



STANDING LAT PULL-DOWN
 • Seated on the machine, grasp the bar with both hands.
 • Pull the bar down towards your chest.
 • Lower the bar back to the starting position.
 • Repeat for the desired number of repetitions.



SEATED LAT PULL-DOWN
 • Seated on the machine, grasp the bar with both hands.
 • Pull the bar down towards your chest.
 • Lower the bar back to the starting position.
 • Repeat for the desired number of repetitions.



STANDING OVERHEAD PRESS
 • Standing on the machine, grasp the bar with both hands.
 • Press the bar overhead until your arms are fully extended.
 • Lower the bar back to the starting position.
 • Repeat for the desired number of repetitions.



SEATED OVERHEAD PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar overhead until your arms are fully extended.
 • Lower the bar back to the starting position.
 • Repeat for the desired number of repetitions.



SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar forward until your arms are fully extended.
 • Lower the bar back to the starting position.
 • Repeat for the desired number of repetitions.



SEATED SHOULDER PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar overhead until your arms are fully extended.
 • Lower the bar back to the starting position.
 • Repeat for the desired number of repetitions.



SEATED CHEST FLY
 • Seated on the machine, grasp the bar with both hands.
 • Fly the bar out to the sides until your arms are fully extended.
 • Lower the bar back to the starting position.
 • Repeat for the desired number of repetitions.



SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar forward until your arms are fully extended.
 • Lower the bar back to the starting position.
 • Repeat for the desired number of repetitions.



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MARCY

When You Finally Get Serious



GETTING STARTED
 Before using any of the exercises on this chart, it is important to read the instructions and safety warnings carefully. The instructions are located on the machine's manual. The safety warnings are located on the machine's frame. It is also important to consult with a qualified fitness professional before beginning any exercise program. They can help you determine the appropriate weight and number of repetitions for your fitness level. Once you are ready to begin, follow the instructions and safety warnings carefully. Use proper form and technique to avoid injury. Start with a light weight and gradually increase the weight as you become more comfortable with the exercise. Remember to breathe properly and to rest adequately between sets. If you experience any pain or discomfort, stop the exercise immediately and consult with a qualified fitness professional. The MD-9010 is a versatile machine that can be used for a wide variety of exercises. The exercise chart provides a comprehensive list of exercises that can be performed on the machine. Each exercise is illustrated with a photograph and accompanied by detailed instructions. The instructions describe the starting position, the movement, and the target muscles. The safety warnings describe the proper use of the machine and the potential risks of using it incorrectly. By following the instructions and safety warnings carefully, you can maximize the benefits of the MD-9010 and achieve your fitness goals.

SAFETY WARNINGS
 • Do not use the machine if you are pregnant or have any medical conditions that may be aggravated by exercise.
 • Do not use the machine if you are under the influence of alcohol or drugs.
 • Do not use the machine if you are wearing loose clothing or jewelry.
 • Do not use the machine if you are barefoot or wearing flip-flops.
 • Do not use the machine if you are not properly seated or standing on the machine.
 • Do not use the machine if you are not holding the handles or bars correctly.
 • Do not use the machine if you are not using proper form and technique.
 • Do not use the machine if you are not breathing properly.
 • Do not use the machine if you are not resting adequately between sets.
 • Do not use the machine if you experience any pain or discomfort.
 • Do not use the machine if you are not following the instructions and safety warnings carefully.
 • Do not use the machine if you are not consulting with a qualified fitness professional before beginning any exercise program.
 • Do not use the machine if you are not using the machine in a well-ventilated area.
 • Do not use the machine if you are not using the machine in a clean and dry area.
 • Do not use the machine if you are not using the machine in a safe area.
 • Do not use the machine if you are not using the machine in a supervised area.
 • Do not use the machine if you are not using the machine in a secure area.
 • Do not use the machine if you are not using the machine in a well-lit area.
 • Do not use the machine if you are not using the machine in a safe and sound manner.

Model # MD-9010

Marcy Weight Bench Exercise Guide

Léo Pomar



Marcy Weight Bench Exercise Guide:

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