



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**  
**Muscles worked:** Chest, Triceps, Shoulders  
**Instructions:**  
1. Sit on the bench with feet flat on the floor.  
2. Hold the weight with both hands.  
3. Press the weight up until your arms are fully extended.  
4. Lower the weight back down to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED SHOULDER PRESS**  
**Muscles worked:** Shoulders, Triceps, Chest  
**Instructions:**  
1. Sit on the bench with feet flat on the floor.  
2. Hold the weight with both hands.  
3. Press the weight up until your arms are fully extended over your head.  
4. Lower the weight back down to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED ROW**  
**Muscles worked:** Back, Biceps, Shoulders  
**Instructions:**  
1. Sit on the bench with feet flat on the floor.  
2. Hold the weight with both hands.  
3. Pull the weight towards your chest.  
4. Lower the weight back down to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED LEG PRESS**  
**Muscles worked:** Quads, Hamstrings, Glutes  
**Instructions:**  
1. Sit on the bench with feet flat on the floor.  
2. Push the weight away with your legs.  
3. Lower the weight back down to the starting position.  
4. Repeat for the desired number of repetitions.



**SEATED CALF RAISE**  
**Muscles worked:** Calves  
**Instructions:**  
1. Sit on the bench with feet flat on the floor.  
2. Raise your heels.  
3. Lower your heels back down to the starting position.  
4. Repeat for the desired number of repetitions.



**SEATED BICEP CURL**  
**Muscles worked:** Biceps  
**Instructions:**  
1. Sit on the bench with feet flat on the floor.  
2. Curl the weight up towards your shoulder.  
3. Lower the weight back down to the starting position.  
4. Repeat for the desired number of repetitions.



**SEATED TRICEP EXTENSION**  
**Muscles worked:** Triceps  
**Instructions:**  
1. Sit on the bench with feet flat on the floor.  
2. Extend the weight down behind your head.  
3. Raise the weight back up to the starting position.  
4. Repeat for the desired number of repetitions.



**SEATED LAT PULL DOWN**  
**Muscles worked:** Lats, Biceps, Shoulders  
**Instructions:**  
1. Sit on the bench with feet flat on the floor.  
2. Pull the weight down towards your chest.  
3. Lower the weight back up to the starting position.  
4. Repeat for the desired number of repetitions.



**SEATED LEG CURL**  
**Muscles worked:** Hamstrings, Glutes  
**Instructions:**  
1. Sit on the bench with feet flat on the floor.  
2. Curl your legs up.  
3. Lower your legs back down to the starting position.  
4. Repeat for the desired number of repetitions.



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**Muscles worked:** Shoulders, Triceps, Chest  
**Instructions:**  
1. Sit on the bench with feet flat on the floor.  
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3. Press the weight up until your arms are fully extended over your head.  
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4. Repeat for the desired number of repetitions.



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**Instructions:**  
1. Sit on the bench with feet flat on the floor.  
2. Pull the weight down towards your chest.  
3. Lower the weight back up to the starting position.  
4. Repeat for the desired number of repetitions.



**SEATED LEG CURL**  
**Muscles worked:** Hamstrings, Glutes  
**Instructions:**  
1. Sit on the bench with feet flat on the floor.  
2. Curl your legs up.  
3. Lower your legs back down to the starting position.  
4. Repeat for the desired number of repetitions.



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**Instructions:**  
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4. Repeat for the desired number of repetitions.

**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. Remember to always use proper form, and stop if you feel any pain or discomfort. After your workout, it is important to stretch your muscles to help reduce soreness and improve flexibility. The mp 3100 multi-function home gym is a great piece of equipment for anyone looking to improve their fitness at home. It offers a variety of exercises that target different muscle groups, making it a versatile and effective workout tool. To get the most out of your mp 3100, be sure to follow the instructions in this exercise chart carefully. With consistent use, you can achieve your fitness goals and enjoy the convenience of having a gym at home.

**MUSCLE REFERENCE GUIDE**  
The mp 3100 multi-function home gym is designed to target a wide range of muscle groups. The following guide provides a visual representation of the muscles that are worked during each exercise. The muscles are labeled with numbers corresponding to the exercises in the chart. This guide is intended to help you understand which muscles are being targeted and to ensure that you are performing the exercises correctly. The muscles shown in the diagram include the chest, shoulders, back, biceps, triceps, legs, and calves. By following the instructions in this chart, you can effectively work all of these muscle groups and improve your overall strength and fitness. Remember to always use proper form and to listen to your body. If you are unsure about how to perform an exercise, consult the instructions or ask a fitness professional for assistance. The mp 3100 is a versatile and effective piece of equipment that can help you achieve your fitness goals. Use it regularly and you will see the benefits in no time.



# Weight Machine Exercise Guide

**Yicheng Fang**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, 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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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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