



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 ABDOMINUS

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 on the handles.
4. Pull the handles down towards your knees, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to a level that is challenging but safe.
8. Remember the starting position is a key to successful results.



BICEP CURL

MUSCLES: BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to a level that is challenging but safe.
8. Remember the starting position is a key to successful results.



PREACHER CURL

MUSCLES: BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to a level that is challenging but safe.
8. Remember the starting position is a key to successful results.



TRICEP PUSH-DOWN

MUSCLES: TRICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Push the handles down towards your feet, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to a level that is challenging but safe.
8. Remember the starting position is a key to successful results.



SEATED ROW

MUSCLES: LATS, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to a level that is challenging but safe.
8. Remember the starting position is a key to successful results.



LAT PULL-DOWN

MUSCLES: LATS, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to a level that is challenging but safe.
8. Remember the starting position is a key to successful results.



STANDARD BENCH PRESS

MUSCLES: CHEST, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your feet, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to a level that is challenging but safe.
8. Remember the starting position is a key to successful results.



PECTORAL FLY

MUSCLES: CHEST, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your feet, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to a level that is challenging but safe.
8. Remember the starting position is a key to successful results.



LEG EXTENSION

MUSCLES: QUADRICEPS, HAMSTRINGS, GLUTES

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your feet, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to a level that is challenging but safe.
8. Remember the starting position is a key to successful results.



STANDING LEG CURL

MUSCLES: HAMSTRINGS, GLUTES, QUADRICEPS

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to a level that is challenging but safe.
8. Remember the starting position is a key to successful results.



LEG KICKBACK

MUSCLES: HAMSTRINGS, GLUTES, QUADRICEPS

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to a level that is challenging but safe.
8. Remember the starting position is a key to successful results.



LEG KICK-OUT/THIGH ADDUCTORS

MUSCLES: ADDUCTORS, GLUTES, QUADRICEPS

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to a level that is challenging but safe.
8. Remember the starting position is a key to successful results.



UPRIGHT ROW

MUSCLES: TRAPZ, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to a level that is challenging but safe.
8. Remember the starting position is a key to successful results.



FRONT SHOULDER RAISE

MUSCLES: DELTOIDS, BICEPS, TRAPZ, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to a level that is challenging but safe.
8. Remember the starting position is a key to successful results.



LEG KICK/INNER THIGH ADDUCTORS

MUSCLES: ADDUCTORS, GLUTES, QUADRICEPS

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's resistance to a level that is challenging but safe.
8. Remember the starting position is a key to successful results.

MUSCLE REFERENCE GUIDE



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Camilla Rothe



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web you will see the major symbol Δ used primarily in jazz popular music typically uses maj instead 11th and 13th chords 11ths and 13ths always come from the major scale unless otherwise specified 11 is 4 an octave higher and 13 is 6 an octave higher all numbers up to the highest number are assumed

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