



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 cable to the top handle and adjust the pulley.
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 torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



BICEP CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



FOREARM CURL

Muscles: Brachioradialis, Brachialis

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
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 torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

Muscles: Triceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Push the handles down towards your feet, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
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 torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LAT PULL-DOWN

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Pectoralis Minor

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
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 feet, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

Muscles: Pectoralis Major, Pectoralis Minor

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Fly the handles out to the sides, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
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 feet, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK-BACK

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Kick the handles back towards your feet, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductors, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Kick the handles out to the sides, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

Muscles: Trapezius, Deltoids

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: Deltoids, Trapezius

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK/INNER THIGH ADDUCTORS

Muscles: Adductors, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top handle and adjust the pulley.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Kick the handles in towards your feet, lifting your torso off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



Marcy Home Gym Diamond Elite Exercise Manual

Marcel A. Müller



Marcy Home Gym Diamond Elite Exercise Manual:

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In a digitally-driven world wherever screens reign supreme and immediate conversation drowns out the subtleties of language, the profound secrets and mental subtleties hidden within words usually move unheard. However, situated within the pages of **Marcy Home Gym Diamond Elite Exercise Manual** a fascinating fictional prize pulsing with fresh thoughts, lies an exceptional journey waiting to be undertaken. Written by an experienced wordsmith, this wonderful opus attracts readers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within ab muscles fabric of each and every word. Within the psychological depths with this emotional review, we can embark upon a heartfelt exploration of the book is key subjects, dissect their fascinating writing design, and yield to the powerful resonance it evokes serious within the recesses of readers hearts.

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