



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 up towards your chest and then down.
5. Repeat the motion 10-15 times.



BICEP CURL

Muscles: Biceps, Brachialis

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 and then down.
5. Repeat the motion 10-15 times.



PREDICATOR CURL

Muscles: Biceps, Brachialis

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 and then down.
5. Repeat the motion 10-15 times.



TRICEP PUSH-DOWN

Muscles: Triceps, Brachialis

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 and then up.
5. Repeat the motion 10-15 times.



SEATED ROW

Muscles: Back, Biceps

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 and then down.
5. Repeat the motion 10-15 times.



LAT PULL-DOWN

Muscles: Lats, Biceps

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 and then down.
5. Repeat the motion 10-15 times.



STANDARD BENCH PRESS

Muscles: Chest, Triceps

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 and then down.
5. Repeat the motion 10-15 times.



PECTORAL FLY

Muscles: Pectorals, Biceps

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 and then down.
5. Repeat the motion 10-15 times.



LEG EXTENSION

Muscles: Quadriceps, Hamstrings

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. Extend the rope up towards your chest and then down.
5. Repeat the motion 10-15 times.



STANDING LEG CURL

Muscles: Hamstrings, Glutes

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. Curl the rope up towards your chest and then down.
5. Repeat the motion 10-15 times.



LEG KICKBACK

Muscles: Hamstrings, Glutes

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 and then down.
5. Repeat the motion 10-15 times.



LEG KICK-OUT/THIGH ADDUCTORS

Muscles: Adductors, Glutes

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 and then down.
5. Repeat the motion 10-15 times.



UPRIGHT ROW

Muscles: Traps, Biceps

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 and then down.
5. Repeat the motion 10-15 times.



FRONT SHOULDER RAISE

Muscles: Shoulders, Biceps

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 and then down.
5. Repeat the motion 10-15 times.



LEG KICK-IN/THIGH ADDUCTORS

Muscles: Adductors, Glutes

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 and then down.
5. Repeat the motion 10-15 times.



Workout Routine For Marcy Home Gym

Wolfgang Guggemos



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