

# 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, keeping your feet flat on the floor.
3. Exhale and crunch forward, lifting your shoulders and head off the floor.
4. Inhale and lean back slightly, keeping your feet flat on the floor.
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. Anterior deltoid muscle.
3. Pectoralis major 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 thighs, 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. Anterior deltoid muscle.
3. Pectoralis major 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 upwards, keeping your elbows close to your body.
3. Exhale and pull the handles back down to the starting position.
4. Repeat the exercise for the desired number of repetitions.



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

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



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

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



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

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



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

1. Pectoralis major muscle.
2. Pectoralis minor muscle.
3. Anterior deltoid muscle.
4. Coracobrachialis muscle.
5. Brachialis muscle.
6. Brachioradialis muscle.



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

1. Pectoralis major muscle.
2. Pectoralis minor muscle.
3. Anterior deltoid muscle.
4. Coracobrachialis muscle.
5. Brachialis muscle.
6. Brachioradialis muscle.



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

1. Pectoralis major muscle.
2. Pectoralis minor muscle.
3. Anterior deltoid muscle.
4. Coracobrachialis muscle.
5. Brachialis muscle.
6. Brachioradialis muscle.



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

1. Deltoid muscle.
2. Triceps brachii muscle.
3. Anterior deltoid muscle.
4. Coracobrachialis muscle.
5. Brachialis muscle.
6. Brachioradialis muscle.



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

1. Erector spinae muscle.
2. Rhomboid muscle.
3. Trapezius muscle.
4. Biceps brachii muscle.
5. Brachialis muscle.
6. Brachioradialis muscle.



**FRONT SQUAT**  
**MUSCLE GROUPS WORKED:**

1. Quadriceps muscle.
2. Erector spinae muscle.
3. Gluteus muscle.
4. Hamstring muscle.
5. Adductor muscle.
6. Abductor muscle.



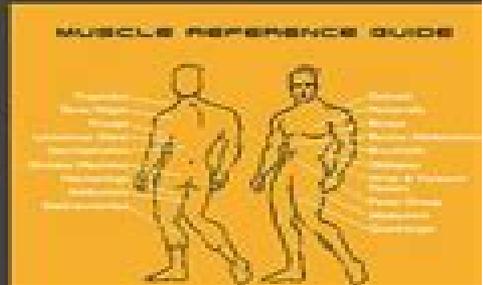
**LATERAL SQUAT**  
**MUSCLE GROUPS WORKED:**

1. Quadriceps muscle.
2. Erector spinae muscle.
3. Gluteus muscle.
4. Hamstring muscle.
5. Adductor muscle.
6. Abductor muscle.



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

1. Quadriceps muscle.
2. Erector spinae muscle.
3. Gluteus muscle.
4. Hamstring muscle.
5. Adductor muscle.
6. Abductor muscle.



# Marcy Pro 4400 Exercise Guide

**J Spring**



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