

MP-3500

Home gym

EXERCISE CHART



ABDOMINAL CRUNCH
MUSCLE GROUPS WORKED:

1. Abdominal muscles.
2. Rectus abdominis (up to the neck) and obliques.
3. Erector spinae (up to the neck) and iliopsoas.

HOW TO PERFORM:

1. Sit on the machine with your feet on the footplate and your hands on the handles.
2. Inhale and lean back slightly, pulling your shoulders up and back.
3. Exhale and crunch forward, pulling your shoulders up and back.
4. Inhale and lean back slightly, pulling your shoulders up and back.
5. Repeat the exercise for the desired number of repetitions.



SEATED PULLEY ROW
MUSCLE GROUPS WORKED:

1. Latissimus dorsi.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the wrist) and hand.



STANDING SEATED PRESS
MUSCLE GROUPS WORKED:

1. Latissimus dorsi.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the wrist) and hand.



FRONT SHOULDER PRESS
MUSCLE GROUPS WORKED:

1. Deltoid muscles.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the wrist) and hand.



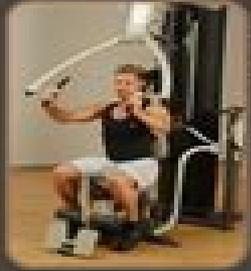
BICEPS CURL
MUSCLE GROUPS WORKED:

1. Biceps brachii.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the wrist) and hand.



SEATED PRESS BAR ROW
MUSCLE GROUPS WORKED:

1. Latissimus dorsi.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the wrist) and hand.



INCLINE BENCH PRESS
MUSCLE GROUPS WORKED:

1. Pectoralis major.
2. Deltoid muscles.
3. Erector spinae (up to the neck) and iliopsoas.
4. Rhomboid muscles (up to the neck) and trapezius.
5. Biceps brachii (up to the neck) and brachialis.
6. Forearm muscles (up to the wrist) and hand.



LATERAL SHOULDER PRESS
MUSCLE GROUPS WORKED:

1. Deltoid muscles.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the wrist) and hand.



TRICEPS PUSH-DOWN
MUSCLE GROUPS WORKED:

1. Triceps brachii.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the wrist) and hand.



INCLINE PULL-DOWN
MUSCLE GROUPS WORKED:

1. Latissimus dorsi.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the wrist) and hand.



SEATED SHOULDER PRESS
MUSCLE GROUPS WORKED:

1. Deltoid muscles.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the wrist) and hand.



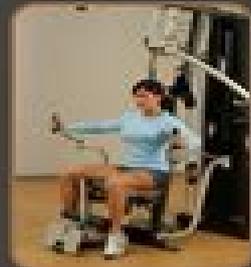
LEG EXTENSION
MUSCLE GROUPS WORKED:

1. Rectus femoris.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the wrist) and hand.



TRICEPS EXTENSION
MUSCLE GROUPS WORKED:

1. Triceps brachii.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the wrist) and hand.



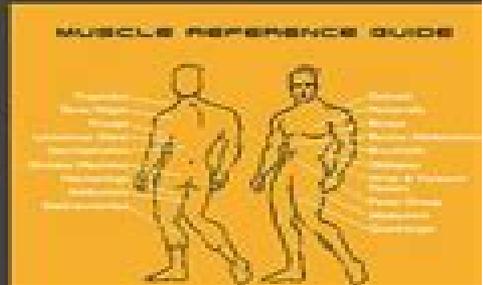
PECTORAL FLY
MUSCLE GROUPS WORKED:

1. Pectoralis major.
2. Deltoid muscles.
3. Erector spinae (up to the neck) and iliopsoas.
4. Rhomboid muscles (up to the neck) and trapezius.
5. Biceps brachii (up to the neck) and brachialis.
6. Forearm muscles (up to the wrist) and hand.



LIGHT ROW
MUSCLE GROUPS WORKED:

1. Latissimus dorsi.
2. Erector spinae (up to the neck) and iliopsoas.
3. Rhomboid muscles (up to the neck) and trapezius.
4. Biceps brachii (up to the neck) and brachialis.
5. Forearm muscles (up to the wrist) and hand.



Marcy Pro 4400 Exercise Guide

Tao Wei



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