



**EXERCISE 1**  
Seated chest press  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handles with your hands shoulder-width apart.  
3. Press the handles forward and upward until your arms are fully extended.  
4. Lower the handles back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 2**  
Seated shoulder press  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handles with your hands shoulder-width apart.  
3. Press the handles straight up until your arms are fully extended.  
4. Lower the handles back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 3**  
Seated lat pulldown  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handles with your hands shoulder-width apart.  
3. Pull the handles down towards your chest.  
4. Return the handles to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 4**  
Seated row  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handles with your hands shoulder-width apart.  
3. Pull the handles towards your chest.  
4. Return the handles to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 5**  
Seated leg press  
1. Sit on the bench with your feet flat on the floor.  
2. Push the footplate forward with your feet.  
3. Return the footplate to the starting position.  
4. Repeat for the desired number of repetitions.



**EXERCISE 6**  
Seated calf raise  
1. Sit on the bench with your feet flat on the floor.  
2. Push the footplate up with your feet.  
3. Lower the footplate back to the starting position.  
4. Repeat for the desired number of repetitions.



**EXERCISE 7**  
Seated bicep curl  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handles with your hands shoulder-width apart.  
3. Curl the handles up towards your chest.  
4. Lower the handles back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 8**  
Seated tricep extension  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handles with your hands shoulder-width apart.  
3. Extend the handles down behind your head.  
4. Return the handles to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 9**  
Seated abdominal crunch  
1. Sit on the bench with your feet flat on the floor.  
2. Lift your feet and knees.  
3. Crunch your torso up towards your knees.  
4. Lower your torso back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 10**  
Seated back extension  
1. Sit on the bench with your feet flat on the floor.  
2. Lift your feet and knees.  
3. Arch your back and lift your torso.  
4. Lower your torso back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 11**  
Seated side lunge  
1. Sit on the bench with your feet flat on the floor.  
2. Push the footplate to the side with your feet.  
3. Return the footplate to the starting position.  
4. Repeat for the desired number of repetitions.



**EXERCISE 12**  
Seated squat  
1. Sit on the bench with your feet flat on the floor.  
2. Push the footplate forward with your feet.  
3. Return the footplate to the starting position.  
4. Repeat for the desired number of repetitions.



**EXERCISE 13**  
Seated standing lunge  
1. Sit on the bench with your feet flat on the floor.  
2. Push the footplate forward with your feet.  
3. Return the footplate to the starting position.  
4. Repeat for the desired number of repetitions.



**EXERCISE 14**  
Seated standing lunge  
1. Sit on the bench with your feet flat on the floor.  
2. Push the footplate forward with your feet.  
3. Return the footplate to the starting position.  
4. Repeat for the desired number of repetitions.



**EXERCISE 15**  
Seated standing lunge  
1. Sit on the bench with your feet flat on the floor.  
2. Push the footplate forward with your feet.  
3. Return the footplate to the starting position.  
4. Repeat for the desired number of repetitions.



**EXERCISE 16**  
Seated standing lunge  
1. Sit on the bench with your feet flat on the floor.  
2. Push the footplate forward with your feet.  
3. Return the footplate to the starting position.  
4. Repeat for the desired number of repetitions.



**EXERCISE 17**  
Seated standing lunge  
1. Sit on the bench with your feet flat on the floor.  
2. Push the footplate forward with your feet.  
3. Return the footplate to the starting position.  
4. Repeat for the desired number of repetitions.



**EXERCISE 18**  
Seated standing lunge  
1. Sit on the bench with your feet flat on the floor.  
2. Push the footplate forward with your feet.  
3. Return the footplate to the starting position.  
4. Repeat for the desired number of repetitions.



**EXERCISE 19**  
Seated standing lunge  
1. Sit on the bench with your feet flat on the floor.  
2. Push the footplate forward with your feet.  
3. Return the footplate to the starting position.  
4. Repeat for the desired number of repetitions.



**EXERCISE 20**  
Seated standing lunge  
1. Sit on the bench with your feet flat on the floor.  
2. Push the footplate forward with your feet.  
3. Return the footplate to the starting position.  
4. Repeat for the desired number of repetitions.



**EXERCISE 21**  
Seated standing lunge  
1. Sit on the bench with your feet flat on the floor.  
2. Push the footplate forward with your feet.  
3. Return the footplate to the starting position.  
4. Repeat for the desired number of repetitions.



**EXERCISE 22**  
Seated standing lunge  
1. Sit on the bench with your feet flat on the floor.  
2. Push the footplate forward with your feet.  
3. Return the footplate to the starting position.  
4. Repeat for the desired number of repetitions.



**EXERCISE 23**  
Seated standing lunge  
1. Sit on the bench with your feet flat on the floor.  
2. Push the footplate forward with your feet.  
3. Return the footplate to the starting position.  
4. Repeat for the desired number of repetitions.



**EXERCISE 24**  
Seated standing lunge  
1. Sit on the bench with your feet flat on the floor.  
2. Push the footplate forward with your feet.  
3. Return the footplate to the starting position.  
4. Repeat for the desired number of repetitions.

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# Marcy Weight Machine Manual

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