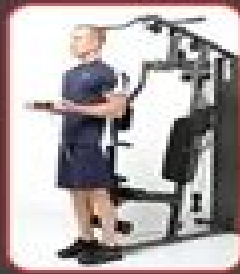


Please Note: This chart is for illustration purposes only and differs in style to the MKM-1101



ABDOMINAL CRUNCH
MUSCLES WORKED: Abdominals
HOW TO PERFORM:
 1. Select the desired weight.
 2. Sit on the seat with feet on the footplate and hands on the handles.
 3. Pull the handles down towards your knees.
 4. Push the handles back up and repeat.
 5. Repeat for the desired number of repetitions.
CAUTION: Do not use too much weight. Do not swing the handles back and forth. Do not use the machine if you are pregnant or have a back injury.



BICEP CURL
MUSCLES WORKED: Biceps
HOW TO PERFORM:
 1. Select the desired weight.
 2. Stand with feet shoulder-width apart and hands on the handles.
 3. Pull the handles up towards your shoulders.
 4. Lower the handles back down and repeat.
CAUTION: Do not use too much weight. Do not swing the handles back and forth. Do not use the machine if you are pregnant or have a back injury.



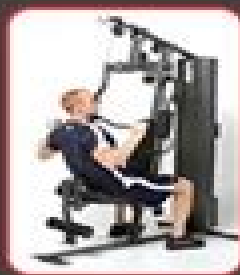
PREACHER CURL
MUSCLES WORKED: Biceps
HOW TO PERFORM:
 1. Select the desired weight.
 2. Sit on the seat with feet on the footplate and hands on the handles.
 3. Pull the handles up towards your shoulders.
 4. Lower the handles back down and repeat.
CAUTION: Do not use too much weight. Do not swing the handles back and forth. Do not use the machine if you are pregnant or have a back injury.



TRICEP PUSH-DOWN
MUSCLES WORKED: Triceps
HOW TO PERFORM:
 1. Select the desired weight.
 2. Stand with feet shoulder-width apart and hands on the handles.
 3. Push the handles down towards your feet.
 4. Pull the handles back up and repeat.
CAUTION: Do not use too much weight. Do not swing the handles back and forth. Do not use the machine if you are pregnant or have a back injury.



SEATED ROW
MUSCLES WORKED: Back, Biceps
HOW TO PERFORM:
 1. Select the desired weight.
 2. Sit on the seat with feet on the footplate and hands on the handles.
 3. Pull the handles up towards your chest.
 4. Lower the handles back down and repeat.
CAUTION: Do not use too much weight. Do not swing the handles back and forth. Do not use the machine if you are pregnant or have a back injury.



LAT PULL-DOWN
MUSCLES WORKED: Lats, Biceps
HOW TO PERFORM:
 1. Select the desired weight.
 2. Sit on the seat with feet on the footplate and hands on the handles.
 3. Pull the handles down towards your chest.
 4. Lower the handles back up and repeat.
CAUTION: Do not use too much weight. Do not swing the handles back and forth. Do not use the machine if you are pregnant or have a back injury.



STANDARD BENCH PRESS
MUSCLES WORKED: Chest, Triceps
HOW TO PERFORM:
 1. Select the desired weight.
 2. Sit on the seat with feet on the footplate and hands on the handles.
 3. Push the handles up towards your chest.
 4. Lower the handles back down and repeat.
CAUTION: Do not use too much weight. Do not swing the handles back and forth. Do not use the machine if you are pregnant or have a back injury.



FRONTAL FLY
MUSCLES WORKED: Chest
HOW TO PERFORM:
 1. Select the desired weight.
 2. Sit on the seat with feet on the footplate and hands on the handles.
 3. Push the handles out towards your feet.
 4. Pull the handles back up and repeat.
CAUTION: Do not use too much weight. Do not swing the handles back and forth. Do not use the machine if you are pregnant or have a back injury.



LEG EXTENSION
MUSCLES WORKED: Quadriceps
HOW TO PERFORM:
 1. Select the desired weight.
 2. Sit on the seat with feet on the footplate and hands on the handles.
 3. Push the handles up towards your feet.
 4. Lower the handles back down and repeat.
CAUTION: Do not use too much weight. Do not swing the handles back and forth. Do not use the machine if you are pregnant or have a back injury.



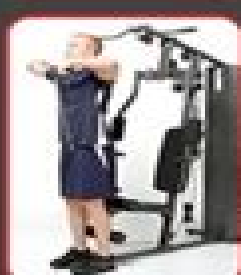
STANDING LEG CURL
MUSCLES WORKED: Hamstrings
HOW TO PERFORM:
 1. Select the desired weight.
 2. Stand with feet shoulder-width apart and hands on the handles.
 3. Pull the handles up towards your chest.
 4. Lower the handles back down and repeat.
CAUTION: Do not use too much weight. Do not swing the handles back and forth. Do not use the machine if you are pregnant or have a back injury.



LEG KICK-BACK
MUSCLES WORKED: Hamstrings, Glutes
HOW TO PERFORM:
 1. Select the desired weight.
 2. Stand with feet shoulder-width apart and hands on the handles.
 3. Kick the handles back towards your feet.
 4. Lower the handles back down and repeat.
CAUTION: Do not use too much weight. Do not swing the handles back and forth. Do not use the machine if you are pregnant or have a back injury.



LEG KICK-OUTER THIGH (ABDUCTORS)
MUSCLES WORKED: Abductors
HOW TO PERFORM:
 1. Select the desired weight.
 2. Stand with feet shoulder-width apart and hands on the handles.
 3. Kick the handles out towards your feet.
 4. Lower the handles back down and repeat.
CAUTION: Do not use too much weight. Do not swing the handles back and forth. Do not use the machine if you are pregnant or have a back injury.



UPRIGHT ROW
MUSCLES WORKED: Traps, Deltoids
HOW TO PERFORM:
 1. Select the desired weight.
 2. Stand with feet shoulder-width apart and hands on the handles.
 3. Pull the handles up towards your chest.
 4. Lower the handles back down and repeat.
CAUTION: Do not use too much weight. Do not swing the handles back and forth. Do not use the machine if you are pregnant or have a back injury.



FRONT SHOULDER RAISE
MUSCLES WORKED: Deltoids
HOW TO PERFORM:
 1. Select the desired weight.
 2. Stand with feet shoulder-width apart and hands on the handles.
 3. Raise the handles up towards your chest.
 4. Lower the handles back down and repeat.
CAUTION: Do not use too much weight. Do not swing the handles back and forth. Do not use the machine if you are pregnant or have a back injury.



LEG KICK-INNER THIGH (ADDUCTORS)
MUSCLES WORKED: Adductors
HOW TO PERFORM:
 1. Select the desired weight.
 2. Stand with feet shoulder-width apart and hands on the handles.
 3. Kick the handles in towards your feet.
 4. Lower the handles back down and repeat.
CAUTION: Do not use too much weight. Do not swing the handles back and forth. Do not use the machine if you are pregnant or have a back injury.



Marcy Diamond Home Gym Manual

Lauren Gardner



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