



mp 3100
multi-function home gym

> exercise chart

NOTE: ALWAYS EXERCISE WITH CORRECT FORM. PROPER FORM, AND NOT ONLY WEIGHT PLATED, MUST BE USED WITH THIS UNIT. INCORRECT FORMS CAN BE DANGEROUS TO YOUR HEALTH AND CAUSE INJURY.



SEATED CHEST PRESS
Muscles exercised: Pectoralis major, Pectoralis minor, Triceps, Anterior deltoids.
Instructions:
1. Adjust the seat height so that the handles are at chest level.
2. Grasp the handles with your palms facing each other.
3. Push the handles forward until your arms are fully extended.
4. Slowly return the handles to the starting position.
5. Repeat for the desired number of repetitions.



SEATED SHOULDER PRESS
Muscles exercised: Deltoids, Triceps, Pectoralis major, Pectoralis minor.
Instructions:
1. Adjust the seat height so that the handles are at shoulder level.
2. Grasp the handles with your palms facing each other.
3. Press the handles overhead until your arms are fully extended.
4. Slowly return the handles to the starting position.
5. Repeat for the desired number of repetitions.



SEATED ROW
Muscles exercised: Latissimus dorsi, Rhomboids, Trapezius, Biceps, Forearms.
Instructions:
1. Adjust the seat height so that the handles are at chest level.
2. Grasp the handles with your palms facing each other.
3. Pull the handles toward your chest, squeezing your shoulder blades together.
4. Slowly return the handles to the starting position.
5. Repeat for the desired number of repetitions.



SEATED LAT PULL-DOWN
Muscles exercised: Latissimus dorsi, Rhomboids, Trapezius, Biceps, Forearms.
Instructions:
1. Adjust the seat height so that the handles are at chest level.
2. Grasp the handles with your palms facing each other.
3. Pull the handles down toward your chest, squeezing your shoulder blades together.
4. Slowly return the handles to the starting position.
5. Repeat for the desired number of repetitions.



SEATED LEG PRESS
Muscles exercised: Quadriceps, Hamstrings, Glutes.
Instructions:
1. Adjust the seat height so that the footplate is at hip level.
2. Place your feet on the footplate, shoulder-width apart.
3. Push the footplate forward until your legs are fully extended.
4. Slowly return the footplate to the starting position.
5. Repeat for the desired number of repetitions.



SEATED CALF PRESS
Muscles exercised: Gastrocnemius, Soleus.
Instructions:
1. Adjust the seat height so that the footplate is at heel level.
2. Place your feet on the footplate, heel-to-heel.
3. Push the footplate forward until your calves are fully extended.
4. Slowly return the footplate to the starting position.
5. Repeat for the desired number of repetitions.



SEATED BICEP CURL
Muscles exercised: Biceps, Forearms.
Instructions:
1. Adjust the seat height so that the handles are at shoulder level.
2. Grasp the handles with your palms facing each other.
3. Curl the handles up toward your shoulders.
4. Slowly return the handles to the starting position.
5. Repeat for the desired number of repetitions.



SEATED TRICEP EXTENSION
Muscles exercised: Triceps, Forearms.
Instructions:
1. Adjust the seat height so that the handles are at shoulder level.
2. Grasp the handles with your palms facing each other.
3. Extend the handles down from your shoulders.
4. Slowly return the handles to the starting position.
5. Repeat for the desired number of repetitions.



SEATED ABDOMINAL CRUNCH
Muscles exercised: Rectus abdominis, External obliques, Internal obliques.
Instructions:
1. Adjust the seat height so that the handles are at knee level.
2. Grasp the handles with your palms facing each other.
3. Lean back and pull the handles toward your knees.
4. Slowly return to the starting position.
5. Repeat for the desired number of repetitions.



SEATED LEG EXTENSION
Muscles exercised: Quadriceps.
Instructions:
1. Adjust the seat height so that the footplate is at hip level.
2. Place your feet on the footplate, shoulder-width apart.
3. Extend your legs forward until they are fully straight.
4. Slowly return the footplate to the starting position.
5. Repeat for the desired number of repetitions.



SEATED SHOULDER FLEXION
Muscles exercised: Anterior deltoids, Pectoralis major, Pectoralis minor.
Instructions:
1. Adjust the seat height so that the handles are at shoulder level.
2. Grasp the handles with your palms facing each other.
3. Pull the handles forward from your shoulders.
4. Slowly return the handles to the starting position.
5. Repeat for the desired number of repetitions.



SEATED LATERAL RAISE
Muscles exercised: Lateral deltoids, Trapezius, Rhomboids.
Instructions:
1. Adjust the seat height so that the handles are at shoulder level.
2. Grasp the handles with your palms facing each other.
3. Pull the handles out to the sides from your shoulders.
4. Slowly return the handles to the starting position.
5. Repeat for the desired number of repetitions.



SEATED CHEST FLY
Muscles exercised: Pectoralis major, Pectoralis minor, Anterior deltoids.
Instructions:
1. Adjust the seat height so that the handles are at chest level.
2. Grasp the handles with your palms facing each other.
3. Pull the handles together in front of your chest.
4. Slowly return the handles to the starting position.
5. Repeat for the desired number of repetitions.



SEATED TRICEP PRESS
Muscles exercised: Triceps, Anterior deltoids, Pectoralis major, Pectoralis minor.
Instructions:
1. Adjust the seat height so that the handles are at shoulder level.
2. Grasp the handles with your palms facing each other.
3. Press the handles forward from your shoulders.
4. Slowly return the handles to the starting position.
5. Repeat for the desired number of repetitions.



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5. Repeat for the desired number of repetitions.



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1. Adjust the seat height so that the handles are at chest level.
2. Grasp the handles with your palms facing each other.
3. Pull the handles down toward your chest, squeezing your shoulder blades together.
4. Slowly return the handles to the starting position.
5. Repeat for the desired number of repetitions.



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1. Adjust the seat height so that the footplate is at hip level.
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Muscles exercised: Anterior deltoids, Pectoralis major, Pectoralis minor.
Instructions:
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3. Pull the handles forward from your shoulders.
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2. Grasp the handles with your palms facing each other.
3. Pull the handles out to the sides from your shoulders.
4. Slowly return the handles to the starting position.
5. Repeat for the desired number of repetitions.

GETTING STARTED
Before using the mp 3100 multi-function home gym, please read the instructions carefully. The mp 3100 multi-function home gym is designed to provide a safe and effective workout for people of all ages and fitness levels. To get the most out of your workout, please follow the instructions carefully and use proper form. The mp 3100 multi-function home gym is a versatile piece of equipment that can be used for a variety of exercises. The instructions on this chart provide a guide to the correct form and technique for each exercise. Please read the instructions carefully and use proper form to avoid injury. The mp 3100 multi-function home gym is a great investment in your health and fitness. Please use it safely and effectively to achieve your fitness goals.

SAFETY PRECAUTIONS
Before using the mp 3100 multi-function home gym, please read the instructions carefully. The mp 3100 multi-function home gym is designed to provide a safe and effective workout for people of all ages and fitness levels. To get the most out of your workout, please follow the instructions carefully and use proper form. The mp 3100 multi-function home gym is a versatile piece of equipment that can be used for a variety of exercises. The instructions on this chart provide a guide to the correct form and technique for each exercise. Please read the instructions carefully and use proper form to avoid injury. The mp 3100 multi-function home gym is a great investment in your health and fitness. Please use it safely and effectively to achieve your fitness goals.

muscle reference guide



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