



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 rope to the rope holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Pull the rope down towards your chest, lifting your shoulders off the seat.
5. Release the rope and repeat the movement.



BICEP CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest, lifting your shoulders off the seat.
5. Release the rope and repeat the movement.



PREACHER CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest, lifting your shoulders off the seat.
5. Release the rope and repeat the movement.



TRICEP PUSH-DOWN

Muscles: Triceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Push the rope down towards your feet, lifting your shoulders off the seat.
5. Release the rope and repeat the movement.



SEATED ROW

Muscles: Back, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest, lifting your shoulders off the seat.
5. Release the rope and repeat the movement.



LAT PULLDOWN

Muscles: Lats, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest, lifting your shoulders off the seat.
5. Release the rope and repeat the movement.



STANDARD BENCH PRESS

Muscles: Chest, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Push the rope up towards your chest, lifting your shoulders off the seat.
5. Release the rope and repeat the movement.



PECTORAL FLY

Muscles: Pectorals, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Fly the rope up towards your chest, lifting your shoulders off the seat.
5. Release the rope and repeat the movement.



LEG EXTENSION

Muscles: Quadriceps, Rectus Femoris

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Sit on the machine with your feet flat on the floor and your hands on the rope.
4. Push the rope up towards your chest, lifting your shoulders off the seat.
5. Release the rope and repeat the movement.



STANDING LEG CURL

Muscles: Hamstrings, Rectus Femoris

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest, lifting your shoulders off the seat.
5. Release the rope and repeat the movement.



LEG KICKBACK

Muscles: Hamstrings, Rectus Femoris

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Kick the rope back towards your chest, lifting your shoulders off the seat.
5. Release the rope and repeat the movement.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductors, Rectus Femoris

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Kick the rope out towards your chest, lifting your shoulders off the seat.
5. Release the rope and repeat the movement.



UPRIGHT ROW

Muscles: Traps, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Pull the rope up towards your chest, lifting your shoulders off the seat.
5. Release the rope and repeat the movement.



FRONT SHOULDER RAISE

Muscles: Deltoids, Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Raise the rope up towards your chest, lifting your shoulders off the seat.
5. Release the rope and repeat the movement.



LEG KICK/INNER THIGH ADDUCTORS

Muscles: Adductors, Rectus Femoris

1. Select the desired weight.
2. Attach the rope to the rope holder and pull the rope down.
3. Stand with your feet flat on the floor and your hands on the rope.
4. Kick the rope in towards your chest, lifting your shoulders off the seat.
5. Release the rope and repeat the movement.



Marcy Mach 3 Weight Machine Manual

D Kirk



Marcy Mach 3 Weight Machine Manual:

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In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Marcy Mach 3 Weight Machine Manual**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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