



STANDING CABLE ROW
 • Pull the handle towards your chest, keeping your back straight and feet flat on the floor.
 • This exercise targets the back, shoulders, and biceps.



SEATED CABLE ROW
 • Sit on the machine, facing the cable, and pull the handle towards your chest.
 • This exercise targets the back, shoulders, and biceps.



LYING CABLE ROW
 • Lie on your back, feet flat on the floor, and pull the handle towards your chest.
 • This exercise targets the back, shoulders, and biceps.



STANDING CABLE Crossover
 • Stand with feet flat on the floor, pulling the handle from one side towards the opposite shoulder.
 • This exercise targets the chest, shoulders, and core.



SEATED CABLE Crossover
 • Sit on the machine, facing the cable, and pull the handle from one side towards the opposite shoulder.
 • This exercise targets the chest, shoulders, and core.



LYING CABLE Crossover
 • Lie on your back, feet flat on the floor, and pull the handle from one side towards the opposite shoulder.
 • This exercise targets the chest, shoulders, and core.



SEATED CABLE ROW WITH PULLEY
 • Sit on the machine, facing the cable, and pull the handle towards your chest.
 • This exercise targets the back, shoulders, and biceps.



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LYING CABLE ROW WITH PULLEY
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SEATED CABLE ROW WITH PULLEY
 • Sit on the machine, facing the cable, and pull the handle towards your chest.
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SEATED CABLE Crossover WITH PULLEY
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SEATED CABLE Crossover WITH PULLEY
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LYING CABLE Crossover WITH PULLEY
 • Lie on your back, feet flat on the floor, and pull the handle from one side towards the opposite shoulder.
 • This exercise targets the chest, shoulders, and core.



MAFRCY

When You Finally Get Serious



GETTING STARTED
 Before you begin your workout, it's 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 a few sets of each exercise, and then gradually increase the weight and reps as you become more comfortable with the movements. Remember to breathe properly and maintain good form throughout your workout.

IMPORTANT SAFETY INFORMATION
 Always use proper form and technique when performing exercises. If you are unsure of how to perform an exercise, consult a fitness professional. It's also important to listen to your body and stop if you experience any pain or discomfort. Finally, remember to stay hydrated and get enough rest between workouts.

Model Reference Only

Mwm988 Marcy Home Gym Exercise Guide

Yan Bai



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