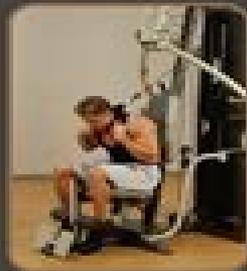


# MP-3500

Home gym

# EXERCISE CHART



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

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

**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 the exercise for the desired number of repetitions.



**BICEPS CURL**  
**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 handles.
2. Inhale and curl the handles up towards your shoulders, keeping your elbows close to your body.
3. Exhale and lower the handles back down to the starting position.
4. Repeat the exercise for the desired number of repetitions.



**TRICEPS PUSH-DOWN**  
**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 handles.
2. Inhale and push the handles down towards your waist, keeping your elbows close to your body.
3. Exhale and pull the handles back up to the starting position.
4. Repeat the exercise for the desired number of repetitions.



**TRICEPS EXTENSION**  
**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 handles.
2. Inhale and extend your arms forward, pulling your shoulders up and back.
3. Exhale and extend your arms back, pulling your shoulders up and back.
4. Inhale and extend your arms forward, pulling your shoulders up and back.
5. Repeat the exercise 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 WITH PULLEY ASSISTANCE**

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



**SHOULDER PULL-DOWN**  
**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 oblique muscle.
5. Internal oblique muscle.
6. Rectus abdominis muscle.



**STANDING BENCH PRESS**  
**MUSCLE GROUPS WORKED:**

1. Pectoralis major muscle.
2. Pectoralis minor muscle.
3. Serratus anterior muscle.
4. External oblique muscle.
5. Internal oblique muscle.
6. Rectus abdominis muscle.



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

1. Pectoralis major muscle.
2. Pectoralis minor muscle.
3. Serratus anterior muscle.
4. External oblique muscle.
5. Internal oblique muscle.
6. Rectus abdominis muscle.



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

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



**LUNGROW**  
**MUSCLE GROUPS WORKED:**

1. Pectoralis major muscle.
2. Pectoralis minor muscle.
3. Serratus anterior muscle.
4. External oblique muscle.
5. Internal oblique muscle.
6. Rectus abdominis muscle.



**FRONT SHOULDER BAR**  
**MUSCLE GROUPS WORKED:**

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



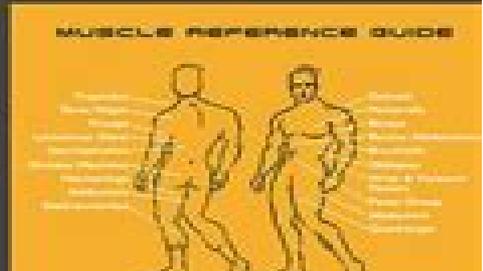
**LATERAL SHOULDER BAR**  
**MUSCLE GROUPS WORKED:**

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



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

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



# Marcy Pro 4400 Exercise Guide

**RC Schank**



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