



**STANDING CABLE PULL THROUGH**  
 • This exercise is performed with the cable at the lowest setting. The user stands with feet shoulder-width apart, facing the machine. The user reaches down and pulls the handle up through the legs, keeping the back straight and the core engaged. This exercise targets the lower back, glutes, and hamstrings.



**SEATED CABLE ROW**  
 • This exercise is performed with the cable at the lowest setting. The user sits on the machine with feet flat on the floor. The user pulls the handle towards the chest, keeping the back straight and the core engaged. This exercise targets the back, shoulders, and biceps.



**STANDING CABLE OVERHEAD PRESS**  
 • This exercise is performed with the cable at the lowest setting. The user stands with feet shoulder-width apart, facing the machine. The user pulls the handle up and over the head, keeping the back straight and the core engaged. This exercise targets the shoulders, triceps, and core.



**SEATED CABLE CHEST PRESS**  
 • This exercise is performed with the cable at the lowest setting. The user sits on the machine with feet flat on the floor. The user pushes the handle forward and slightly upward, keeping the back straight and the core engaged. This exercise targets the chest, shoulders, and triceps.



**SEATED CABLE LAT PULDOWN**  
 • This exercise is performed with the cable at the highest setting. The user sits on the machine with feet flat on the floor. The user pulls the handle down towards the thighs, keeping the back straight and the core engaged. This exercise targets the back, shoulders, and biceps.



**SEATED CABLE SHOULDER PRESS**  
 • This exercise is performed with the cable at the lowest setting. The user sits on the machine with feet flat on the floor. The user pushes the handle up and forward, keeping the back straight and the core engaged. This exercise targets the shoulders, triceps, and core.



**SEATED CABLE LEG EXTENSION**  
 • This exercise is performed with the cable at the lowest setting. The user sits on the machine with feet flat on the floor. The user pushes the handle forward, keeping the back straight and the core engaged. This exercise targets the quadriceps.



**SEATED CABLE LEG CURL**  
 • This exercise is performed with the cable at the lowest setting. The user sits on the machine with feet flat on the floor. The user pulls the handle back towards the heels, keeping the back straight and the core engaged. This exercise targets the hamstrings.



**SEATED CABLE CALF RAISE**  
 • This exercise is performed with the cable at the lowest setting. The user sits on the machine with feet flat on the floor. The user pushes the handle forward, keeping the back straight and the core engaged. This exercise targets the calves.



**STANDING CABLE LATERAL RAISE**  
 • This exercise is performed with the cable at the lowest setting. The user stands with feet shoulder-width apart, facing the machine. The user pulls the handle out to the side, keeping the back straight and the core engaged. This exercise targets the shoulders.



**SEATED CABLE BICEP CURL**  
 • This exercise is performed with the cable at the lowest setting. The user sits on the machine with feet flat on the floor. The user pulls the handle up towards the chest, keeping the back straight and the core engaged. This exercise targets the biceps.



**SEATED CABLE TRICEP EXTENSION**  
 • This exercise is performed with the cable at the lowest setting. The user sits on the machine with feet flat on the floor. The user pushes the handle back and down, keeping the back straight and the core engaged. This exercise targets the triceps.



**STANDING CABLE SQUAT**  
 • This exercise is performed with the cable at the lowest setting. The user stands with feet shoulder-width apart, facing the machine. The user squats down, keeping the back straight and the core engaged. This exercise targets the quadriceps, glutes, and hamstrings.



**SEATED CABLE DEADLIFT**  
 • This exercise is performed with the cable at the lowest setting. The user sits on the machine with feet flat on the floor. The user pulls the handle up towards the chest, keeping the back straight and the core engaged. This exercise targets the back, shoulders, and biceps.



**SEATED CABLE HIP EXTENSION**  
 • This exercise is performed with the cable at the lowest setting. The user sits on the machine with feet flat on the floor. The user pushes the handle forward, keeping the back straight and the core engaged. This exercise targets the glutes.



**SEATED CABLE SHOULDER PRESS**  
 • This exercise is performed with the cable at the lowest setting. The user sits on the machine with feet flat on the floor. The user pushes the handle up and forward, keeping the back straight and the core engaged. This exercise targets the shoulders, triceps, and core.



**SEATED CABLE BICEP CURL**  
 • This exercise is performed with the cable at the lowest setting. The user sits on the machine with feet flat on the floor. The user pulls the handle up towards the chest, keeping the back straight and the core engaged. This exercise targets the biceps.



**SEATED CABLE TRICEP EXTENSION**  
 • This exercise is performed with the cable at the lowest setting. The user sits on the machine with feet flat on the floor. The user pushes the handle back and down, keeping the back straight and the core engaged. This exercise targets the triceps.



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# Marcy Pro Exercise Guide

**Jianjun Gao**



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