



STANDING CABLE ROW

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE ROW

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
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STANDING CABLE PULL-OVER

- Pulls the shoulder blades together and down.
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SEATED CABLE PULL-OVER

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- Can be performed with a standing or seated position.



STANDING CABLE CHEST PRESS

- Pushes the shoulder blades together and down.
- Works the pectoralis major and minor.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE CHEST PRESS

- Pushes the shoulder blades together and down.
- Works the pectoralis major and minor.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE SHOULDER PRESS

- Pushes the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE SHOULDER PRESS

- Pushes the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE LAT PULL-DOWN

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE LAT PULL-DOWN

- Pulls the shoulder blades together and down.
- Works the latissimus dorsi, trapezius, and rhomboids.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE TRICEPS PRESS

- Pushes the shoulder blades together and down.
- Works the triceps and pectoralis major.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE TRICEPS PRESS

- Pushes the shoulder blades together and down.
- Works the triceps and pectoralis major.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE BICEP CURL

- Pulls the shoulder blades together and down.
- Works the biceps and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE BICEP CURL

- Pulls the shoulder blades together and down.
- Works the biceps and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE FRONT RAISE

- Pulls the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE FRONT RAISE

- Pulls the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



STANDING CABLE REAR RAISE

- Pulls the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



SEATED CABLE REAR RAISE

- Pulls the shoulder blades together and down.
- Works the deltoids and trapezius.
- Can be performed with a single or double handle.
- Can be performed with a standing or seated position.



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When You Finally Get Serious



SETTING UP YOUR MAFRCY

MAFRCY is a complete fitness system that can be used in a variety of ways. It can be used as a standalone unit or as part of a larger gym setup. The system is designed to be easy to use and maintain, and it can be used by people of all fitness levels.

MAFRCY SYSTEM COMPONENTS

- MAFRCY Frame: The main structure of the system, which includes the base, the uprights, and the crossbars.
- MAFRCY Cable: The cable that runs through the system, which is used to attach the various exercise stations.
- MAFRCY Stations: The various exercise stations that can be attached to the cable, including the lat pull-down, chest press, shoulder press, bicep curl, front raise, rear raise, and triceps press.
- MAFRCY Handles: The handles that are used to grip the cable, which can be single or double handles.
- MAFRCY Seats: The seats that are used for the seated exercises, which can be attached to the frame or the cable.

MAFRCY SYSTEM BENEFITS

MAFRCY is a complete fitness system that can be used in a variety of ways. It can be used as a standalone unit or as part of a larger gym setup. The system is designed to be easy to use and maintain, and it can be used by people of all fitness levels.

MAFRCY SYSTEM FEATURES

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- MAFRCY Seats: The seats that are used for the seated exercises, which can be attached to the frame or the cable.

Marcy Pro Exercise Guide

Jessica J Manson

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Marcy Pro Exercise Guide:

Enjoying the Track of Expression: An Mental Symphony within **Marcy Pro Exercise Guide**

In some sort of consumed by displays and the ceaseless chatter of fast communication, the melodic splendor and psychological symphony developed by the prepared word frequently diminish into the backdrop, eclipsed by the constant sound and distractions that permeate our lives. However, located within the pages of **Marcy Pro Exercise Guide** a stunning fictional value brimming with fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that fascinating masterpiece conducts viewers on a mental journey, well unraveling the hidden tunes and profound influence resonating within each carefully constructed phrase. Within the depths with this moving assessment, we will examine the book is central harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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