

EXERCISE CHART

MD-2109

home gyms



PLEASE NOTE: ANKLE STRAP AND NYLON "D" HANDLE MAY NOT BE INCLUDED WITH THIS EXERCISE MACHINE. THESE ITEMS ARE SOLD SEPARATELY THROUGH VARIOUS SPORTING GOODS RETAIL STORES.



ABDOMINAL CRUNCH

MUSCLE EMPHASIS: ABS/CORE

1. Select the desired weight.
2. Attach tricep bar to the overhead pulley using a chain link clip.
3. Sit against the seat back pad, locking your lower legs into the foam roller pads.
4. From a seated position and with your back against the back pad, reach up and grip the tricep bar.
5. Position the bar behind your head. Keeping your elbows locked near your head, continue to hold this position.
6. While keeping your lower back against the back pad, roll downward, "crunching" from your upper body and compressing the muscles of the abdominal section.
7. Return to the starting position in a slow and controlled manner and repeat exercise.

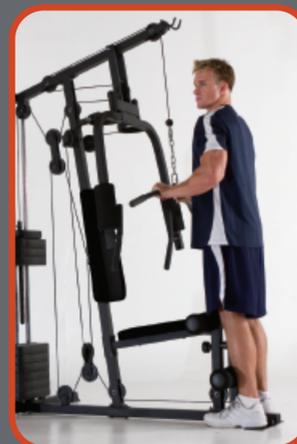


BICEP CURL

MUSCLE EMPHASIS: BICEPS

1. Select the desired weight.
2. Attach the lat bar or shiver bar to the low pulley using the chain link clip.
3. Stand, facing away from the machine with both feet on the low pulley foot plate.
4. Grasp the lat bar with both hands with your 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.

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



TRICEP PUSH-DOWN

MUSCLE EMPHASIS: TRICEP

1. Select the desired weight.
2. Attach the lat bar or shiver bar to the overhead pulley using the chain link clip.
3. Stand, facing into the machine with both feet on the low pulley foot plate.
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 repeat exercise.

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



WIDE LAT PULL-DOWN

MUSCLE EMPHASIS: BACK

1. Select the desired weight.
2. Attach the lat bar to the overhead pulley using the chain link clip.
3. Sit, facing into the machine and position your thighs under the seat back pad for stability.
4. Grip the lat bar at the extreme ends.
5. Pull the bar down towards your upper chest.
6. Return to the starting position in a slow and controlled manner and repeat exercise.



UPRIGHT ROW

MUSCLE EMPHASIS: SHOULDER

1. Select the desired weight.
2. Attach lat bar or shiver bar to the low pulley using the chain link clip.
3. Stand facing away from the machine with both feet on the low pulley foot plate.
4. Grasp the 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 lat bar and the low pulley to extend the starting position of the exercise.



PECTORAL CHEST FLYS

MUSCLE EMPHASIS: CHEST

1. Select the desired weight.
2. Position your forearms against the foam arm pads of the chest press arm.
3. By using only your forearms, push the chest press bar arms together by rotating the pads forward until they meet.
4. Return to the starting position in a slow and controlled manner and repeat exercise.



STANDARD CHEST PRESS

MUSCLE EMPHASIS: CHEST

1. Select the desired weight.
2. Grip the lower handles of the chest press bar.
3. Push the chest press bar away from your body to a full extension.
4. Return to the starting position in a slow and controlled manner and repeat exercise.

Note: To perform incline chest press exercises, grip the upper set of handles on the press arm to change the angle of motion during the chest press exercise.



LEG KICK-OUTER THIGH (ABDUCTORS)

MUSCLE EMPHASIS: OUTER THIGH

1. Select the desired weight.
2. Attach the ankle strap around the leg to be exercised or the one furthest from the low pulley.
3. Attach the chain link clip of low pulley to the ankle strap.
4. Stand beside the low pulley with one foot placed on the low pulley foot plate.
5. Grasp press bar handle or seat back pad for stability and extend leg outward, pivoting only from the hip.
6. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.



LEG EXTENSION

MUSCLE EMPHASIS: FRONT OF LEGS

1. Select the desired weight.
2. Position the back of your knees over the top of the rounded foam seat pads.
3. Position the top of your ankles under the lower round foam roller pads.
4. Extend your legs forward, pivoting from the knees, to a full extension.
5. Return to the starting position in a slow and controlled manner and repeat exercise.



STANDING LEG CURL

MUSCLE EMPHASIS: BACK OF LEG

1. Select the desired weight.
2. Stand facing the machine and grasp the chest press arm handles for stability.
3. Position your knee caps slightly below the front rounded foam roller pad.
4. Place the back of your ankle behind the lower foam roller pad.
5. Curl leg upward towards your buttocks.
6. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.

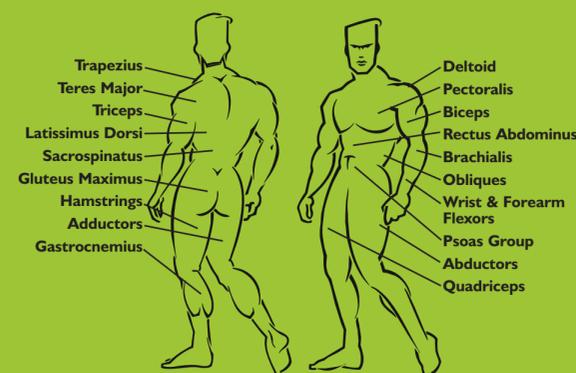


LEG KICK-BACK

MUSCLE EMPHASIS: BACK OF LEG

1. Select the desired weight.
2. Wrap the ankle strap around the leg to be exercised.
3. Attach the chain link clip at the low pulley to the ankle strap.
4. Stand facing the low pulley with one foot placed on the low pulley foot plate.
5. Brace your hands on the chest press handles for stability.
6. Kick your leg back, pivoting only from the hip.
7. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.

MUSCLE REFERENCE GUIDE



WARNING! PLEASE READ BEFORE EXERCISING

When exercising, please do the following for each exercise: A. Select a reasonable weight. B. Exhale while lifting the weights, and inhale while returning to the starting position. C. Before using the lat bar, remove it from lat bar hooks. Replace the lat bar on hooks after each use. Do not attempt to do pull-ups from the lat bar when it is stored on the hooks. D. Read all caution and warning stickers before using this machine. E. Before using, inspect this machine for loose, frayed, or worn parts, including cables and connectors. If in doubt, do not use this machine until parts are replaced. F. Weight stack pin must be completely inserted before using this machine. G. Should weights, pulleys, or other parts become jammed, do not attempt to free them yourself, obtain assistance. H. Keep clear of weights and all moving parts. I. Children should not be permitted to use the machine. K. For consistent, smooth operation, the guide rods should be lubricated periodically with synthetic lubricant. L. 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. M. We recommend that you always exercise with a partner or someone who can offer assistance should the weights become too heavy 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.