



STANDING CABLE PULL THROUGH
 • This exercise is performed with the user standing with feet shoulder-width apart, holding the cable with both hands. The user pulls the cable down and 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 user seated on a bench, holding the cable with both hands. The user pulls the cable up 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 user standing with feet shoulder-width apart, holding the cable with both hands. The user presses the cable overhead, 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 user seated on a bench, holding the cable with both hands. The user presses the cable forward, 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 user seated on a bench, holding the cable with both hands. The user pulls the cable down towards the chest, keeping the back straight and the core engaged. This exercise targets the back, shoulders, and biceps.



SEATED CABLE BICEP CURL
 • This exercise is performed with the user seated on a bench, holding the cable with both hands. The user curls the cable up towards the chest, keeping the back straight and the core engaged. This exercise targets the biceps and forearms.



SEATED CABLE TRICEP EXTENSION
 • This exercise is performed with the user seated on a bench, holding the cable with both hands. The user extends the cable down, keeping the back straight and the core engaged. This exercise targets the triceps and shoulders.



SEATED CABLE SHOULDER PRESS
 • This exercise is performed with the user seated on a bench, holding the cable with both hands. The user presses the cable overhead, keeping the back straight and the core engaged. This exercise targets the shoulders, triceps, and core.



SEATED CABLE FRONT RAISE
 • This exercise is performed with the user seated on a bench, holding the cable with both hands. The user raises the cable forward, keeping the back straight and the core engaged. This exercise targets the shoulders and core.



STANDING CABLE LATERAL RAISE
 • This exercise is performed with the user standing with feet shoulder-width apart, holding the cable with both hands. The user raises the cable out to the sides, keeping the back straight and the core engaged. This exercise targets the shoulders and core.



SEATED CABLE LEG EXTENSION
 • This exercise is performed with the user seated on a bench, holding the cable with both hands. The user extends the cable forward, keeping the back straight and the core engaged. This exercise targets the quadriceps and core.



SEATED CABLE HAMSTRING CURL
 • This exercise is performed with the user seated on a bench, holding the cable with both hands. The user curls the cable back, keeping the back straight and the core engaged. This exercise targets the hamstrings and core.



SEATED CABLE CALF RAISE
 • This exercise is performed with the user seated on a bench, holding the cable with both hands. The user raises the cable up, keeping the back straight and the core engaged. This exercise targets the calves and core.



SEATED CABLE CORE EXERCISE
 • This exercise is performed with the user seated on a bench, holding the cable with both hands. The user performs a core exercise, keeping the back straight and the core engaged. This exercise targets the core muscles.



SEATED CABLE CORE EXERCISE
 • This exercise is performed with the user seated on a bench, holding the cable with both hands. The user performs a core exercise, keeping the back straight and the core engaged. This exercise targets the core muscles.



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SEATED CABLE CORE EXERCISE
 • This exercise is performed with the user seated on a bench, holding the cable with both hands. The user performs a core exercise, keeping the back straight and the core engaged. This exercise targets the core muscles.



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 Before using any of our equipment, please read the instructions carefully. Make sure the equipment is properly assembled and that you are using it correctly. If you have any questions, please contact our customer service department.

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MAINTAINING YOUR EQUIPMENT
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MAFRCY EQUIPMENT

Marcy Workout Guide

SJ Ball

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Marcy Workout Guide:

Marcy Workout Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Marcy Workout Guide**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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