

# MP-3500

Home gym

# EXERCISE CHART



**ABDOMINAL CRUNCH**  
**MUSCLE GROUPS WORKED:**

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

**HOW TO PERFORM:**

1. Sit on the machine with your feet flat on the floor and your hands on the handles.
2. Inhale and lean back slightly, pulling your shoulders up and back.
3. Exhale and crunch forward, pulling your shoulders up and back.
4. Inhale and lean back slightly, pulling your shoulders up and back.
5. Repeat for the desired number of repetitions.



**SEATED PULLEY ROW**  
**MUSCLE GROUPS WORKED:**

1. Latissimus dorsi.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the neck) and wrist extensors.



**STANDING SEATED PRESS**  
**MUSCLE GROUPS WORKED:**

1. Latissimus dorsi.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the neck) and wrist extensors.



**FRONT SHOULDER PRESS**  
**MUSCLE GROUPS WORKED:**

1. Deltoid muscles.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the neck) and wrist extensors.



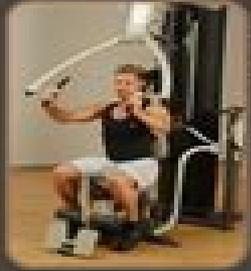
**BICEPS CURL**  
**MUSCLE GROUPS WORKED:**

1. Biceps brachii.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the neck) and wrist extensors.



**SEATED PRESS BAR ROW**  
**MUSCLE GROUPS WORKED:**

1. Latissimus dorsi.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the neck) and wrist extensors.



**INCLINE BENCH PRESS**  
**MUSCLE GROUPS WORKED:**

1. Pectoralis major.
2. Deltoid muscles.
3. Erector spinae (up to the neck) and iliopsoas.
4. Rhomboid muscles (up to the neck) and trapezius.
5. Biceps brachii (up to the neck) and brachialis.
6. Forearm muscles (up to the neck) and wrist extensors.



**LATERAL SHOULDER PRESS**  
**MUSCLE GROUPS WORKED:**

1. Deltoid muscles.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the neck) and wrist extensors.



**TRICEPS PUSH-DOWN**  
**MUSCLE GROUPS WORKED:**

1. Triceps brachii.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the neck) and wrist extensors.



**INCLINE PULL-DOWN**  
**MUSCLE GROUPS WORKED:**

1. Latissimus dorsi.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the neck) and wrist extensors.



**SEATED SHOULDER PRESS**  
**MUSCLE GROUPS WORKED:**

1. Deltoid muscles.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the neck) and wrist extensors.



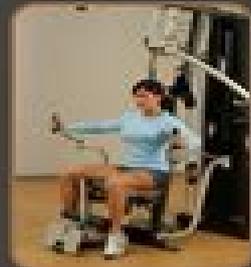
**LEG EXTENSION**  
**MUSCLE GROUPS WORKED:**

1. Rectus femoris.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the neck) and wrist extensors.



**TRICEPS EXTENSION**  
**MUSCLE GROUPS WORKED:**

1. Triceps brachii.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the neck) and wrist extensors.



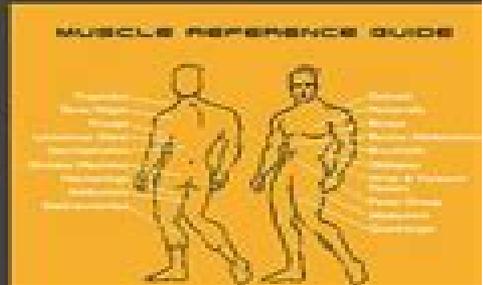
**PECTORAL FLY**  
**MUSCLE GROUPS WORKED:**

1. Pectoralis major.
2. Deltoid muscles.
3. Erector spinae (up to the neck) and iliopsoas.
4. Rhomboid muscles (up to the neck) and trapezius.
5. Biceps brachii (up to the neck) and brachialis.
6. Forearm muscles (up to the neck) and wrist extensors.



**LIGHT ROW**  
**MUSCLE GROUPS WORKED:**

1. Latissimus dorsi.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the neck) and wrist extensors.



# Marcy Pro 4400 Exercise Guide

**Lei Huang**



**Marcy Pro 4400 Exercise Guide:**

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