts from an unconventional life the author s own In fresh and inventive prose Famulary has penned a thought provoking memoir thats also a practical guide to physical fitness and a metaphysical tool Sometimes humorous occasionally profound A Poets Guide to Outdoor Exercise invites readers to explore pathways and processes both physical and metaphysical that can help us energize and re vitalize almost every time **Explorer's Guide Santa Fe & Taos** Sharon Niederman,2017-04-11 The ultimate guide to New Mexico s premier destination Now in its ninth edition Explorer s Guide Santa Fe Taos is a comprehensive guide to the land of enchantment Award winning author Sharon Niederman provides up to date information on all the attractions unique to this area traditional festivals and markets funky

caf s lavish health spas exciting nightlife and beautiful scenery along with colorful details about Northern New Mexico s fascinating and unique multicultural history Visit the adobe walled San Miguel Chapel the oldest church in the U S or celebrate La Fiesta de Santa Fe the oldest continuously observed festival in the country This thoroughly updated edition features hundreds of recommendations on the best lodging dining sightseeing and shopping as well as plenty of information on the area s rich abundance of local lore and culture With detailed maps and more than 100 vivid photos all packaged in the beautiful new Explorer s Guide layout this is the essential companion on any voyage to this rustic corner of the Southwest

**Children's Guide to Santa Fe** Anne Hillerman,2005 Hillerman describes places to visit and special celebrations in Santa Fe New Mexico as well as nearby Indian villages and sites and areas suitable for hiking and fishing Includes a Spanish vocabulary *Vault Guide to Schmoozing* Marcy Lerner,Ed Shen,Mark Oldman,Hussam Hamadeh,Samer Hamadeh,2002 Professional career guide from the Vault Career Library featuring strategies for networking for career purposes

*Commonsense Guide to Current Affairs* Vincent Frank Bedogne,Marcy Jean Everest,2009-08-01 From clones family abortion terrorism and the concept of the collective to economics nuclear power cap and trade renewable energy and the politics of climate change Everest and Bedogne do something much needed and remarkably absent in today s media They strip away the layers of liberal and conservative ideology to look at the most talked about topics of our time from the standpoint of what the politicians have forgotten common sense Brought to light by logic history and science the book filters the issues that in today s world every citizen student and educator needs to understand through what we know to be sound that which we have gained through our day to day trials our all too often repressed ability to see things in a practical and matter of fact way **Physical Training Program for the Illinois Department of Law Enforcement** Laimutis A.

Nargelenas,1975 **The Woodchuck's Guide to Gardening** Ron Krupp,2001 R Ron Krupp is a master of gardening and storytelling The Woodchuck s Guide to Gardening is a critical resource for beginning and experienced gardners who need seasoned practical ideas Ron has a deep respect for the power of the seed and the importance of healthy soil He shares his lessons through poetry wit and prose S Enid Wonnacott executive director of the Northeast Farming Association of Vermont

**Health Fitness** David E. Cundiff,Paul Brynteson,1984 *Finding Your Passion* Marcy Morrison,2009-04-01 Finding Your Passion is a powerful yet easy to use book by Marcy Morrison Career Strategist and Owner of Careers With Wings www careerswithwings com This fun and whimsical book will help and guide the reader to develop wings for their career and get on the fast track to finding their dream job via identifying their passions and strengths empowering them with tools to market and sell themselves strengthening their ability to trust their gut believe in themselves learning how to network developing a support team enhancing their current job and creating a personalized plan for success **Journal of Property Management** ,1986 *Jeff Herman's Guide to Book Publishers, Editors and Literary Agents 2017* Jeff Herman,2016-09-01 Still the Best Guide for Getting Published If you want to get published read this book Comprehensive index lists dozens of

subjects and categories to help you find the perfect publisher or agent Jeff Herman's Guide unmask's nonsense, clears confusion and unlocks secret doorways to success for new and veteran writers. This highly respected resource is used by publishing insiders everywhere and has been read by millions all over the world. Jeff Herman's Guide is the writer's best friend. It reveals the names, interests, and contact information of thousands of agents and editors. It presents invaluable information about more than 350 publishers and imprints, including Canadian and university presses, lists independent book editors who can help you make your work more publisher friendly, and helps you spot scams. Jeff Herman's Guide unseals the truth about how to outsmart the gatekeepers, break through the barriers, and decipher the hidden codes to getting your book published. Countless writers have achieved their highest aspirations by following Herman's outside-the-box strategies. If you want to reach the top of your game and transform rejections into contracts, you need this book.

*Official Gazette of the United States Patent and Trademark Office*, 1990      *Longstreet Highroad Guide to the New York Adirondacks* Phil Brown, 1999-04-25 The indispensable guide to the best the New York Adirondacks have to offer      **Commercial News USA.**, 1985      **Resources in Education**, 1996-06      *Food Service Management* Marcy Schveibinz, 1992      *A Clear Destiny* Callie McFarlane, 2011-02-04 From the ski slopes of Austria to world class show jumping, parallel plots serve as backdrop for twins Marcia and Andrew Stanton pursuing assignments in different parts of the world. *A Clear Destiny* will make you smile in recognition, feel empathetic frustration, be touched by the sweetness of love on many levels, laugh at recurring human folly, feel perplexed at raw brutality and manipulation, and hopeful because of its conclusion. *A Clear Destiny* is pure entertainment despite realistic excitement and the persuasiveness of its relevant message. Enjoy.

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