

PM-3200

exercise chart



BICEP CURL

MUSCLE EMPHASIS: BICEPS

1. Select the desired weight.
2. Attach the driver bar and chain to the low pulley using a spring clip.
3. Grasp the driver bar with both hands, bring your palms up.
4. With your elbows positioned near your sides, raise your palms up to an arched position, pointing only from your elbows.
5. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



PREACHER CURL

MUSCLE EMPHASIS: BICEPS

1. Select the desired weight.
2. Attach the driver bar and chain to the low pulley using a spring clip.
3. Adjust the preacher curl pad to chest level and position the back of your arms against the preacher curl pad.
4. Grasp the driver bar with both hands, bring your palms up.
5. With your elbows placed on the preacher curl pad, raise your palms up to an arched position, pointing only from your elbows.
6. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



TRICEP PUSH-DOWN

MUSCLE EMPHASIS: TRICEP

1. Select the desired weight.
2. Attach the bar or driver bar and chain to the overhead pulley using a spring clip.
3. Stand, facing into the machine.
4. Grasp the bar with both hands close together.
5. Keep your elbows at your sides and push the bar down, raising only from the elbows and completing a full extension.
6. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



LAT PULL-DOWN

MUSCLE EMPHASIS: BACK

1. Select the desired weight.
2. Attach the bar and chain to the overhead pulley using a spring clip.
3. Sit, facing into the machine and pull from your thighs under the seat belt and bar handles.
4. Drop the bar to the extreme width.
5. Pull the bar down to your upper chest.
6. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



STANDARD BENCH PRESS

MUSCLE EMPHASIS: CHEST

1. Select the desired weight.
2. Push the arms bar away from your body to a full extension.
3. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.



PECTORAL FLY

MUSCLE EMPHASIS: CHEST

1. Select the desired weight.
2. Reach back from your hands and pull from your forearms against the front pads of the gas fly arms.
3. Release the gas fly arms forward, not raising from the clips, until the bar lies flat in front of your body.
4. Return to the starting position in a slow and controlled manner and repeat the exercise. Finish by completing an entire set of repetitions.

Marcy Platinum Home Gym Instruction Manual

Michael Jespersen



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