



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 about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles down towards your knees, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



BICEP CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your upper arms off your sides.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



PREDICATOR CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your shoulders, lifting your upper arms off your sides.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



TRICEP PUSH-DOWN

Muscles: Triceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Push the handles down towards your feet, lifting your upper arms off your sides.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



SEATED ROW

Muscles: Latissimus Dorsi, Rhomboids, Trapezius

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



LAT PUL-DOWN

Muscles: Latissimus Dorsi, Rhomboids, Trapezius

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your chest, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Deltoids, Triceps

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your chest, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



PECTORAL FLY

Muscles: Pectoralis Major, Deltoids, Triceps

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your chest, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



LEG EXTENSION

Muscles: Rectus Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Push the handles up towards your chest, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your chest, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



LEG KICKBACK

Muscles: Gluteus Maximus, Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Push the handles up towards your chest, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus, Adductor Longus

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Push the handles up towards your chest, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



UPRIGHT ROW

Muscles: Trapezius, Rhomboids, Deltoids, Biceps

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Pull the handles up towards your chest, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



FRONT SHOULDER RAISE

Muscles: Deltoids, Trapezius, Rhomboids, Deltoids, Biceps

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Pull the handles up towards your chest, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



LEG KICK-IN/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus, Adductor Longus

1. Select the desired weight.
2. Attach the handle to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands on the handles.
4. Push the handles up towards your chest, lifting your upper body off the seat.
5. Release the handles and return to the starting position.
6. Repeat the exercise for the desired number of repetitions.
7. Adjust the machine's padding to your comfort.



Multifunction Home Gym Exercises Guide

**Deidre Johnson-Cane, Jonathan
Cane, Joe Glickman**



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