



**STANDING CABLE ROW**  
 • Pull the handle towards your chest, keeping your back straight and feet flat on the floor.  
 • This exercise targets the back, shoulders, and biceps.



**SEATED CABLE ROW**  
 • Sit on the machine, facing the cable, and pull the handle towards your chest.  
 • This exercise targets the back, shoulders, and biceps.



**STANDING CABLE CROSSOVER**  
 • Stand facing the cable, and pull the handle from one side towards the other side of your chest.  
 • This exercise targets the chest, shoulders, and core.



**SEATED CABLE CROSSOVER**  
 • Sit on the machine, facing the cable, and pull the handle from one side towards the other side of your chest.  
 • This exercise targets the chest, shoulders, and core.



**SEATED CABLE ROW (ONE ARM)**  
 • Sit on the machine, facing the cable, and pull the handle with one arm towards your chest.  
 • This exercise targets the back, shoulders, and biceps.



**SEATED CABLE ROW (TWO ARMS)**  
 • Sit on the machine, facing the cable, and pull the handle with both arms towards your chest.  
 • This exercise targets the back, shoulders, and biceps.



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 • Sit on the machine, facing the cable, and pull the handle with one arm towards your chest.  
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# MAFRCY

When You Finally Get Serious



MAFRCY is a leading manufacturer of strength training equipment. Our equipment is designed to provide a complete workout in a compact space. We offer a wide range of equipment, including treadmills, ellipticals, and strength training machines. Our equipment is built to last and is designed to provide a safe and effective workout. We are committed to providing the best quality equipment at the best price.

**SETTING UP YOUR EQUIPMENT**  
 Before using any of our equipment, please read the instructions carefully. Make sure you understand how to use the equipment safely and effectively. If you have any questions, please contact our customer service department.

MAFRCY equipment is designed to provide a complete workout in a compact space. We offer a wide range of equipment, including treadmills, ellipticals, and strength training machines. Our equipment is built to last and is designed to provide a safe and effective workout. We are committed to providing the best quality equipment at the best price.

**MAINTAINING YOUR EQUIPMENT**  
 To ensure the best performance of your MAFRCY equipment, please follow the maintenance instructions carefully. Regular maintenance is essential for the longevity of your equipment.

MAFRCY EQUIPMENT

# **Marcy Workout Guide**

**Ed Bowker Staff, Staff Bowker, Ed**

## **Marcy Workout Guide:**

## Enjoying the Beat of Phrase: An Psychological Symphony within **Marcy Workout Guide**

In a world eaten by monitors and the ceaseless chatter of instant communication, the melodic splendor and emotional symphony developed by the written word frequently fade in to the backdrop, eclipsed by the persistent noise and distractions that permeate our lives. But, located within the pages of **Marcy Workout Guide** a stunning literary treasure overflowing with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, that charming masterpiece conducts visitors on an emotional journey, well unraveling the concealed melodies and profound impact resonating within each cautiously crafted phrase. Within the depths of the touching examination, we shall examine the book is central harmonies, analyze its enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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