



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 holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



BICEP CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



PREDICATOR CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest and then back down.
5. Repeat the motion 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 holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Push the rope down towards your feet and then back up.
5. Repeat the motion for the desired number of repetitions.



SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids, Trapezius

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



LAT PULLDOWN

Muscles: Latissimus Dorsi, Rhomboids, Trapezius

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Anterior Deltoids, Triceps

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Push the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



PECTORAL FLY

Muscles: Pectoralis Major, Anterior Deltoids, Triceps

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Push the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Push the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



LEG KICKBACK

Muscles: Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Kick the rope back towards your feet and then back up.
5. Repeat the motion for the desired number of repetitions.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus, Adductor Longus

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Kick the rope out towards your feet and then back up.
5. Repeat the motion for the desired number of repetitions.



UPRIGHT ROW

Muscles: Trapezius, Rhomboids, Latissimus Dorsi

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: Anterior Deltoids, Coracobrachialis, Brachialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Raise the rope up towards your chest and then back down.
5. Repeat the motion for the desired number of repetitions.



LEG KICK-UP/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus, Adductor Longus

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Kick the rope up towards your feet and then back down.
5. Repeat the motion for the desired number of repetitions.

MUSCLE REFERENCE GUIDE



Multifunction Home Gym Exercises Guide

Michal Rosen-Zvi



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