



STANDING CABLE ROW
 • Pull the handle towards your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



SEATED CABLE ROW
 • Pull the handle towards your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



STANDING CABLE PULL-OVER
 • Pull the handle over your head.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your head, then lower it back down.



SEATED CABLE PULL-OVER
 • Pull the handle over your head.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your head, then lower it back down.



SEATED CABLE CHEST PRESS
 • Push the handle forward.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Push the handle forward, then pull it back.



SEATED CABLE SHOULDER PRESS
 • Push the handle upwards.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Push the handle up, then pull it back.



SEATED CABLE LAT PULLDOWN
 • Pull the handle down.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle down, then pull it back.



SEATED CABLE TRICEPS PRESSDOWN
 • Push the handle down.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Push the handle down, then pull it back.



SEATED CABLE BICEP CURL
 • Pull the handle up.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up, then pull it back.



STANDING CABLE Crossover
 • Pull the handle from one side to the other.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle across, then pull it back.



SEATED CABLE Crossover
 • Pull the handle from one side to the other.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle across, then pull it back.



SEATED CABLE CHEST PRESS
 • Push the handle forward.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Push the handle forward, then pull it back.



SEATED CABLE SHOULDER PRESS
 • Push the handle upwards.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Push the handle up, then pull it back.



SEATED CABLE LAT PULLDOWN
 • Pull the handle down.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle down, then pull it back.



SEATED CABLE TRICEPS PRESSDOWN
 • Push the handle down.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Push the handle down, then pull it back.



SEATED CABLE BICEP CURL
 • Pull the handle up.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up, then pull it back.



SEATED CABLE Crossover
 • Pull the handle from one side to the other.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle across, then pull it back.



SEATED CABLE CHEST PRESS
 • Push the handle forward.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Push the handle forward, then pull it back.



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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 suitable for both home and commercial use.

MAINTAINING YOUR EQUIPMENT
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MAFRCY EQUIPMENT

Marcy Weight Bench Exercise Guide

Puja Mehta

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