



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 padding to your comfort.



BICEP CURL

MUSCLES: BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar from which you are working.
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 padding to your comfort.



PREACHER CURL

MUSCLES: BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar from which you are working.
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 padding to your comfort.



TRICEP PUSH-DOWN

MUSCLES: TRICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar from which you are working.
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 padding to your comfort.



SEATED ROW

MUSCLES: LATS, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar from which you are working.
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 padding to your comfort.



LAT PULLDOWN

MUSCLES: LATS, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar from which you are working.
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 padding to your comfort.



STANDARD BENCH PRESS

MUSCLES: CHEST, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar from which you are working.
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 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 padding to your comfort.



PECTORAL FLY

MUSCLES: CHEST, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar from which you are working.
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 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 padding to your comfort.



LEG EXTENSION

MUSCLES: QUADRICEPS, RECTUS ABDOMINUS

1. Select the desired weight.
2. Attach the handle to the bar from which you are working.
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 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 padding to your comfort.



STANDING LEG CURL

MUSCLES: HAMSTRINGS, RECTUS ABDOMINUS

1. Select the desired weight.
2. Attach the handle to the bar from which you are working.
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 padding to your comfort.



LEG KICKBACK

MUSCLES: GLUTES, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar from which you are working.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Push 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 padding to your comfort.



LEG KICK-OUT/THIGH ADDUCTORS

MUSCLES: GLUTES, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar from which you are working.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Push 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 padding to your comfort.



UPRIGHT ROW

MUSCLES: LATS, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar from which you are working.
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 padding to your comfort.



FRONT SHOULDER RAISE

MUSCLES: LATS, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar from which you are working.
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 padding to your comfort.



LEG KICK/INNER THIGH ADDUCTORS

MUSCLES: GLUTES, BICEPS, DELTOIDS, BRACHIALIS

1. Select the desired weight.
2. Attach the handle to the bar from which you are working.
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 padding to your comfort.



Multifunction Home Gym Exercises Guide

J Elliott



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