



STANDING LAT PULL DOWN
 • Seated on the machine, grasp the bar with both hands.
 • Pull the bar down towards your chest.
 • Lower the bar back to the starting position.
 • Repeat for the desired number of repetitions.



SEATED LAT PULL DOWN
 • Seated on the machine, grasp the bar with both hands.
 • Pull the bar down towards your chest.
 • Lower the bar back to the starting position.
 • Repeat for the desired number of repetitions.



STANDING OVERHEAD PRESS
 • Standing on the machine, grasp the bar with both hands.
 • Press the bar overhead until your arms are fully extended.
 • Lower the bar back to the starting position.
 • Repeat for the desired number of repetitions.



SEATED OVERHEAD PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar overhead until your arms are fully extended.
 • Lower the bar back to the starting position.
 • Repeat for the desired number of repetitions.



SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar forward until your arms are fully extended.
 • Lower the bar back to the starting position.
 • Repeat for the desired number of repetitions.



SEATED SHOULDER PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar overhead until your arms are fully extended.
 • Lower the bar back to the starting position.
 • Repeat for the desired number of repetitions.



SEATED CHEST FLY
 • Seated on the machine, grasp the bar with both hands.
 • Fly the bar out to the sides until your arms are fully extended.
 • Lower the bar back to the starting position.
 • Repeat for the desired number of repetitions.



SEATED CHEST PRESS
 • Seated on the machine, grasp the bar with both hands.
 • Press the bar forward until your arms are fully extended.
 • Lower the bar back to the starting position.
 • Repeat for the desired number of repetitions.



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 • Seated on the machine, grasp the bar with both hands.
 • Press the bar forward until your arms are fully extended.
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 • Press the bar overhead until your arms are fully extended.
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MARCY

When You Finally Get Serious



GETTING STARTED
 Before using any of the exercises on this chart, it is important to read the instructions and safety warnings carefully. The instructions are located on the machine's manual. The safety warnings are located on the machine's frame. It is also important to consult with a qualified fitness professional before beginning any exercise program. The fitness professional can help you determine the appropriate weight and number of repetitions for your fitness level. It is also important to warm up before exercising and to stretch after exercising. The warm up should consist of 5-10 minutes of low intensity cardiovascular exercise. The stretching should consist of 5-10 minutes of static stretching. The stretching should be done after the warm up and after the exercise program. The stretching should be done for each muscle group that was exercised. The stretching should be done for 30 seconds per muscle group. The stretching should be done for 2-3 times per muscle group. The stretching should be done for 2-3 times per session. The stretching should be done for 2-3 times per week. The stretching should be done for 2-3 times per month. The stretching should be done for 2-3 times per year. The stretching should be done for 2-3 times per lifetime.

SAFETY
 It is important to use proper form and technique when exercising. The fitness professional can help you determine the appropriate form and technique for each exercise. It is also important to use the correct weight and number of repetitions. The fitness professional can help you determine the appropriate weight and number of repetitions for your fitness level. It is also important to warm up before exercising and to stretch after exercising. The warm up should consist of 5-10 minutes of low intensity cardiovascular exercise. The stretching should consist of 5-10 minutes of static stretching. The stretching should be done after the warm up and after the exercise program. The stretching should be done for each muscle group that was exercised. The stretching should be done for 30 seconds per muscle group. The stretching should be done for 2-3 times per muscle group. The stretching should be done for 2-3 times per session. The stretching should be done for 2-3 times per week. The stretching should be done for 2-3 times per month. The stretching should be done for 2-3 times per year. The stretching should be done for 2-3 times per lifetime.

Model reference only

Marcy Weight Bench Exercise Guide

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Marcy Weight Bench Exercise Guide:

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