



STANDING LAT PULL DOWN
 • Seated on the machine, grasp the bar with both hands.
 • Pull the bar down towards your chest.
 • Lower the bar back to the starting position.



SEATED LAT PULL DOWN
 • Seated on the machine, grasp the bar with both hands.
 • Pull the bar down towards your chest.
 • Lower the bar back to the starting position.



STANDING ROW
 • Seated on the machine, grasp the bar with both hands.
 • Pull the bar up towards your chest.
 • Lower the bar back to the starting position.



SEATED ROW
 • Seated on the machine, grasp the bar with both hands.
 • Pull the bar up towards your chest.
 • Lower the bar back to the starting position.



SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar up and forward.
 • Lower the bar back to the starting position.



SEATED SHOULDER PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar up and forward.
 • Lower the bar back to the starting position.



SEATED LEG PRESS
 • Seated on the machine, place your feet on the platform.
 • Press the platform up and forward.
 • Lower the platform back to the starting position.



SEATED LEG EXTENSION
 • Seated on the machine, place your feet on the platform.
 • Extend your legs forward.
 • Lower your legs back to the starting position.



SEATED CALF RAISE
 • Seated on the machine, place your feet on the platform.
 • Raise your heels up.
 • Lower your heels back to the starting position.



STANDING SHOULDER PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar up and forward.
 • Lower the bar back to the starting position.



SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar up and forward.
 • Lower the bar back to the starting position.



SEATED SHOULDER PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar up and forward.
 • Lower the bar back to the starting position.



STANDING CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar up and forward.
 • Lower the bar back to the starting position.



SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar up and forward.
 • Lower the bar back to the starting position.



SEATED SHOULDER PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar up and forward.
 • Lower the bar back to the starting position.



SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar up and forward.
 • Lower the bar back to the starting position.



SEATED SHOULDER PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar up and forward.
 • Lower the bar back to the starting position.

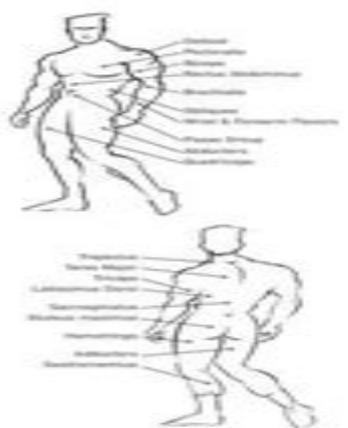


SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar up and forward.
 • Lower the bar back to the starting position.



MARCY

When You Finally Get Serious



GETTING STARTED
 Before you begin your workout, it is important to warm up your muscles. This can be done by performing light cardio for 5-10 minutes. Once you are warmed up, you can begin your strength training routine. Start with a few sets of each exercise, gradually increasing the weight and reps as you progress. Remember to breathe properly and maintain good form throughout your workout. After your workout, it is important to stretch your muscles to prevent injury and promote recovery. Consistency is key when it comes to building muscle and strength. Aim to workout 3-4 times per week, allowing your muscles to rest and recover in between sessions. With dedication and hard work, you can achieve your fitness goals and build a strong, healthy body.

WEIGHT TRAINING
 Weight training is a form of resistance training that involves lifting weights to build muscle and strength. It is one of the most effective ways to increase your metabolism, burn calories, and improve your overall health. When performing weight training, it is important to use proper form and technique to avoid injury. Start with a weight that is challenging but manageable, and gradually increase the weight as you become stronger. Focus on the quality of your reps rather than the quantity. Resting between sets is also important to allow your muscles to recover. Incorporating weight training into your fitness routine can help you achieve your goals and build a strong, athletic physique.

DIET AND NUTRITION
 Diet and nutrition play a crucial role in your fitness journey. To build muscle and strength, you need to consume enough calories and protein. Protein is essential for muscle repair and growth, so make sure to include lean sources of protein in your diet, such as chicken, fish, and tofu. Carbohydrates provide the energy you need to power through your workouts, so don't neglect them either. Healthy fats are also important for overall health and hormone production. Staying hydrated is equally important, as dehydration can lead to fatigue and decreased performance. Pay attention to your body's needs and adjust your diet accordingly to support your fitness goals.

RECOVERY
 Recovery is just as important as the workout itself. Your muscles need time to rest and repair after a workout. This is when your body builds new muscle tissue and becomes stronger. Getting enough sleep is crucial for recovery, as it allows your body to repair itself and replenish its energy stores. Incorporating active recovery, such as light cardio or stretching, can also help speed up the recovery process. Listen to your body and don't overtrain. Taking a day off when you need it is a sign of wisdom, not weakness. Consistent recovery is the key to long-term success in your fitness journey.

With Marcy, you can finally get serious about your fitness goals.

Marcy Weight Bench Exercise Guide

Philip Mazzurco



Marcy Weight Bench Exercise Guide:

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Lodging ,1987 Exerstyle Philip Mazzurco,1985 Official Gazette of the United States Patent and Trademark Office ,1990 *New York* ,1991 Athletic Journal ,1982 Vols 9 12 include proceedings of the 8th 11th annual meeting of the American Football Coaches Association and of the National Association of Basketball Coaches of the United States 3d 6th annual meeting

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