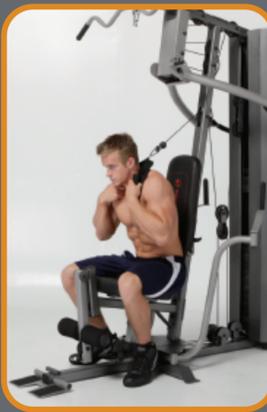


# MD-3400

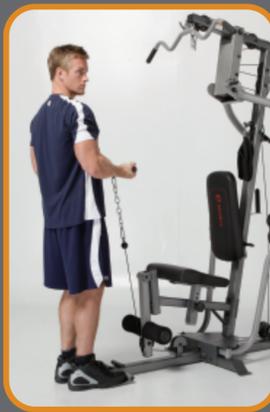
home gym

# EXERCISE CHART



**ABDOMINAL CRUNCH**  
**MUSCLE EMPHASIS: ABDOMINALS**

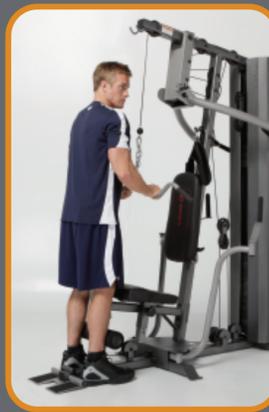
1. Select a weight that you are comfortable with.
2. Attach tricep/ab strap to the mid-pulley using a spring clip.
3. Adjust the seat pad to the lowest position.
4. Sit against the seat back pad, locking your lower legs into the foam roller pads.
5. From a seated position and with your back against the back pad, reach back and grasp the tricep/ab strap.
6. Position the strap just behind your head.
7. While keeping your lower back against the back pad, roll downward, "crunching" from your upper body and compressing the muscles of the abdominal section.
8. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.



**BICEP CURL**  
**MUSCLE EMPHASIS: BICEPS**

1. Select a weight that you are comfortable with.
2. Attach the shiver bar to the low pulley using a spring clip.
3. Position your feet onto the flip-up row plate.
4. Grasp the shiver bar with both hands, and palms facing up.
5. With your elbows positioned near your sides, rotate your palms up in an arched motion, pivoting only from your elbows.
6. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.

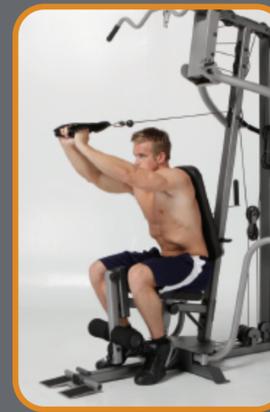
Note: If the weights hit the top during this exercise, add the supplied chain between shiver bar and the low pulley to lower the starting position of the exercise.



**TRICEP PUSH-DOWN**  
**MUSCLE EMPHASIS: TRICEPS**

1. Select a weight that you are comfortable with.
2. Attach the lat bar or shiver bar to the overhead pulley using a spring clip.
3. Stand, facing into the machine.
4. Grasp the bar with fists close together.
5. Keep your elbows at your sides and push the bar down, rotating only from the elbows and completing a full extension.
6. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.

Note: If the weights hit the top during this exercise, add the chain between the tricep/lat bar and the upper pulley to lower the starting position of the exercise.



**TRICEP EXTENSION**  
**MUSCLE EMPHASIS: TRICEPS**

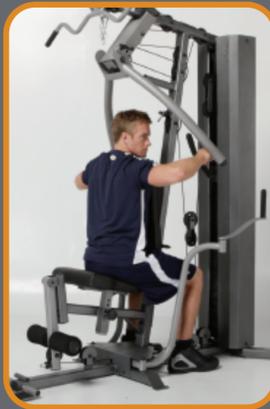
1. Select a weight that you are comfortable with.
2. Position the press bar furthest away from your body so it will not interfere with the exercise movement.
3. Attach tricep/ab strap to the mid-pulley using a spring clip.
4. Angle the seat back pad forward as shown in the photo.
5. Sit against the seat back pad, locking your lower legs into the foam pads.
6. From a seated position and with your back against the back pad, reach back and grasp the tricep/ab strap.
7. Position the strap handles above your head.
8. Keeping your lower back against the back pad, extend your arms forward, rotating only from the elbows and completing a full extension.
9. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.



**SEATED PULLEY ROW**

**MUSCLE EMPHASIS: MID BACK**

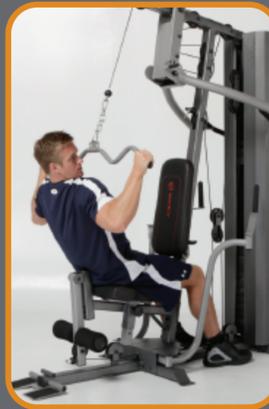
1. Select a weight that you are comfortable with.
2. Attach the shiver bar to the low pulley using a spring clip.
3. Sit facing the low pulley, supporting your feet against the flip-up row plate.
4. Grasp the shiver bar with your palms facing up or down.
5. Pull the bar up to your abdominal mid section.
6. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.



**SEATED PRESS BAR ROW**

**MUSCLE EMPHASIS: MID BACK**

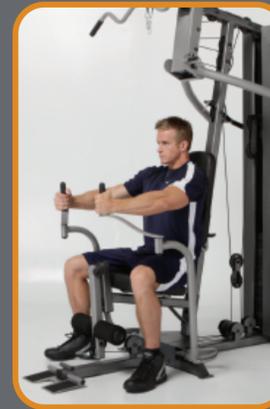
1. Select a weight that you are comfortable with.
2. Adjust the press bar handle by using the press arm adjustment pin and cam hole setting at the top of the press bar.
3. Position the press bar at arms distance from your body.
4. Sit, facing into the machine. Reach forward, arms fully extended and grasp the lower press bar handles.
5. Pull the press bar to your chest.
6. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.



**LAT PULL-DOWN**

**MUSCLE EMPHASIS: LATISSIMUS**

1. Select a weight that you are comfortable with.
2. Position the press bar furthest away from your body so it will not interfere with the exercise movement.
3. Adjust the seat pad to the lowest position.
4. Attach the tricep/lat bar to the overhead pulley using a spring clip.
5. Sit, facing into the machine.
6. Grip the lat bar at the extreme ends.
7. Pull the bar down to your upper chest.
8. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.



**PECTORAL FLY**

**MUSCLE EMPHASIS: PECTORALIS**

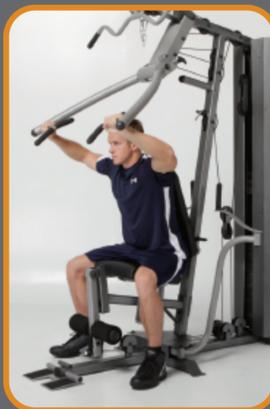
1. Select a weight that you are comfortable with.
2. Position the press bar furthest away from your body so it will not interfere with the exercise movement.
3. Adjust the seat pad so the pec fly handles are at chest level.
4. Reach out from your body and grasp the handles of the pec fly arms.
5. Rotate the pec fly arms forward, contracting from the chest, until the handles meet 16" in front of your chest. It is important to keep your elbows slightly bent throughout this entire exercise.
6. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.



**FLAT BENCH PRESS**

**MUSCLE EMPHASIS: PECTORALIS**

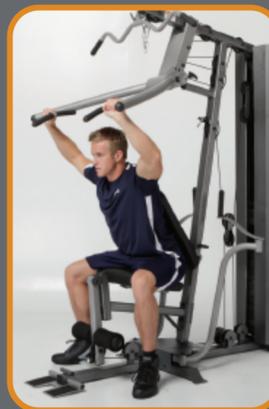
1. Select a weight that you are comfortable with.
2. Adjust the back pad to the upright position as shown in the photo.
3. Adjust the press bar handle by using the press arm adjustment pin and cam hole setting at the top of the press bar.
4. Position the press bars horizontal handles at mid chest level by lowering or raising the seat pad.
5. Keeping your back firmly against the back pad, push the press bar away from your body to a full extension.
6. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.



**INCLINE BENCH PRESS**

**MUSCLE EMPHASIS: PECTORALIS**

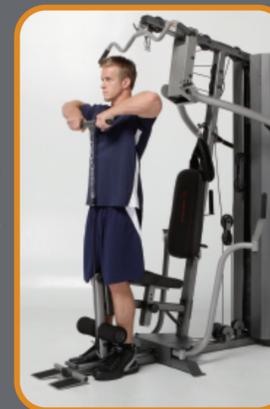
1. Select a weight that you are comfortable with.
2. Adjust the angle of the back pad to the midway position as shown in the photo.
3. Adjust the press bar handle by using the press arm adjustment pin and cam hole setting at the top of the press bar.
4. Position the press bars horizontal handles at upper chest level by lowering or raising the seat pad.
5. Keeping your back firmly against the back pad, push the press bar away from your body to a full extension.
6. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.



**SEATED SHOULDER PRESS**

**MUSCLE EMPHASIS: DELTOIDS**

1. Select a weight that you are comfortable with.
2. Adjust the angle of the back pad to the forward position as shown in the photo.
3. Adjust the press bar handle by using the press arm adjustment pin and cam hole setting at the top of the press bar.
4. Position the press bars horizontal handles at shoulder height by lowering or raising the seat pad.
5. Keeping your back firmly against the back pad, push the press bar away from your body to a full extension.
6. Return to the starting position in a slow and controlled manner and repeat exercise.

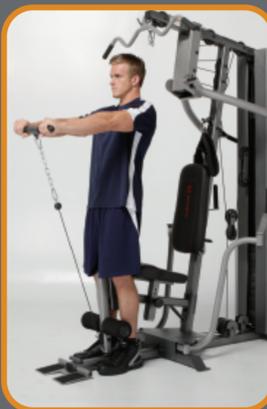


**UPRIGHT ROW**

**MUSCLE EMPHASIS: SHOULDER**

1. Select a weight that you are comfortable with.
2. Attach shiver bar to the low pulley using a spring clip.
3. Stand facing away from the machine.
4. Grasp the shiver bar with your palms facing down.
5. Raise the bar up to the top of your chest.
6. Return to the starting position in a slow and controlled manner and repeat exercise.

Note: If the weights hit the top during this exercise, add the supplied chain between shiver bar and the low pulley to lower the starting position of the exercise.

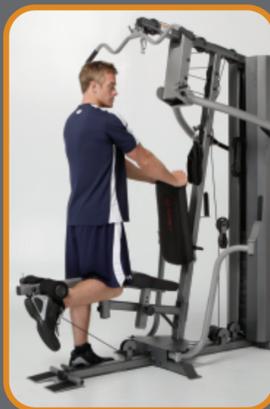


**FRONT SHOULDER RAISE**

**MUSCLE EMPHASIS: DELTOIDS**

1. Select a weight that you are comfortable with.
2. Attach shiver bar to the low pulley using a spring clip.
3. Stand facing away from the machine.
4. Grasp the shiver bar with your palms facing down and bring the cable between your legs.
5. With your arms slightly bent, raise the bar up to chest height level.
6. Return to the starting position in a slow and controlled manner and repeat exercise.

Note: If the weights hit the top during this exercise, add the supplied chain between shiver bar and the low pulley to raise the starting position of the exercise.



**STANDING LEG CURL**

**MUSCLE EMPHASIS: HAMSTRINGS**

1. Select a weight that you are comfortable with.
2. Bring the seat back pad forward 1-2 settings and use it to support your upper body.
3. Stand in front of the seat pad, facing into the machine.
4. Adjust the seat bottom pad so it is positioned slightly above your kneecaps.
5. Position the back of your ankles so they rest against the foam roller pads.
6. Slowly raise one leg by rotating from the knee joint and curling your leg upward as far as possible.
7. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions. Repeat exercise with other leg.

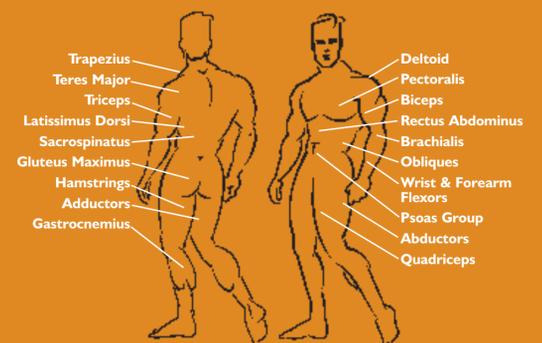


**LEG EXTENSION**

**MUSCLE EMPHASIS: QUADRICEPS**

1. Select a weight that you are comfortable with.
2. Position the press bar furthest away from your body so it will not interfere with the exercise movement.
3. Adjust the seat pad height so the roller ankle pads are positioned where your feet meet your lower legs.
4. Position the back of your knees over the top of the rounded edge of the seat pad.
5. Extend your legs forward, pivoting from the knees, to a full extension.
6. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.

**MUSCLE REFERENCE GUIDE**



**WARNING! PLEASE READ BEFORE EXERCISING:**

When working out, do the following for each exercise: A. Select a desired weight. B. Exhale while exerting/lifting the weights, and inhale while returning to the starting position in a slow and controlled manner. Before using the tricep/lat bar, remove from tricep/lat bar hooks. Replace tricep/lat bar on hooks after each use. 1. Read all caution and warning stickers before using this machine. 2. Before using, inspect this machine for loose, frayed, or worn parts, including cables and connectors. If in doubt, do not use machine until parts are replaced. 3. Weight plate clips must be secured completely before using this machine. 4. Should weights, pulleys, or other parts become jammed, do not attempt to free them yourself, obtain assistance. 5. Keep clear of weights and all moving parts. 6. Children should not be permitted to use the machine. 7. For consistent, smooth operation, the guide rods should be lubricated periodically with synthetic lubricant. 8. Prior to beginning any exercise program it is suggested to have a complete physical examination and obtain your physician's approval of your conditioning program. We recommend that you always exercise with a partner or someone who can act as a "spotter", should the weights become too difficult for you to lift on your own.

**GETTING STARTED:**

Always warm-up your muscles before exercising. Easy stretching (without bouncing) and light calisthenics, for several minutes, are recommended to prepare your body. A "repetition" is defined as one complete movement from the starting position, through the full range of motion, and back to the starting position. Start your exercise program conservatively. Select a weight for each exercise that is easily performed for the full range of your motion. Learn to feel your body's responses and change your program accordingly. The number of repetitions for each set should range between eight and fifteen. As a general rule, the lower the number of repetitions performed (eight to ten), the heavier the resistance of weight used. While heavy resistance increases muscular strength, the full range of movement is necessary to achieve maximum mus-

cle strength and development. Rest between each set of repetitions long enough to catch your breath. Work up to three or four sets for each isolated exercise. When you can perform the desired number of repetitions at a given weight, increase the resistance by five or ten pounds. There may be a number of exercises isolating the same muscle. These exercises should be grouped together and performed on the same day, followed by a day of rest for that particular muscle.

**EXERCISE PROGRAM SUGGESTION #1**

Exercise the complete body every other day, up to three times a week. The one day rest enables the body to recover from the previous workout.

**EXERCISE PROGRAM SUGGESTION #2**

Alternating your daily workouts. One day isolate the upper body exercises, and the next day perform the lower body exercises. To reduce lactic acid build-up and consequently reduce muscle soreness, end each exercise with an increased number of repetitions at a lighter weight. Also, stretching the muscles is recommended upon completion of your weight resistance program.

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**VARIABLE EXERCISE PROGRAMS**

What are your fitness goals?

Strength/Mass	Tone/Definition	General Health
3-4 sets	4-5 sets	3-5 sets
5-8 repetitions	12-15 repetitions	9-12 repetitions
70%-80% *(MW)	40%-60% *(MW)	60%-70% *(MW)

\*(MW)= Maximum Weight  
 A percentage of the maximum weight you can lift by performing a single repetition

**Repetition**

A "repetition" is defined as a single movement performed during any given exercise while completing a full range of motion from beginning to end.

**Set**

A "set" is defined as a series of continuous repetitions.

• Rest one minute between sets, two to three minutes for more advanced routines.

• Maintain proper form and body positioning as you perform each exercise through the complete range of motion.