



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 rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle down towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



BICEP CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



PREDICATOR CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
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 rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle down towards your feet.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



SEATED ROW

Muscles: Back, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



LAT PULL-DOWN

Muscles: Lats, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



STANDARD BENCH PRESS

Muscles: Chest, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

Muscles: Pectorals, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

Muscles: Quadriceps, Rectus Femoris

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



STANDING LEG CURL

Muscles: Hamstrings, Rectus Femoris

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



LEG KICKBACK

Muscles: Hamstrings, Rectus Femoris

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductors, Rectus Femoris

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

Muscles: Traps, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: Deltoids, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.



LEG KICK/INNER THIGH ADDUCTORS

Muscles: Adductors, Rectus Femoris

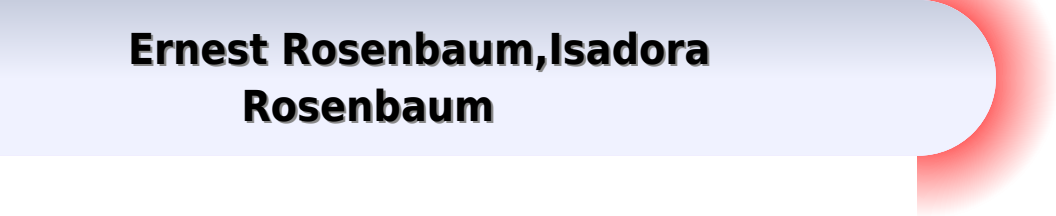
1. Select the desired weight.
2. Attach the rope to the rope handle and pull the rope handle down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope handle.
4. Pull the rope handle up towards your chest.
5. Hold the rope handle for a few seconds.
6. Release the rope handle and pull the rope handle down.
7. Repeat the exercise for the desired number of repetitions.

MUSCLE REFERENCE GUIDE



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**Ernest Rosenbaum, Isadora
Rosenbaum**



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