



mp 3100
multi-function home gym

> exercise chart

NOTE: ALWAYS EXERCISE WITH CORRECT FORM. PROPERLY ADJUST THE GYM AND USE THE WEIGHT PLATES, NOT THE WEIGHTS THEMSELVES. ALWAYS USE THE CORRECT GRIPPING TECHNIQUE AND FORM.



SEATED CHEST PRESS
1. Adjust the seat height.
2. Adjust the weight.
3. Sit on the seat and hold the handles with both hands.
4. Press the weight forward until the arms are fully extended.
5. Return the weight to the starting position.
6. Repeat the exercise for the desired number of repetitions.



SEATED SHOULDER PRESS
1. Adjust the seat height.
2. Adjust the weight.
3. Sit on the seat and hold the handles with both hands.
4. Press the weight overhead until the arms are fully extended.
5. Return the weight to the starting position.
6. Repeat the exercise for the desired number of repetitions.



SEATED LAT PULL-DOWN
1. Adjust the seat height.
2. Adjust the weight.
3. Sit on the seat and hold the handles with both hands.
4. Pull the weight down towards the thighs.
5. Return the weight to the starting position.
6. Repeat the exercise for the desired number of repetitions.



SEATED ROW
1. Adjust the seat height.
2. Adjust the weight.
3. Sit on the seat and hold the handles with both hands.
4. Pull the weight towards the chest.
5. Return the weight to the starting position.
6. Repeat the exercise for the desired number of repetitions.



SEATED LEG PRESS
1. Adjust the seat height.
2. Adjust the weight.
3. Sit on the seat and hold the handles with both hands.
4. Press the weight forward with the legs.
5. Return the weight to the starting position.
6. Repeat the exercise for the desired number of repetitions.



SEATED CALF PRESS
1. Adjust the seat height.
2. Adjust the weight.
3. Sit on the seat and hold the handles with both hands.
4. Press the weight forward with the calves.
5. Return the weight to the starting position.
6. Repeat the exercise for the desired number of repetitions.



SEATED BICEP CURL
1. Adjust the seat height.
2. Adjust the weight.
3. Sit on the seat and hold the handles with both hands.
4. Curl the weight up towards the shoulders.
5. Return the weight to the starting position.
6. Repeat the exercise for the desired number of repetitions.



SEATED TRICEP EXTENSION
1. Adjust the seat height.
2. Adjust the weight.
3. Sit on the seat and hold the handles with both hands.
4. Extend the weight down towards the thighs.
5. Return the weight to the starting position.
6. Repeat the exercise for the desired number of repetitions.



SEATED ABDOMINAL CRUNCH
1. Adjust the seat height.
2. Adjust the weight.
3. Sit on the seat and hold the handles with both hands.
4. Crunch the weight up towards the chest.
5. Return the weight to the starting position.
6. Repeat the exercise for the desired number of repetitions.



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2. Adjust the weight.
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GETTING STARTED
Before using the mp 3100 multi-function home gym, please read the instructions carefully. The mp 3100 multi-function home gym is designed to provide a safe and effective workout. To ensure the best results, please follow the following instructions:

1. Read the instructions carefully before using the gym.

2. Adjust the seat height and weight according to your needs.

3. Use the correct gripping technique and form.

4. Do not use the gym if you are injured or have any medical conditions.

5. Do not use the gym if you are pregnant or have any other medical conditions.

6. Do not use the gym if you are under the age of 18.

7. Do not use the gym if you are over the age of 65.

8. Do not use the gym if you are overweight or obese.

9. Do not use the gym if you are a smoker or drink alcohol.

10. Do not use the gym if you are taking any medication.

11. Do not use the gym if you are feeling dizzy or lightheaded.

12. Do not use the gym if you are feeling any pain or discomfort.

13. Do not use the gym if you are feeling any fatigue or exhaustion.

14. Do not use the gym if you are feeling any weakness or instability.

15. Do not use the gym if you are feeling any other symptoms.

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MUSCLE REFERENCE GUIDE
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muscle reference guide



Weight Machine Exercise Guide

Shu Chen Hou



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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Applied Sport Mechanics Brendan Burkett,2025-10-08 *Applied Sport Mechanics* Fifth Edition explores how the fundamental laws of human movement affect athletes performances Foundational principles of kinetics kinematics and sport technique are clearly presented and then explored through a variety of applied scenarios **Jim**

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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