



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 straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Lower the straps back down to the starting position.
6. Repeat the motion for the desired number of repetitions.



BICEP CURL

Muscles: Biceps, Brachialis

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Lower the straps back down to the starting position.
6. Repeat the motion for the desired number of repetitions.



PREDICATOR CURL

Muscles: Biceps, Brachialis

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Lower the straps back down to the starting position.
6. Repeat the motion for the desired number of repetitions.



TRICEP PUSH-DOWN

Muscles: Triceps, Brachialis

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Lower the straps back down to the starting position.
6. Repeat the motion for the desired number of repetitions.



SEATED ROW

Muscles: Back, Biceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Lower the straps back down to the starting position.
6. Repeat the motion for the desired number of repetitions.



LAT PULL-DOWN

Muscles: Lats, Biceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Lower the straps back down to the starting position.
6. Repeat the motion for the desired number of repetitions.



STANDARD BENCH PRESS

Muscles: Chest, Triceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Lower the straps back down to the starting position.
6. Repeat the motion for the desired number of repetitions.



PECTORAL FLY

Muscles: Pectorals, Biceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Lower the straps back down to the starting position.
6. Repeat the motion for the desired number of repetitions.



LEG EXTENSION

Muscles: Quadriceps, Hamstrings

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Lower the straps back down to the starting position.
6. Repeat the motion for the desired number of repetitions.



STANDING LEG CURL

Muscles: Hamstrings, Glutes

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Lower the straps back down to the starting position.
6. Repeat the motion for the desired number of repetitions.



LEG KICKBACK

Muscles: Hamstrings, Glutes

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Lower the straps back down to the starting position.
6. Repeat the motion for the desired number of repetitions.



LEG KICK-OUT THIGH (ADDUCTORS)

Muscles: Adductors, Glutes

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Lower the straps back down to the starting position.
6. Repeat the motion for the desired number of repetitions.



UPRIGHT ROW

Muscles: Traps, Biceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Lower the straps back down to the starting position.
6. Repeat the motion for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: Deltoids, Biceps

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Lower the straps back down to the starting position.
6. Repeat the motion for the desired number of repetitions.



LEG KICK-INNER THIGH (ADDUCTORS)

Muscles: Adductors, Glutes

1. Select the desired weight.
2. Attach the straps to the lower ends of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the straps up towards your chest, lifting your shoulders off the seat.
5. Lower the straps back down to the starting position.
6. Repeat the motion for the desired number of repetitions.



Marcy Mach 3 Weight Machine Manual

Lei Huang



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