

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



**ABDOMINAL CRUNCH**  
**MUSCLES WORKED:** Rectus abdominis, External obliques  
 1. Select the desired weight.  
 2. Attach the rope to the front roller and swing the handle up.  
 3. Sit on the machine with feet on the footplate and knees bent.  
 4. Grasp the handles with both hands and pull them down towards your feet.  
 5. Contract your abdominal muscles and lift your upper body.  
 6. Release the handles and allow your upper body to return to the starting position.  
 7. Repeat the exercise for the desired number of repetitions.



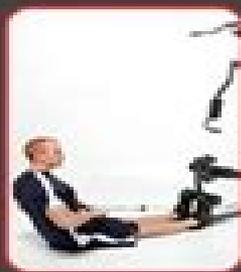
**BICEP CURL**  
**MUSCLES WORKED:** Biceps brachii, Brachialis, Brachioradialis  
 1. Select the desired weight.  
 2. Attach the rope to the front roller and swing the handle up.  
 3. Stand with feet on the footplate and knees bent.  
 4. Grasp the handles with both hands and pull them up towards your chest.  
 5. Contract your biceps muscles and lift your upper body.  
 6. Release the handles and allow your upper body to return to the starting position.  
 7. Repeat the exercise for the desired number of repetitions.



**PREACHER CURL**  
**MUSCLES WORKED:** Biceps brachii, Brachialis, Brachioradialis  
 1. Select the desired weight.  
 2. Attach the rope to the front roller and swing the handle up.  
 3. Sit on the machine with feet on the footplate and knees bent.  
 4. Grasp the handles with both hands and pull them up towards your chest.  
 5. Contract your biceps muscles and lift your upper body.  
 6. Release the handles and allow your upper body to return to the starting position.  
 7. Repeat the exercise for the desired number of repetitions.



**TRICEP PUSH-DOWN**  
**MUSCLES WORKED:** Triceps brachii  
 1. Select the desired weight.  
 2. Attach the rope to the front roller and swing the handle up.  
 3. Stand with feet on the footplate and knees bent.  
 4. Grasp the handles with both hands and pull them down towards your feet.  
 5. Contract your triceps muscles and lift your upper body.  
 6. Release the handles and allow your upper body to return to the starting position.  
 7. Repeat the exercise for the desired number of repetitions.



**SEATED ROW**  
**MUSCLES WORKED:** Latissimus dorsi, Rhomboids, Trapezius, Biceps brachii, Brachialis, Brachioradialis  
 1. Select the desired weight.  
 2. Attach the rope to the front roller and swing the handle up.  
 3. Sit on the machine with feet on the footplate and knees bent.  
 4. Grasp the handles with both hands and pull them up towards your chest.  
 5. Contract your back muscles and lift your upper body.  
 6. Release the handles and allow your upper body to return to the starting position.  
 7. Repeat the exercise for the desired number of repetitions.



**LAT PULLDOWN**  
**MUSCLES WORKED:** Latissimus dorsi, Rhomboids, Trapezius, Biceps brachii, Brachialis, Brachioradialis  
 1. Select the desired weight.  
 2. Attach the rope to the front roller and swing the handle up.  
 3. Sit on the machine with feet on the footplate and knees bent.  
 4. Grasp the handles with both hands and pull them up towards your chest.  
 5. Contract your back muscles and lift your upper body.  
 6. Release the handles and allow your upper body to return to the starting position.  
 7. Repeat the exercise for the desired number of repetitions.



**STANDARD BENCH PRESS**  
**MUSCLES WORKED:** Pectoralis major, Pectoralis minor, Triceps brachii, Anterior deltoid  
 1. Select the desired weight.  
 2. Attach the rope to the front roller and swing the handle up.  
 3. Sit on the machine with feet on the footplate and knees bent.  
 4. Grasp the handles with both hands and push them up towards your chest.  
 5. Contract your chest muscles and lift your upper body.  
 6. Release the handles and allow your upper body to return to the starting position.  
 7. Repeat the exercise for the desired number of repetitions.



**PECTORAL FLY**  
**MUSCLES WORKED:** Pectoralis major, Pectoralis minor, Anterior deltoid  
 1. Select the desired weight.  
 2. Attach the rope to the front roller and swing the handle up.  
 3. Sit on the machine with feet on the footplate and knees bent.  
 4. Grasp the handles with both hands and pull them out towards your sides.  
 5. Contract your chest muscles and lift your upper body.  
 6. Release the handles and allow your upper body to return to the starting position.  
 7. Repeat the exercise for the desired number of repetitions.



**LEG EXTENSION**  
**MUSCLES WORKED:** Rectus femoris, Vastus muscles  
 1. Select the desired weight.  
 2. Attach the rope to the front roller and swing the handle up.  
 3. Sit on the machine with feet on the footplate and knees bent.  
 4. Grasp the handles with both hands and push them up towards your chest.  
 5. Contract your leg muscles and lift your upper body.  
 6. Release the handles and allow your upper body to return to the starting position.  
 7. Repeat the exercise for the desired number of repetitions.



**STANDING LEG CURL**  
**MUSCLES WORKED:** Biceps femoris, Semitendinosus, Semimembranosus  
 1. Select the desired weight.  
 2. Attach the rope to the front roller and swing the handle up.  
 3. Stand with feet on the footplate and knees bent.  
 4. Grasp the handles with both hands and pull them up towards your chest.  
 5. Contract your leg muscles and lift your upper body.  
 6. Release the handles and allow your upper body to return to the starting position.  
 7. Repeat the exercise for the desired number of repetitions.



**LEG KICK-BACK**  
**MUSCLES WORKED:** Biceps femoris, Semitendinosus, Semimembranosus  
 1. Select the desired weight.  
 2. Attach the rope to the front roller and swing the handle up.  
 3. Stand with feet on the footplate and knees bent.  
 4. Grasp the handles with both hands and pull them up towards your chest.  
 5. Contract your leg muscles and lift your upper body.  
 6. Release the handles and allow your upper body to return to the starting position.  
 7. Repeat the exercise for the desired number of repetitions.



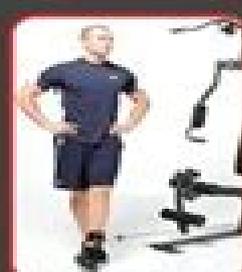
**LEG KICK-OUTTER THIGH (ABDUCTORS)**  
**MUSCLES WORKED:** Gluteus medius, Gluteus minimus, Tensor fasciae latae  
 1. Select the desired weight.  
 2. Attach the rope to the front roller and swing the handle up.  
 3. Stand with feet on the footplate and knees bent.  
 4. Grasp the handles with both hands and pull them out towards your sides.  
 5. Contract your leg muscles and lift your upper body.  
 6. Release the handles and allow your upper body to return to the starting position.  
 7. Repeat the exercise for the desired number of repetitions.



**UPRIGHT ROW**  
**MUSCLES WORKED:** Trapezius, Rhomboids, Latissimus dorsi, Biceps brachii, Brachialis, Brachioradialis  
 1. Select the desired weight.  
 2. Attach the rope to the front roller and swing the handle up.  
 3. Stand with feet on the footplate and knees bent.  
 4. Grasp the handles with both hands and pull them up towards your chest.  
 5. Contract your back muscles and lift your upper body.  
 6. Release the handles and allow your upper body to return to the starting position.  
 7. Repeat the exercise for the desired number of repetitions.



**FRONT SHOULDER RAISE**  
**MUSCLES WORKED:** Deltoid anterior, Coracobrachialis, Brachialis, Brachioradialis  
 1. Select the desired weight.  
 2. Attach the rope to the front roller and swing the handle up.  
 3. Stand with feet on the footplate and knees bent.  
 4. Grasp the handles with both hands and pull them up towards your chest.  
 5. Contract your shoulder muscles and lift your upper body.  
 6. Release the handles and allow your upper body to return to the starting position.  
 7. Repeat the exercise for the desired number of repetitions.



**LEG KICK-OUTTER THIGH (ADDUCTORS)**  
**MUSCLES WORKED:** Adductor longus, Adductor brevis, Adductor magnus, Pectineus, Gracilis, Sartorius  
 1. Select the desired weight.  
 2. Attach the rope to the front roller and swing the handle up.  
 3. Stand with feet on the footplate and knees bent.  
 4. Grasp the handles with both hands and pull them out towards your sides.  
 5. Contract your leg muscles and lift your upper body.  
 6. Release the handles and allow your upper body to return to the starting position.  
 7. Repeat the exercise for the desired number of repetitions.



# Marcy Diamond Elite Guide

**Zhe Xu**



## **Marcy Diamond Elite Guide:**

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*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

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*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

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