

MP-3500

Home gym

EXERCISE CHART



ABDOMINAL CRUNCHES
MUSCLE GROUPS WORKED:

1. Abdominal muscles.
2. Rectus abdominis (up to the neck) and obliques.
3. Abdominal muscles (up to the neck) and obliques.

HOW TO PERFORM:

1. Sit on the machine with your feet flat on the floor and your hands behind your head.
2. Inhale and lean back slightly, lifting your shoulders and head off the seat.
3. Exhale and crunch forward, pulling your shoulders and head up towards your knees.
4. Inhale and lean back slightly, returning to the starting position.
5. Repeat for the desired number of repetitions.



BICEP CURLS
MUSCLE GROUPS WORKED:

1. Biceps brachii muscle.
2. Brachialis muscle.
3. Brachioradialis muscle.

HOW TO PERFORM:

1. Stand with your feet shoulder-width apart and your hands on the machine's handles.
2. Inhale and curl your arms up, bringing your hands towards your shoulders.
3. Exhale and lower your arms back down to the starting position.
4. Repeat for the desired number of repetitions.



TRICEP PUSH-DOWNS
MUSCLE GROUPS WORKED:

1. Triceps brachii muscle.
2. Brachialis muscle.
3. Brachioradialis muscle.

HOW TO PERFORM:

1. Stand with your feet shoulder-width apart and your hands on the machine's handles.
2. Inhale and push the handles down, extending your arms.
3. Exhale and pull the handles up, returning to the starting position.
4. Repeat for the desired number of repetitions.



TRICEP EXTENSIONS
MUSCLE GROUPS WORKED:

1. Triceps brachii muscle.
2. Brachialis muscle.
3. Brachioradialis muscle.

HOW TO PERFORM:

1. Sit on the machine with your feet flat on the floor and your hands on the machine's handles.
2. Inhale and extend your arms up, bringing your hands towards your head.
3. Exhale and lower your arms down, returning to the starting position.
4. Repeat for the desired number of repetitions.



SEATED PULLEY ROW
MUSCLE GROUPS WORKED:

1. Latissimus dorsi muscle.
2. Rhomboid muscle.
3. Trapezius muscle.
4. Biceps brachii muscle.
5. Brachialis muscle.
6. Brachioradialis muscle.



SEATED PRESS BAR ROW
MUSCLE GROUPS WORKED:

1. Latissimus dorsi muscle.
2. Rhomboid muscle.
3. Trapezius muscle.
4. Biceps brachii muscle.
5. Brachialis muscle.
6. Brachioradialis muscle.



SHOULDER PULL-DOWNS
MUSCLE GROUPS WORKED:

1. Latissimus dorsi muscle.
2. Rhomboid muscle.
3. Trapezius muscle.
4. Biceps brachii muscle.
5. Brachialis muscle.
6. Brachioradialis muscle.



PECTORAL FLY
MUSCLE GROUPS WORKED:

1. Pectoralis major muscle.
2. Pectoralis minor muscle.
3. Serratus anterior muscle.
4. External intercostal muscle.
5. Internal intercostal muscle.
6. Endothoracic fascia.



STANDING WIDE-GREP PRESS
MUSCLE GROUPS WORKED:

1. Deltoid muscle.
2. Triceps brachii muscle.
3. Brachialis muscle.
4. Brachioradialis muscle.
5. Pectoralis major muscle.
6. Pectoralis minor muscle.
7. Serratus anterior muscle.
8. External intercostal muscle.
9. Internal intercostal muscle.
10. Endothoracic fascia.



INCLINE BENCH PRESS
MUSCLE GROUPS WORKED:

1. Deltoid muscle.
2. Triceps brachii muscle.
3. Brachialis muscle.
4. Brachioradialis muscle.
5. Pectoralis major muscle.
6. Pectoralis minor muscle.
7. Serratus anterior muscle.
8. External intercostal muscle.
9. Internal intercostal muscle.
10. Endothoracic fascia.



SEATED SHOULDER PRESS
MUSCLE GROUPS WORKED:

1. Deltoid muscle.
2. Triceps brachii muscle.
3. Brachialis muscle.
4. Brachioradialis muscle.
5. Pectoralis major muscle.
6. Pectoralis minor muscle.
7. Serratus anterior muscle.
8. External intercostal muscle.
9. Internal intercostal muscle.
10. Endothoracic fascia.



UPRIGHT ROW
MUSCLE GROUPS WORKED:

1. Deltoid muscle.
2. Trapezius muscle.
3. Rhomboid muscle.
4. Serratus anterior muscle.
5. External intercostal muscle.
6. Internal intercostal muscle.
7. Endothoracic fascia.



FRONT SHOULDER RAISE
MUSCLE GROUPS WORKED:

1. Deltoid muscle.
2. Trapezius muscle.
3. Rhomboid muscle.
4. Serratus anterior muscle.
5. External intercostal muscle.
6. Internal intercostal muscle.
7. Endothoracic fascia.



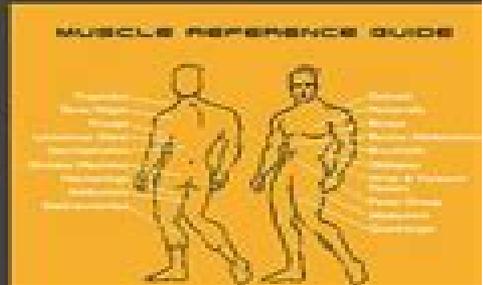
LATERAL SHOULDER RAISE
MUSCLE GROUPS WORKED:

1. Deltoid muscle.
2. Trapezius muscle.
3. Rhomboid muscle.
4. Serratus anterior muscle.
5. External intercostal muscle.
6. Internal intercostal muscle.
7. Endothoracic fascia.



LEG EXTENSION
MUSCLE GROUPS WORKED:

1. Rectus femoris muscle.
2. Vastus medialis muscle.
3. Vastus lateralis muscle.
4. Vastus medialis muscle.
5. Vastus lateralis muscle.



Marcy Pro 4400 Exercise Guide

ML Morrison



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