

MP-3500

Home gym

EXERCISE CHART



ABDOMINAL CRUNCHES
MUSCLE GROUPS WORKED:
 1. Abdominal muscles.
 2. Rectus abdominis (the "six pack" muscles).
 3. External obliques.
 4. Internal obliques.
 5. Transverse abdominis.
 6. Psoas major.
 7. Psoas minor.
 8. Iliacus.
 9. Rectus abdominis (the "six pack" muscles).
 10. External obliques.
 11. Internal obliques.
 12. Transverse abdominis.
 13. Psoas major.
 14. Psoas minor.
 15. Iliacus.



BICEP CURLS
MUSCLE GROUPS WORKED:
 1. Biceps brachii.
 2. Brachialis.
 3. Brachioradialis.
 4. Coracobrachialis.
 5. Deltoid anterior.
 6. Deltoid medial.
 7. Deltoid posterior.
 8. Latissimus dorsi.
 9. Pectoralis major.
 10. Pectoralis minor.
 11. Serratus anterior.
 12. Serratus posterior superior.
 13. Serratus posterior inferior.
 14. Trapezius superior.
 15. Trapezius middle.
 16. Trapezius inferior.
 17. Rhomboid major.
 18. Rhomboid minor.
 19. Levator scapulae.
 20. Infrapinatus.
 21. Teres major.
 22. Teres minor.
 23. Subscapularis.
 24. Supratorrhoid muscle.
 25. Supratorrhoid muscle.
 26. Supratorrhoid muscle.
 27. Supratorrhoid muscle.
 28. Supratorrhoid muscle.
 29. Supratorrhoid muscle.
 30. Supratorrhoid muscle.



TRICEP PUSH-DOWNS
MUSCLE GROUPS WORKED:
 1. Triceps brachii.
 2. Brachialis.
 3. Brachioradialis.
 4. Coracobrachialis.
 5. Deltoid anterior.
 6. Deltoid medial.
 7. Deltoid posterior.
 8. Latissimus dorsi.
 9. Pectoralis major.
 10. Pectoralis minor.
 11. Serratus anterior.
 12. Serratus posterior superior.
 13. Serratus posterior inferior.
 14. Trapezius superior.
 15. Trapezius middle.
 16. Trapezius inferior.
 17. Rhomboid major.
 18. Rhomboid minor.
 19. Levator scapulae.
 20. Infrapinatus.
 21. Teres major.
 22. Teres minor.
 23. Subscapularis.
 24. Supratorrhoid muscle.
 25. Supratorrhoid muscle.
 26. Supratorrhoid muscle.
 27. Supratorrhoid muscle.
 28. Supratorrhoid muscle.
 29. Supratorrhoid muscle.
 30. Supratorrhoid muscle.



TRICEP EXTENSIONS
MUSCLE GROUPS WORKED:
 1. Triceps brachii.
 2. Brachialis.
 3. Brachioradialis.
 4. Coracobrachialis.
 5. Deltoid anterior.
 6. Deltoid medial.
 7. Deltoid posterior.
 8. Latissimus dorsi.
 9. Pectoralis major.
 10. Pectoralis minor.
 11. Serratus anterior.
 12. Serratus posterior superior.
 13. Serratus posterior inferior.
 14. Trapezius superior.
 15. Trapezius middle.
 16. Trapezius inferior.
 17. Rhomboid major.
 18. Rhomboid minor.
 19. Levator scapulae.
 20. Infrapinatus.
 21. Teres major.
 22. Teres minor.
 23. Subscapularis.
 24. Supratorrhoid muscle.
 25. Supratorrhoid muscle.
 26. Supratorrhoid muscle.
 27. Supratorrhoid muscle.
 28. Supratorrhoid muscle.
 29. Supratorrhoid muscle.
 30. Supratorrhoid muscle.



SEATED PULLEY ROW
MUSCLE GROUPS WORKED:
 1. Latissimus dorsi.
 2. Pectoralis major.
 3. Pectoralis minor.
 4. Serratus anterior.
 5. Serratus posterior superior.
 6. Serratus posterior inferior.
 7. Trapezius superior.
 8. Trapezius middle.
 9. Trapezius inferior.
 10. Rhomboid major.
 11. Rhomboid minor.
 12. Levator scapulae.
 13. Infrapinatus.
 14. Teres major.
 15. Teres minor.
 16. Subscapularis.
 17. Supratorrhoid muscle.
 18. Supratorrhoid muscle.
 19. Supratorrhoid muscle.
 20. Supratorrhoid muscle.
 21. Supratorrhoid muscle.
 22. Supratorrhoid muscle.
 23. Supratorrhoid muscle.
 24. Supratorrhoid muscle.
 25. Supratorrhoid muscle.



SEATED PRESS BAR ROW
MUSCLE GROUPS WORKED:
 1. Latissimus dorsi.
 2. Pectoralis major.
 3. Pectoralis minor.
 4. Serratus anterior.
 5. Serratus posterior superior.
 6. Serratus posterior inferior.
 7. Trapezius superior.
 8. Trapezius middle.
 9. Trapezius inferior.
 10. Rhomboid major.
 11. Rhomboid minor.
 12. Levator scapulae.
 13. Infrapinatus.
 14. Teres major.
 15. Teres minor.
 16. Subscapularis.
 17. Supratorrhoid muscle.
 18. Supratorrhoid muscle.
 19. Supratorrhoid muscle.
 20. Supratorrhoid muscle.
 21. Supratorrhoid muscle.
 22. Supratorrhoid muscle.
 23. Supratorrhoid muscle.
 24. Supratorrhoid muscle.
 25. Supratorrhoid muscle.



SHOULDER PULL-DOWN
MUSCLE GROUPS WORKED:
 1. Latissimus dorsi.
 2. Pectoralis major.
 3. Pectoralis minor.
 4. Serratus anterior.
 5. Serratus posterior superior.
 6. Serratus posterior inferior.
 7. Trapezius superior.
 8. Trapezius middle.
 9. Trapezius inferior.
 10. Rhomboid major.
 11. Rhomboid minor.
 12. Levator scapulae.
 13. Infrapinatus.
 14. Teres major.
 15. Teres minor.
 16. Subscapularis.
 17. Supratorrhoid muscle.
 18. Supratorrhoid muscle.
 19. Supratorrhoid muscle.
 20. Supratorrhoid muscle.
 21. Supratorrhoid muscle.
 22. Supratorrhoid muscle.
 23. Supratorrhoid muscle.
 24. Supratorrhoid muscle.
 25. Supratorrhoid muscle.



PECTORAL FLY
MUSCLE GROUPS WORKED:
 1. Pectoralis major.
 2. Pectoralis minor.
 3. Serratus anterior.
 4. Serratus posterior superior.
 5. Serratus posterior inferior.
 6. Trapezius superior.
 7. Trapezius middle.
 8. Trapezius inferior.
 9. Rhomboid major.
 10. Rhomboid minor.
 11. Levator scapulae.
 12. Infrapinatus.
 13. Teres major.
 14. Teres minor.
 15. Subscapularis.
 16. Supratorrhoid muscle.
 17. Supratorrhoid muscle.
 18. Supratorrhoid muscle.
 19. Supratorrhoid muscle.
 20. Supratorrhoid muscle.
 21. Supratorrhoid muscle.
 22. Supratorrhoid muscle.
 23. Supratorrhoid muscle.
 24. Supratorrhoid muscle.
 25. Supratorrhoid muscle.



STANDING WIDE CHEST PRESS
MUSCLE GROUPS WORKED:
 1. Pectoralis major.
 2. Pectoralis minor.
 3. Serratus anterior.
 4. Serratus posterior superior.
 5. Serratus posterior inferior.
 6. Trapezius superior.
 7. Trapezius middle.
 8. Trapezius inferior.
 9. Rhomboid major.
 10. Rhomboid minor.
 11. Levator scapulae.
 12. Infrapinatus.
 13. Teres major.
 14. Teres minor.
 15. Subscapularis.
 16. Supratorrhoid muscle.
 17. Supratorrhoid muscle.
 18. Supratorrhoid muscle.
 19. Supratorrhoid muscle.
 20. Supratorrhoid muscle.
 21. Supratorrhoid muscle.
 22. Supratorrhoid muscle.
 23. Supratorrhoid muscle.
 24. Supratorrhoid muscle.
 25. Supratorrhoid muscle.



INCLINE BENCH PRESS
MUSCLE GROUPS WORKED:
 1. Pectoralis major.
 2. Pectoralis minor.
 3. Serratus anterior.
 4. Serratus posterior superior.
 5. Serratus posterior inferior.
 6. Trapezius superior.
 7. Trapezius middle.
 8. Trapezius inferior.
 9. Rhomboid major.
 10. Rhomboid minor.
 11. Levator scapulae.
 12. Infrapinatus.
 13. Teres major.
 14. Teres minor.
 15. Subscapularis.
 16. Supratorrhoid muscle.
 17. Supratorrhoid muscle.
 18. Supratorrhoid muscle.
 19. Supratorrhoid muscle.
 20. Supratorrhoid muscle.
 21. Supratorrhoid muscle.
 22. Supratorrhoid muscle.
 23. Supratorrhoid muscle.
 24. Supratorrhoid muscle.
 25. Supratorrhoid muscle.



SEATED SHOULDER PRESS
MUSCLE GROUPS WORKED:
 1. Deltoid anterior.
 2. Deltoid medial.
 3. Deltoid posterior.
 4. Latissimus dorsi.
 5. Pectoralis major.
 6. Pectoralis minor.
 7. Serratus anterior.
 8. Serratus posterior superior.
 9. Serratus posterior inferior.
 10. Trapezius superior.
 11. Trapezius middle.
 12. Trapezius inferior.
 13. Rhomboid major.
 14. Rhomboid minor.
 15. Levator scapulae.
 16. Infrapinatus.
 17. Teres major.
 18. Teres minor.
 19. Subscapularis.
 20. Supratorrhoid muscle.
 21. Supratorrhoid muscle.
 22. Supratorrhoid muscle.
 23. Supratorrhoid muscle.
 24. Supratorrhoid muscle.
 25. Supratorrhoid muscle.



UPRIGHT ROW
MUSCLE GROUPS WORKED:
 1. Trapezius superior.
 2. Trapezius middle.
 3. Trapezius inferior.
 4. Rhomboid major.
 5. Rhomboid minor.
 6. Levator scapulae.
 7. Infrapinatus.
 8. Teres major.
 9. Teres minor.
 10. Subscapularis.
 11. Supratorrhoid muscle.
 12. Supratorrhoid muscle.
 13. Supratorrhoid muscle.
 14. Supratorrhoid muscle.
 15. Supratorrhoid muscle.
 16. Supratorrhoid muscle.
 17. Supratorrhoid muscle.
 18. Supratorrhoid muscle.
 19. Supratorrhoid muscle.
 20. Supratorrhoid muscle.



FRONT SHOULDER RAISE
MUSCLE GROUPS WORKED:
 1. Deltoid anterior.
 2. Deltoid medial.
 3. Deltoid posterior.
 4. Latissimus dorsi.
 5. Pectoralis major.
 6. Pectoralis minor.
 7. Serratus anterior.
 8. Serratus posterior superior.
 9. Serratus posterior inferior.
 10. Trapezius superior.
 11. Trapezius middle.
 12. Trapezius inferior.
 13. Rhomboid major.
 14. Rhomboid minor.
 15. Levator scapulae.
 16. Infrapinatus.
 17. Teres major.
 18. Teres minor.
 19. Subscapularis.
 20. Supratorrhoid muscle.
 21. Supratorrhoid muscle.
 22. Supratorrhoid muscle.
 23. Supratorrhoid muscle.
 24. Supratorrhoid muscle.
 25. Supratorrhoid muscle.



LATERAL SHOULDER RAISE
MUSCLE GROUPS WORKED:
 1. Deltoid lateral.
 2. Deltoid anterior.
 3. Deltoid medial.
 4. Deltoid posterior.
 5. Latissimus dorsi.
 6. Pectoralis major.
 7. Pectoralis minor.
 8. Serratus anterior.
 9. Serratus posterior superior.
 10. Serratus posterior inferior.
 11. Trapezius superior.
 12. Trapezius middle.
 13. Trapezius inferior.
 14. Rhomboid major.
 15. Rhomboid minor.
 16. Levator scapulae.
 17. Infrapinatus.
 18. Teres major.
 19. Teres minor.
 20. Subscapularis.
 21. Supratorrhoid muscle.
 22. Supratorrhoid muscle.
 23. Supratorrhoid muscle.
 24. Supratorrhoid muscle.
 25. Supratorrhoid muscle.



LEG EXTENSION
MUSCLE GROUPS WORKED:
 1. Rectus femoris.
 2. Vastus medialis.
 3. Vastus lateralis.
 4. Vastus intermedius.
 5. Psoas major.
 6. Psoas minor.
 7. Iliacus.
 8. Sartorius.
 9. Tensor fasciae latae.
 10. Piriformis.
 11. Gluteus medius.
 12. Gluteus minimus.
 13. Gluteus maximus.
 14. Biceps femoris long head.
 15. Biceps femoris short head.
 16. Semitendinosus.
 17. Semimembranosus.
 18. Semitendinosus.
 19. Semimembranosus.
 20. Semitendinosus.
 21. Semimembranosus.
 22. Semitendinosus.
 23. Semimembranosus.
 24. Semitendinosus.
 25. Semimembranosus.



Marcy Pro 4400 Exercise Guide

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