



mp 3100
multi-function home gym

> exercise chart

NOTE: ALWAYS EXERCISE WITH CORRECT FORM. PROPER FORM, AND NOT ONLY WEIGHT PLACED, MUST BE WITH THE CORRECT MUSCLES. EXERCISES CAN BE MODIFIED TO SUIT YOUR FITNESS LEVELS.



Seated Chest Press
1. Seated on bench, hold weight with both hands.
2. Press weight up from chest.
3. Lower weight back down to chest.
4. Repeat 10-15 times.



Seated Shoulder Press
1. Seated on bench, hold weight with both hands.
2. Press weight up from shoulders.
3. Lower weight back down to shoulders.
4. Repeat 10-15 times.



Seated Lat Pull-Down
1. Seated on bench, hold bar with both hands.
2. Pull bar down towards chest.
3. Release bar back up to starting position.
4. Repeat 10-15 times.



Seated Row
1. Seated on bench, hold bar with both hands.
2. Pull bar towards chest.
3. Release bar back up to starting position.
4. Repeat 10-15 times.



Seated Leg Press
1. Seated on bench, hold bar with both hands.
2. Press bar down with legs.
3. Release bar back up to starting position.
4. Repeat 10-15 times.



Seated Calf Press
1. Seated on bench, hold bar with both hands.
2. Press bar down with feet.
3. Release bar back up to starting position.
4. Repeat 10-15 times.



Seated Bicep Curl
1. Seated on bench, hold bar with both hands.
2. Curl bar up towards chest.
3. Release bar back down to starting position.
4. Repeat 10-15 times.



Seated Tricep Extension
1. Seated on bench, hold bar with both hands.
2. Extend bar down behind head.
3. Release bar back up to starting position.
4. Repeat 10-15 times.



Seated Abdominal Crunch
1. Seated on bench, hold bar with both hands.
2. Crunch torso forward.
3. Release torso back to starting position.
4. Repeat 10-15 times.



Seated Back Extension
1. Seated on bench, hold bar with both hands.
2. Extend back upwards.
3. Release back down to starting position.
4. Repeat 10-15 times.



Seated Side Crunch
1. Seated on bench, hold bar with both hands.
2. Crunch torso to the side.
3. Release torso back to starting position.
4. Repeat 10-15 times.



Seated Side Extension
1. Seated on bench, hold bar with both hands.
2. Extend torso to the side.
3. Release torso back to starting position.
4. Repeat 10-15 times.



Seated Side Crunch
1. Seated on bench, hold bar with both hands.
2. Crunch torso to the side.
3. Release torso back to starting position.
4. Repeat 10-15 times.



Seated Side Extension
1. Seated on bench, hold bar with both hands.
2. Extend torso to the side.
3. Release torso back to starting position.
4. Repeat 10-15 times.



Seated Side Crunch
1. Seated on bench, hold bar with both hands.
2. Crunch torso to the side.
3. Release torso back to starting position.
4. Repeat 10-15 times.



Seated Side Extension
1. Seated on bench, hold bar with both hands.
2. Extend torso to the side.
3. Release torso back to starting position.
4. Repeat 10-15 times.



Seated Side Crunch
1. Seated on bench, hold bar with both hands.
2. Crunch torso to the side.
3. Release torso back to starting position.
4. Repeat 10-15 times.



Seated Side Extension
1. Seated on bench, hold bar with both hands.
2. Extend torso to the side.
3. Release torso back to starting position.
4. Repeat 10-15 times.



Seated Side Crunch
1. Seated on bench, hold bar with both hands.
2. Crunch torso to the side.
3. Release torso back to starting position.
4. Repeat 10-15 times.



Seated Side Extension
1. Seated on bench, hold bar with both hands.
2. Extend torso to the side.
3. Release torso back to starting position.
4. Repeat 10-15 times.



Seated Side Crunch
1. Seated on bench, hold bar with both hands.
2. Crunch torso to the side.
3. Release torso back to starting position.
4. Repeat 10-15 times.



Seated Side Extension
1. Seated on bench, hold bar with both hands.
2. Extend torso to the side.
3. Release torso back to starting position.
4. Repeat 10-15 times.



Seated Side Crunch
1. Seated on bench, hold bar with both hands.
2. Crunch torso to the side.
3. Release torso back to starting position.
4. Repeat 10-15 times.



Seated Side Extension
1. Seated on bench, hold bar with both hands.
2. Extend torso to the side.
3. Release torso back to starting position.
4. Repeat 10-15 times.

GETTING STARTED
Before you begin your workout, it is important to warm up your muscles. This can be done by performing light cardio for 5-10 minutes. Once you are warmed up, you can begin your workout. Start with the exercises listed in the chart, and gradually increase the weight as you become more comfortable with the movements. Remember to always use proper form, and to breathe correctly throughout your workout. If you are unsure of how to perform any of the exercises, consult the manual or ask a fitness professional for assistance.

SAFETY PRECAUTIONS
Always use proper form and technique when performing exercises. Do not lift weights that are too heavy for you, and do not perform exercises that you are not familiar with. If you feel any pain or discomfort during your workout, stop immediately and consult a medical professional. It is also important to stay hydrated throughout your workout, and to avoid exercising if you are feeling tired or stressed. Finally, make sure that you are using the equipment correctly, and that all safety features are properly adjusted.

muscle reference guide



Weight Machine Exercise Guide

Michael Brown

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

Weight Machine Exercise Guide:

Beginner's Guide to Fitness StoryBuddiesPlay,2025-01-19 Embark on a life changing fitness journey with this comprehensive guide designed to transform your health from the ground up Whether you re a complete novice or looking to restart your fitness path this book provides a step by step roadmap to achieving your wellness goals Packed with practical advice expert insights and actionable strategies you ll discover how to build strength improve nutrition and create lasting lifestyle changes that go beyond mere exercise beginner fitness guide fitness transformation workout routine nutrition for fitness exercise for beginners health and wellness fitness motivation body transformation strength training fitness lifestyle

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Stoppani's Encyclopedia of Muscle & Strength Jim Stoppani,2014-10-17 Finally a research based book that covers all facets of optimizing the development of muscle and strength Jim Stoppani s Encyclopedia of Muscle evaluations of equipment options including TRX BOSU and kettlebells explanations of the role and importance of each muscle group latest nutrition information for losing fat and increasing muscle mass presentations of the best exercises including body weight for adding strength and mass and descriptions and examples of many types of workouts and programs and their effects Choose from 381 exercises presented for 13 muscle groups and the whole body Proper technique for each exercise is tailored to the type of resistance used be it free weights weight machines or body weight Plus each of the 116 training programs is rated according to workout duration the projected time frame for achieving measurable results level of difficulty and overall effectiveness Past Muscle Fitness senior science editor Jim Stoppani covers each topic in detail His advice will help you conquer any problem or plateau you encounter So build your knowledge base to build a better body Jim Stoppani s Encyclopedia of Muscle Strength is the ultimate resource for pinpointing and achieving the results you re seeking **The**

Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton,2007 *Action Plan for Menopause*

Barbara Ann Bushman, Janice Clark Young, 2005 Based on the latest research this exercise based plan will help you take control of your fitness You will learn the best and safest exercises for perimenopause menopause and postmenopause and how diet medication and exercise interact to affect symptoms book cover *Woman's Guide to Shaping Your Body with Weights* Marge Covino, Pat Jordan, 1978 **Dairy Laboratory Guide** George Lester Martin, 1912 **Indian Club Exercises** Edward Barrett Warman, 1915 Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit Mobil Travel Guide ,1998 *TV Guide* ,1981 Official Gazette of the United States Patent and Trademark Office ,1993 *Schedule of Examinations and Instructions to Applicants* United States Civil Service Commission, 1896 **1993 Mobil Travel Guide, Frequent Travelers' Guide to Major Cities** Mobil Travel Guides, 1993 **Catalogue and Price List Base Ball Players Supplies, Fishing Tackle and Sporting Goods in General** Kiffe, H.H. Company, 1893 **Mobil Travel Guide Southwest and South Central** Mobil Travel Guides, 1994 Mobil: Frequent Traveler's Guide to Major Cities 1996 Fodor's, Fodor's Travel Publications, Inc. Staff, 1996 **Physical Fitness Guidelines** ,1996 *Exercise for Older Adults* Cedric X. Bryant, Daniel J. Green, American Council on Exercise, 2005 *Exercise for Older Adults* ACE s Guide for Fitness Professionals offers the essential information fitness professionals need to provide older adults with safe and effective fitness programming from the physiology of aging to the techniques and tools for motivating and communicating with older adults Personal trainers activity directors health educators and fitness facility managers are among those who will benefit from this valuable resource

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