



MARCY

Multi Gym Exercise Chart

Please Note: This chart is for illustration purposes only and differs in style to the MKM-1101



ABDOMINAL CRUNCH
Equipment: Abdominal crunch
Starting Position: Sit on the bench, legs straight, feet flat on the floor, hands gripping the handles. Weight plate is on the floor in front of you.
Exercise:
1. Inhale, draw the navel in towards the spine.
2. Exhale, lift the upper torso, keeping the back straight, until the chest is near the handles.
3. Inhale, return to the starting position.
4. Repeat 10-15 times.
5. Rest, then repeat 2-3 more sets.



BICEP CURL
Equipment: Bicep curl
Starting Position: Stand with feet shoulder-width apart, holding the handles with an overhand grip. Weight plate is on the floor in front of you.
Exercise:
1. Inhale, draw the shoulders back and down.
2. Exhale, lift the upper torso, keeping the back straight, until the chest is near the handles.
3. Inhale, return to the starting position.
4. Repeat 10-15 times.
5. Rest, then repeat 2-3 more sets.



TRICEP CURL
Equipment: Tricep curl
Starting Position: Sit on the bench, legs straight, feet flat on the floor, hands gripping the handles. Weight plate is on the floor in front of you.
Exercise:
1. Inhale, draw the navel in towards the spine.
2. Exhale, lift the upper torso, keeping the back straight, until the chest is near the handles.
3. Inhale, return to the starting position.
4. Repeat 10-15 times.
5. Rest, then repeat 2-3 more sets.



TRICEP PUSH-DOWN
Equipment: Tricep push-down
Starting Position: Stand with feet shoulder-width apart, holding the handles with an overhand grip. Weight plate is on the floor in front of you.
Exercise:
1. Inhale, draw the navel in towards the spine.
2. Exhale, lift the upper torso, keeping the back straight, until the chest is near the handles.
3. Inhale, return to the starting position.
4. Repeat 10-15 times.
5. Rest, then repeat 2-3 more sets.



LAT PULL-DOWN
Equipment: Lat pull-down
Starting Position: Sit on the bench, legs straight, feet flat on the floor, hands gripping the handles. Weight plate is on the floor in front of you.
Exercise:
1. Inhale, draw the navel in towards the spine.
2. Exhale, lift the upper torso, keeping the back straight, until the chest is near the handles.
3. Inhale, return to the starting position.
4. Repeat 10-15 times.
5. Rest, then repeat 2-3 more sets.



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Exercise:
1. Inhale, draw the navel in towards the spine.
2. Exhale, lift the upper torso, keeping the back straight, until the chest is near the handles.
3. Inhale, return to the starting position.
4. Repeat 10-15 times.
5. Rest, then repeat 2-3 more sets.



BENT-OVER LATERAL RAISE
Equipment: Bent-over lateral raise
Starting Position: Stand with feet shoulder-width apart, holding the handles with an overhand grip. Weight plate is on the floor in front of you.
Exercise:
1. Inhale, draw the navel in towards the spine.
2. Exhale, lift the upper torso, keeping the back straight, until the chest is near the handles.
3. Inhale, return to the starting position.
4. Repeat 10-15 times.
5. Rest, then repeat 2-3 more sets.



PECTORAL FLY
Equipment: Pectoral fly
Starting Position: Sit on the bench, legs straight, feet flat on the floor, hands gripping the handles. Weight plate is on the floor in front of you.
Exercise:
1. Inhale, draw the navel in towards the spine.
2. Exhale, lift the upper torso, keeping the back straight, until the chest is near the handles.
3. Inhale, return to the starting position.
4. Repeat 10-15 times.
5. Rest, then repeat 2-3 more sets.



LEG EXTENSION
Equipment: Leg extension
Starting Position: Sit on the bench, legs straight, feet flat on the floor, hands gripping the handles. Weight plate is on the floor in front of you.
Exercise:
1. Inhale, draw the navel in towards the spine.
2. Exhale, lift the upper torso, keeping the back straight, until the chest is near the handles.
3. Inhale, return to the starting position.
4. Repeat 10-15 times.
5. Rest, then repeat 2-3 more sets.



SQUAT
Equipment: Squat
Starting Position: Stand with feet shoulder-width apart, holding the handles with an overhand grip. Weight plate is on the floor in front of you.
Exercise:
1. Inhale, draw the navel in towards the spine.
2. Exhale, lift the upper torso, keeping the back straight, until the chest is near the handles.
3. Inhale, return to the starting position.
4. Repeat 10-15 times.
5. Rest, then repeat 2-3 more sets.



LAT KICK-BACK
Equipment: Lat kick-back
Starting Position: Stand with feet shoulder-width apart, holding the handles with an overhand grip. Weight plate is on the floor in front of you.
Exercise:
1. Inhale, draw the navel in towards the spine.
2. Exhale, lift the upper torso, keeping the back straight, until the chest is near the handles.
3. Inhale, return to the starting position.
4. Repeat 10-15 times.
5. Rest, then repeat 2-3 more sets.



LEG KICK-OUT
Equipment: Leg kick-out
Starting Position: Stand with feet shoulder-width apart, holding the handles with an overhand grip. Weight plate is on the floor in front of you.
Exercise:
1. Inhale, draw the navel in towards the spine.
2. Exhale, lift the upper torso, keeping the back straight, until the chest is near the handles.
3. Inhale, return to the starting position.
4. Repeat 10-15 times.
5. Rest, then repeat 2-3 more sets.



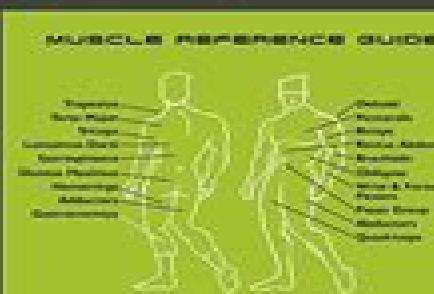
LATERAL RAISE
Equipment: Lateral raise
Starting Position: Stand with feet shoulder-width apart, holding the handles with an overhand grip. Weight plate is on the floor in front of you.
Exercise:
1. Inhale, draw the navel in towards the spine.
2. Exhale, lift the upper torso, keeping the back straight, until the chest is near the handles.
3. Inhale, return to the starting position.
4. Repeat 10-15 times.
5. Rest, then repeat 2-3 more sets.



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Equipment: Lateral raise
Starting Position: Stand with feet shoulder-width apart, holding the handles with an overhand grip. Weight plate is on the floor in front of you.
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4. Repeat 10-15 times.
5. Rest, then repeat 2-3 more sets.



Workout Guide For Marcy Mwm 98

Izabela Siuda

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Stern's Performing Arts Directory ,1998 **Body by You** Mark Lauren,Joshua Clark,2013-01-01 BURN FAT NOT TIME The ultimate get in shape fast at home no equipment required program designed especially for women from the ultra fit Special Operations trainer and author of You Are Your Own Gym Say goodbye to long tedious hours at the gym and boring muscle depleting cardio exercises Elite trainer and fitness guru Mark Lauren is here to show you that the best and only equipment you need to get in shape is free and always accessible your own body This quick and easy program will save you time money and maybe your life In less than thirty minutes three times a week and with no machinery or weights you can achieve the toned arms flatter abs tighter buns and killer legs you ve always wanted You won t build bulk you ll build strength and turn your body into a fat burning machine Featuring 120 different exercises in five movement categories Pulling Squatting In Line Pushing Perpendicular Pushing and Bending and with three ascending levels of difficulty Body by You ensures that you ll never get bored by the same static workout And with such a small time commitment less than one percent of your time every week it is a fun program that can be effortlessly incorporated with your work and family plans With Mark Lauren as your motivational guide and nutritional coach Body by You will help you meet your individual fitness goals Ultimately it s not about moving through the gym with ease it s about moving through your life with ease leaner stronger more confident and with more energy **Summer Body 12-Week Workout Guide** Izabela Siuda,2019-07-19 Total body makeover in just 12 weeks NO GYM REQUIRED WORKOUT ANYWHERE Very little equipment needed You only need a pair of dumbbells exercise mat elastic band and a good mood SHORT WORKOUTS 27 MINUTES A DAY 3 TIMES A WEEK Time saving workouts maximize your results while you still have time to enjoy life CIRCUIT WORKOUTS GUARANTEE FAST WEIGHT LOSS The workouts have been proven to shape and tighten your body while helping with weight management BONUS Pilates and stretching workouts to build core strength flatten your abs and help you manage stress Summer Body 12 week Workout Guide is your complete guide to exercise Performed regularly will bring you right to your dream bikini body All this in only 12 weeks You ll find there sets of exercises for each day of your training You only need 27 minutes 3 times a week Start today and in several weeks you ll see a completely new you What are the workouts like Each training for a given day consists of a few exercises with weights or with your own body weight Exercises must be performed in a specified time Each exercise is illustrated and described Each day you exercise different body parts to help you shape beautiful female body Workouts vary every week in order to achieve best possible results and avoid boredom What else besides training with dumbbells Pilates workouts will help you strengthen your back and get rid of back pain The exercises work your core and deep muscles They also shape your abdominal area Stretching workouts will improve your flexibility and help you to calm down after a tough day Workout guide also contains guidelines for aerobic training which you should perform in order to speed up weight loss Lack of motivation to exercise regularly Summer Body 12 week Workout Guide contains a chapter in

which you find motivational tips Training with weights will make me look muscular Training with weights shapes beautiful feminine figure without adding to much muscle Don t worry practicing with Summer Body 12 week Workout Guide won t make you look bulky Will it help me get six pack abs Abs are made in the kitchen To see these beautiful lean abs you not only need training but also a nutritional plan that will reduce the general amount of fat in your body The right plan for that is Summer Body 6 week Nutrition Guide As a summarize you get 12 weeks plan to shape and tighten your body Bonus workouts to eliminate back pains and help you get more flexible These exercises derive from Pilates and Yoga Little equipment needed Train at home or at a gym Tips how to stay motivated A chapter on how to best measure your results Different exercises each week Each exercise is illustrated and explained Short and effective workouts 30 minutes a day Workout tips on how to chose the correct weights dumbbells Exercises for female problematic areas abdomen buttocks thighs and shoulders Exercises to strengthen your core Ready Let s start now

Workout from Home Guide: Planning, Equipment, & Workout

Routines Stephen Berkley,2021-01-15 It is generally assumed that a person should have lots of equipment at home to do workout at home But that is not true infact a person can workout at home using no equipment If you are the one without enough gym equipment but wants to continue your fitness program then this guide will help you This ebook will guide you to continue your workout at home with no gym equipment tools and gear Moreover some body excercises are mentioned in this book which is a great way to build your body strength Whatever your workout goal may be this guide will help you Whats included Moves to make your muscles stronger Different exercise routines for different muscles type Exercises for cardio workout routine A few minutes workout programs i e 20 minutes exercise workout tips for strong joints bodyweight workout routines complete info Ways to make your arms and shoulders stronger And much moreIf you cannot go to gym and want to continue exercise and fitness program at home then this guide is for you Scroll to the top of the page and click add to cart to purchase instantly

The Ultimate Body Liz Neporent,2007-12-18 Which exercises do the best job toning my thighs and legs What routine will really help me lose weight once and for all Why should I skip crunches if I m trying to turn my beer belly into a six pack If you re looking for answers just ask Lizzy As America s premier fitness guru and the bestselling coauthor of *Buns of Steel* and *Weight Training for Dummies* Liz Neporent has helped hundreds of satisfied individuals get in shape Now she wants to help you Easy to follow results oriented and completely illustrated with photographs *The Ultimate Body* is a dream come true for women looking to shed pounds tone muscles and feel the fittest they have ever felt in their lives Inside you ll discover Pre workout prep can do motivational strategies goal setting and how to develop a workout schedule that is tailor made for you The Perfect Beginner Workout If you re feeling out of shape the buff starts here with Modified Push Ups Partial Ab Rolls and Pelvic Tilts The Perfect Gym Workout Lizzy takes you step by step through the most effective machine circuit at the gym and takes away the intimidation The Perfect Weight Loss Workout Exercises that will help you lose body fat and keep it off from jumping rope to Jumping Jacks The Perfect Strength Workout Muscle building and strength maximizing

routines and the secrets of the world's strongest athletes The Perfect No Crunch Abdominal Workout Attain a flat toned tummy with Ball Crunches Hovers and Mini Leg Lowers Plus the Mind Body Workout for calming the mind the Travel Workout for keeping fit on the road a Stretch Workout for improving flexibility and posture the Perfect Legs and Butt Workout for tight buns and gorgeous gams and the Perfect Upper Body Workout for sculpting those muscles north of the waistline Highlighted throughout with personal stories and anecdotes from fitness experts and people who successfully put into practice Lizzy's routines this accessible guide makes feeling fit and looking great a snap go sweat **The 90 Day No Equipment Workout Plan** G. Zollo, 2021-06-07 Updated version after reading reviews I have now included full photograph exercise demonstrations increased text size and simplified the routine to zone in on strength gain and fat loss more efficiently Introducing The Minimalist Approach To Achieving A Trim Toned And Functionally Strong Body All From The Comfort Of Your Home WITHOUT Any Expensive Equipment Are you a woman who struggles to find the time to get to the gym Do you feel completely overwhelmed when you walk into a gym not knowing where to start or what machines to use The facts are that although gyms are a great recourse to improve your fitness and body It is purely a luxury and many of those big machines you see are not necessary when it comes to burning fat and reshaping your body The problem with a lot of workout programs is that they are often complicated and ask too much of it's participants sometimes requiring five to six hour long workouts per week The problem first of all is it's not sustainable to keep up with leaving very little time for recovery an important component in not only becoming fit strong and lean but also remaining injury free Fitness is meant to enhance our lives not take away from it and spending countless hours working out following programs that quite frankly are suited more to professional athletes rather than everyday people like you and me It's time to make fitness an enjoyable part of your life not something you dread having to do everyday Which is why we advocate a minimalist approach to reshaping your body allowing you more time to show off your results instead of being a slave to your workouts This workout program requires zero equipment it can be performed anywhere regardless of space and by anyone regardless of your current fitness level It will take you from a complete beginner with no exercise experience all the way up to a fit functionality strong woman ready to dominate life and inspire those around you No gym membership or home equipment needed just your body and a chair will see you through to the best shape of your life Here's A Slither Of What's Inside Busting Through The Myths Of The Fitness Industry Including 1 That Has Continued To Lead Women Down The Wrong Path When Transforming Their Bodies For Decades An Equation To Calculate Your Own Individual Caloric Needs Guaranteeing Results As Well As A Simple Way To Construct Your Meals If You're Not A Calorie Counter A Progressive Workout System Built With Exercises That Will Improve Your Everyday Movement It Will Have You Not Only Looking Great But Moving Greater A Program That Won't Get In The Way Your Life And Other Commitments As You Will Only Be Training 3 Days Per Week Why Bodyweight Training Is Superior To Weight Training To Building A Truly Functionally Strong Body That Keeps You Younger Longer Full Support From Myself

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The Ultimate New York Body Plan David Kirsch,2005-01 A fitness programme specifically designed to complement The Ultimate New York Body Plan this program is designed to be done every day for 14 days David demonstrates and guides viewers through the fitness routine much more motivating and appealing format than exercising from a book See dramatic results at the end of the two week period and gain the motivation to maintain the results for life The fitness plan comprises an initial fitness test to determine whether you should proceed to the core programme For those who aren t ready there is a 15 minute modified

version to do four times a week in order to build up the required initial fitness The Core Programme comprises a 45 min full body workout of strength endurance shaping toning and sculpting to be done 3 4 times a week Also contains specific abdomen upper body and leg and butt routines carefully designed to target different body types Two weeks until your class reunion A

surprise anniversary cruise from your husband one that leaves at the end of the month How do you get your body in shape without weeks of working out and dieting David Kirsch s 2 Weeks to a Great Body provides readers with an intensive and doable fitness and diet program one that will burn off excess fat in just two weeks Kirsch s program includes the following elements 1 The 2 Week Body Readers learn which body parts to target for the shape they want to achieve 2 The 2 Week Diet Readers will find a 2 week customized diet along with recipes and menus 3 The 2 Week Exercise Plan Combining aerobic and fat burning exercises cardio sculpting workouts and abdominal and upper body workouts 4 Dress to Thrill Readers discover the moves needed to sculpt their bodies to create their best in shape look

[Home Workout Guide](#) Nicole Smith,2023-05-03 Home workout guide is a comprehensive guide for anyone looking to get in shape in the comfort of their own home This guide will provide step by step instructions on how to perform various exercises at home enabling you to create a personalized workout routine that fits your needs It will provide advice on proper form and technique helping you to maximize the effectiveness of your home workouts With the Home workout guide you can transform your body and reach your fitness goal in the comfort of your own home

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