



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 lbs. to the cable using a spring clip.
3. Sit on the machine with your feet flat on the floor.
4. Grasp the handles with your hands and pull them up towards your knees.
5. Push your head and shoulders up and over the knees.
6. Hold the position for a moment, then lower your head and shoulders back down to the starting position.
7. 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 bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and pull them up towards your shoulders.
5. Hold the position for a moment, then lower your hands back down to the starting position.
6. Repeat the exercise for the desired number of repetitions.



PREDICATOR CURL

Muscles: Biceps Brachii, Brachialis

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and pull them up towards your shoulders.
5. Hold the position for a moment, then lower your hands back down 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 bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and push them down towards your feet.
5. Hold the position for a moment, then lower your hands back up 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 bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and pull them up towards your chest.
5. Hold the position for a moment, then lower your hands back down to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LAT PUL-DOWN

Muscles: Latissimus Dorsi, Rhomboids

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and pull them up towards your chest.
5. Hold the position for a moment, then lower your hands back down to the starting position.
6. Repeat the exercise for the desired number of repetitions.



STANDARD BENCH PRESS

Muscles: Pectoralis Major, Triceps Brachii

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and push them up towards your chest.
5. Hold the position for a moment, then lower your hands back down to the starting position.
6. Repeat the exercise for the desired number of repetitions.



PECTORAL FLY

Muscles: Pectoralis Major, Triceps Brachii

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and push them up towards your chest.
5. Hold the position for a moment, then lower your hands back down 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 bar on the machine using a spring clip.
3. Sit on the machine with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and push them up towards your chest.
5. Hold the position for a moment, then lower your hands back down 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 bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and pull them up towards your chest.
5. Hold the position for a moment, then lower your hands back down to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG KICKBACK

Muscles: Gluteus Maximus, Biceps Femoris

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and push them up towards your chest.
5. Hold the position for a moment, then lower your hands back down 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 bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and push them up towards your chest.
5. Hold the position for a moment, then lower your hands back down 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 bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and pull them up towards your chest.
5. Hold the position for a moment, then lower your hands back down to the starting position.
6. Repeat the exercise for the desired number of repetitions.



FRONT SHOULDER RAISE

Muscles: Deltoids, Trapezius

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and pull them up towards your chest.
5. Hold the position for a moment, then lower your hands back down to the starting position.
6. Repeat the exercise for the desired number of repetitions.



LEG KICK-IN/THIGH ADDUCTORS

Muscles: Adductor Magnus, Adductor Minimus

1. Select the desired weight.
2. Attach the cable to the bar on the machine using a spring clip.
3. Stand with your feet flat on the floor and your hands on the handles.
4. Grasp the handles with your hands and pull them up towards your chest.
5. Hold the position for a moment, then lower your hands back down to the starting position.
6. Repeat the exercise for the desired number of repetitions.



Workout Guide For Marcy Mwm 98

AN Whitehead



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