

Please Note: This chart is for illustration purposes only and differs in style to the MKM-1101



**ABDOMINAL CRUNCH**  
**MUSCLES: RECTUS ABDOMINUS, TRANSVERSE ABDOMINUS**

1. Select the desired weight.
2. Attach the seat to the frame using the locking pin.
3. Sit on the seat with your feet on the footplate.
4. Grasp the handles with your hands and pull them towards your knees.
5. Inhale and raise your upper body until your torso is perpendicular to the floor.
6. Exhale and lower your upper body back to the starting position.
7. Repeat the exercise for the desired number of repetitions.



**BICEP CURL**  
**MUSCLES: BICEPS BRACHII, BRACHIORADII**

1. Select the desired weight.
2. Attach the seat to the frame using the locking pin.
3. Sit on the seat with your feet on the footplate.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and raise your upper body until your torso is perpendicular to the floor.
6. Exhale and lower your upper body back to the starting position.
7. Repeat the exercise for the desired number of repetitions.



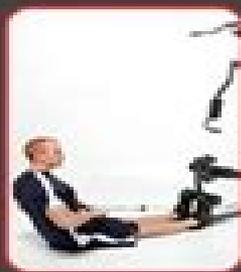
**PREACHER CURL**  
**MUSCLES: BICEPS BRACHII, BRACHIORADII**

1. Select the desired weight.
2. Attach the seat to the frame using the locking pin.
3. Sit on the seat with your feet on the footplate.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and raise your upper body until your torso is perpendicular to the floor.
6. Exhale and lower your upper body back to the starting position.
7. Repeat the exercise for the desired number of repetitions.



**TRICEP PUSH-DOWN**  
**MUSCLES: TRICEPS BRACHII, BRACHIORADII**

1. Select the desired weight.
2. Attach the seat to the frame using the locking pin.
3. Sit on the seat with your feet on the footplate.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and raise your upper body until your torso is perpendicular to the floor.
6. Exhale and lower your upper body back to the starting position.
7. Repeat the exercise for the desired number of repetitions.



**SEATED ROW**  
**MUSCLES: LATISSIMUS DORSI, TERES MAJOR, TERES MINOR, DORSAL MUSCLES, BICEPS BRACHII, BRACHIORADII**

1. Select the desired weight.
2. Attach the seat to the frame using the locking pin.
3. Sit on the seat with your feet on the footplate.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and raise your upper body until your torso is perpendicular to the floor.
6. Exhale and lower your upper body back to the starting position.
7. Repeat the exercise for the desired number of repetitions.



**LAT PULLDOWN**  
**MUSCLES: LATISSIMUS DORSI, TERES MAJOR, TERES MINOR, DORSAL MUSCLES, BICEPS BRACHII, BRACHIORADII**

1. Select the desired weight.
2. Attach the seat to the frame using the locking pin.
3. Sit on the seat with your feet on the footplate.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and raise your upper body until your torso is perpendicular to the floor.
6. Exhale and lower your upper body back to the starting position.
7. Repeat the exercise for the desired number of repetitions.



**STANDARD BENCH PRESS**  
**MUSCLES: PECTORALIS MAJOR, PECTORALIS MINOR, TRICEPS BRACHII, BRACHIORADII**

1. Select the desired weight.
2. Attach the seat to the frame using the locking pin.
3. Sit on the seat with your feet on the footplate.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and raise your upper body until your torso is perpendicular to the floor.
6. Exhale and lower your upper body back to the starting position.
7. Repeat the exercise for the desired number of repetitions.



**PECTORAL FLY**  
**MUSCLES: PECTORALIS MAJOR, PECTORALIS MINOR, TRICEPS BRACHII, BRACHIORADII**

1. Select the desired weight.
2. Attach the seat to the frame using the locking pin.
3. Sit on the seat with your feet on the footplate.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and raise your upper body until your torso is perpendicular to the floor.
6. Exhale and lower your upper body back to the starting position.
7. Repeat the exercise for the desired number of repetitions.



**LEG EXTENSION**  
**MUSCLES: RECTUS FEMORIS, VASTUS MEDIALIS, VASTUS LATERALIS, VASTUS INTERMEDIUS**

1. Select the desired weight.
2. Attach the seat to the frame using the locking pin.
3. Sit on the seat with your feet on the footplate.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and raise your upper body until your torso is perpendicular to the floor.
6. Exhale and lower your upper body back to the starting position.
7. Repeat the exercise for the desired number of repetitions.



**STANDING LEG CURL**  
**MUSCLES: BICEPS FEMORIS, VASTUS MEDIALIS, VASTUS LATERALIS, VASTUS INTERMEDIUS**

1. Select the desired weight.
2. Attach the seat to the frame using the locking pin.
3. Sit on the seat with your feet on the footplate.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and raise your upper body until your torso is perpendicular to the floor.
6. Exhale and lower your upper body back to the starting position.
7. Repeat the exercise for the desired number of repetitions.



**LEG KICK-BACK**  
**MUSCLES: BICEPS FEMORIS, VASTUS MEDIALIS, VASTUS LATERALIS, VASTUS INTERMEDIUS**

1. Select the desired weight.
2. Attach the seat to the frame using the locking pin.
3. Sit on the seat with your feet on the footplate.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and raise your upper body until your torso is perpendicular to the floor.
6. Exhale and lower your upper body back to the starting position.
7. Repeat the exercise for the desired number of repetitions.



**LEG KICK-OUTTER THIGH (ABDUCTORS)**  
**MUSCLES: BICEPS FEMORIS, VASTUS MEDIALIS, VASTUS LATERALIS, VASTUS INTERMEDIUS**

1. Select the desired weight.
2. Attach the seat to the frame using the locking pin.
3. Sit on the seat with your feet on the footplate.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and raise your upper body until your torso is perpendicular to the floor.
6. Exhale and lower your upper body back to the starting position.
7. Repeat the exercise for the desired number of repetitions.



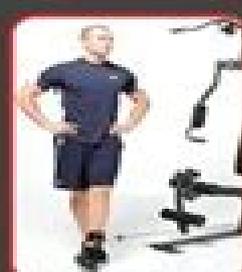
**UPRIGHT ROW**  
**MUSCLES: TRAPEZIUS, DORSAL MUSCLES, BICEPS BRACHII, BRACHIORADII**

1. Select the desired weight.
2. Attach the seat to the frame using the locking pin.
3. Sit on the seat with your feet on the footplate.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and raise your upper body until your torso is perpendicular to the floor.
6. Exhale and lower your upper body back to the starting position.
7. Repeat the exercise for the desired number of repetitions.



**FRONT SHOULDER RAISE**  
**MUSCLES: Deltoid, Coracobrachialis, Brachialis, Brachioradialis**

1. Select the desired weight.
2. Attach the seat to the frame using the locking pin.
3. Sit on the seat with your feet on the footplate.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and raise your upper body until your torso is perpendicular to the floor.
6. Exhale and lower your upper body back to the starting position.
7. Repeat the exercise for the desired number of repetitions.



**LEG KICK-OUTTER THIGH (ADDUCTORS)**  
**MUSCLES: BICEPS FEMORIS, VASTUS MEDIALIS, VASTUS LATERALIS, VASTUS INTERMEDIUS**

1. Select the desired weight.
2. Attach the seat to the frame using the locking pin.
3. Sit on the seat with your feet on the footplate.
4. Grasp the handles with your hands and pull them towards your shoulders.
5. Inhale and raise your upper body until your torso is perpendicular to the floor.
6. Exhale and lower your upper body back to the starting position.
7. Repeat the exercise for the desired number of repetitions.



# Marcy Diamond Elite Guide

**Renée Newman**



## **Marcy Diamond Elite Guide:**

VideoHound's DVD Guide Mike Mayo, Jim Olenski, 2001     *Exporters Directory/U.S. Buying Guide* ,1981     **Harness Horse** ,1989     **The Billboard** ,1929     **New York City Directory** ,1916     Popular Mechanics Magazine ,1928     **New York** Out Time, 2002 Written by a team of resident journalists so that the true flavour of the city can be captured this guide gives independent impartial advice to inform and entertain More than 700 venues are reviewed and all price ranges and tastes are covered     *Books in Print* ,1991     See the USA the Easy Way Reader's Digest Association, 1995 The perfect travel companion for anyone and everyone this book provides 136 customized tours covering every region of the country Each tour shown in a clearly marked color map is designed as a loop allowing travelers to start at the most convenient place and spend as much time as they d like exploring sights and having adventures 270 color photos     *Paperbound Books in Print* ,1983     *Publishers, Distributors, & Wholesalers of the United States* ,1992     *LexisNexis Corporate Affiliations* ,2006

The Diamond Ring Buying Guide Renée Newman, 1993     Diamond Cutting Basil Watermeyer, 1988     Diamond Handbook Renée Newman, 2008 This handbook updates jewellery professionals and serious diamond buyers on the new developments in diamond grading treatments synthetic diamonds fancy colour diamonds and lab certificates Using close up photographs it shows how to make visual judgements about clarity transparency cut quality and brilliance The handbook also discusses how gem labs are incorporating brightness size scintillation and pattern into their cut grades and it provides tips on detecting treatments and man made diamonds Topics include quality evaluation diamond recutting branded diamonds antique cuts and jewellery diamond treatments fancy colour diamonds synthetic diamonds light performance fluorescence and lab reports     *Diamonds 101* Dirk Rendel, 2013-03-29 This book will take the guesswork out of shopping for diamonds and explain the ins and outs of finding the right diamonds at the right price     Rough Diamonds Nizam Peters, 1998-01-01

**The Perfect Diamond Buying Guide** Rick Antona, 2016-06-01 The Perfect Diamond Buying Guide walks you through the entire diamond purchasing experience Discover how to select the right jeweler properly examine a diamond and design the ideal setting Once you feel fully educated on the selection process you will learn about state of the art 3 D design industry pricing charts and insuring your diamond     **Diamond Ring Buying Guide** ,1996 A guide to evaluating diamond quality and jewelry craftsmanship including tips on detecting diamond imitations choosing ring and setting styles and much more

The Diamond Setting Manual of Procedures & Techniques Robert R Wooding, 2002-01-01 This manual was designed as a reference source for common diamond setting procedures The text is divided into seventeen units of instruction based on a series of actual professional case studies Each unit includes discussions and illustrations that describe how to set diamonds into a particular type of mounting They are presented in a step by step sequence of events as recorded during the time of setting Optional techniques are suggested throughout the manual for a variety of circumstances The manual provides steps in setting the following common stone shapes often seen in the industry round oval pear marquise heart triangular square

emerald and baguette Additional setting topics include Pin Point Illusion Miracle Channel Bezel Gypsy Jewel Bar Tip Bead and Fishtail settings

## **Marcy Diamond Elite Guide** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Marcy Diamond Elite Guide**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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