



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 the cable to the top of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your knees, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



BICEP CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



PREACHER CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



TRICEP PUSH-DOWN

Muscles: Triceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LAT PULDOWN

Muscles: Latissimus Dorsi, Rhomboids

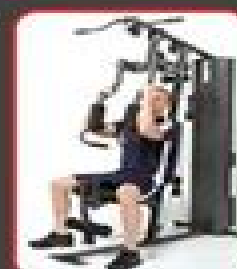
1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Anterior Deltoids

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

Muscles: Pectoralis Major, Anterior Deltoids

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK-BACK

Muscles: Biceps Femoris, Vastus Medialis

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



UPRIGHT ROW

Muscles: Trapezius, Rhomboids

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: Anterior Deltoids, Coracobrachialis

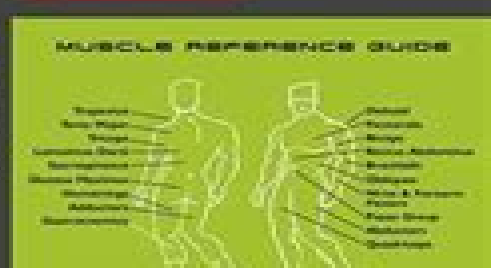
1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK/INNER THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus

1. Select the desired weight.
2. Attach the cable to the top of the machine.
3. Stand with your feet flat on the floor and your hands behind your head.
4. Pull the cable down towards your shoulders, lifting your upper body off the seat.
5. Release the cable and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.



Marcy Home Gym Diamond Elite Exercise Manual

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