



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 behind your head.
4. Pull your knees up towards your chest and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your knees and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to the starting position.



BICEP CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull your elbows up towards your head and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your elbows and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to the starting position.



PREDICATOR CURL

Muscles: Biceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands behind your head.
4. Pull your elbows up towards your head and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your elbows and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to the starting position.



TRICEP PUSH-DOWN

Muscles: Triceps, Brachialis, Brachioradialis

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Push the weight down towards your feet.
5. Hold the weight for 10 seconds and then lower your hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to the starting position.



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 behind your head.
4. Pull your elbows up towards your head and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your elbows and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to the starting position.



LAT PUL-DOWN

Muscles: Latissimus Dorsi, Rhomboids, Trapezius

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull your elbows up towards your head and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your elbows and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to the starting position.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Deltoids, Triceps

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Lie on the machine with your feet flat on the floor and your hands behind your head.
4. Push the weight up towards your head.
5. Hold the weight for 10 seconds and then lower your hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to the starting position.



PECTORAL FLY

Muscles: Pectoralis Major, Deltoids, Triceps

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Lie on the machine with your feet flat on the floor and your hands behind your head.
4. Fly the weight out towards your head.
5. Hold the weight for 10 seconds and then lower your hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to the starting position.



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 behind your head.
4. Push the weight up towards your head.
5. Hold the weight for 10 seconds and then lower your hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to the starting position.



STANDING LEG CURL

Muscles: Biceps Femoris, Vastus Medialis, Vastus Lateralis

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull your elbows up towards your head and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your elbows and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to the starting position.



LEG KICKBACK

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

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Lie on the machine with your feet flat on the floor and your hands behind your head.
4. Kick the weight back towards your head.
5. Hold the weight for 10 seconds and then lower your hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to the starting position.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus, Adductor Longus

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Lie on the machine with your feet flat on the floor and your hands behind your head.
4. Kick the weight out towards your head.
5. Hold the weight for 10 seconds and then lower your hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to the starting position.



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. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull your elbows up towards your head and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your elbows and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to the starting position.



FRONT SHOULDER RAISE

Muscles: Deltoids, Trapezius, Rhomboids, Deltoids, Biceps

1. Select the desired weight.
2. Attach about 10 to 15 lbs. of weight using a spring clip.
3. Stand with your feet shoulder-width apart and your hands behind your head.
4. Pull your elbows up towards your head and your hands up towards your head.
5. Hold the weight for 10 seconds and then lower your elbows and hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to the starting position.



LEG KICK/INNER THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus, Adductor Longus

1. Select the desired weight.
2. Attach the weight to the bar with a spring clip.
3. Lie on the machine with your feet flat on the floor and your hands behind your head.
4. Kick the weight in towards your head.
5. Hold the weight for 10 seconds and then lower your hands back to the starting position.
6. Repeat the exercise 10 to 15 times.
7. Release the weight and return the machine to the starting position.

MUSCLE REFERENCE GUIDE



Workout Guide For Marcy Mwm 98

Stephen Berkley



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