



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 about 10 lbs. to the cable using a spring clip.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them up towards your knees.
5. Push your head and shoulders up and over the handles.
6. Lower your head and shoulders back down to the starting position.
7. Repeat the exercise 10-15 times.



## BICEP CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and pull them up towards your shoulders.
5. Lower your head and shoulders back down to the starting position.
6. Repeat the exercise 10-15 times.



## PREDICATOR CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and pull them up towards your shoulders.
5. Lower your head and shoulders back down to the starting position.
6. Repeat the exercise 10-15 times.



## TRICEP PUSH-DOWN

Muscles: Triceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and push them down towards your feet.
5. Lower your head and shoulders back down to the starting position.
6. Repeat the exercise 10-15 times.



## SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids, Trapezius

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and pull them up towards your chest.
5. Lower your head and shoulders back down to the starting position.
6. Repeat the exercise 10-15 times.



## LAT PUL-DOWN

Muscles: Latissimus Dorsi, Rhomboids, Trapezius

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and pull them up towards your chest.
5. Lower your head and shoulders back down to the starting position.
6. Repeat the exercise 10-15 times.



## STANDARD BENCH PRESS

Muscles: Pectoralis Major, Deltoids, Triceps

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and push them up towards your chest.
5. Lower your head and shoulders back down to the starting position.
6. Repeat the exercise 10-15 times.



## PECTORAL FLY

Muscles: Pectoralis Major, Deltoids, Triceps

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and fly them out towards your sides.
5. Lower your head and shoulders back down to the starting position.
6. Repeat the exercise 10-15 times.



## LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and extend your legs outwards.
5. Lower your head and shoulders back down to the starting position.
6. Repeat the exercise 10-15 times.



## STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and curl your legs up towards your chest.
5. Lower your head and shoulders back down to the starting position.
6. Repeat the exercise 10-15 times.



## LEG KICKBACK

Muscles: Gluteus Maximus, Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and kick your legs back.
5. Lower your head and shoulders back down to the starting position.
6. Repeat the exercise 10-15 times.



## LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus, Adductor Longus

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and kick your legs out.
5. Lower your head and shoulders back down to the starting position.
6. Repeat the exercise 10-15 times.



## UPRIGHT ROW

Muscles: Trapezius, Deltoids, Rhomboids, Trapezius

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and pull them up towards your chest.
5. Lower your head and shoulders back down to the starting position.
6. Repeat the exercise 10-15 times.



## FRONT SHOULDER RAISE

Muscles: Deltoids, Trapezius, Rhomboids, Trapezius

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and raise your shoulders up.
5. Lower your head and shoulders back down to the starting position.
6. Repeat the exercise 10-15 times.



## LEG KICK-INNER THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus, Adductor Longus

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and kick your legs in.
5. Lower your head and shoulders back down to the starting position.
6. Repeat the exercise 10-15 times.



# Multifunction Home Gym Exercises Guide

**LL Leslie**

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