

PM-3200

exercise chart



BICEP CURL

MUSCLE EMPHASIS: BICEPS

1. Select the desired weight.
2. Hold the straight bar and place the bar pads using a spring clip.
3. Grasp the straight bar with both hands, facing your palms up.
4. Wrap your elbows underneath your wrists, wrap your wrists out in an arched motion, pointing away from your elbows.
5. Return to the starting position in a slow and controlled manner and repeat the exercise. Repeat by completing an entire set of repetitions.



LAT FULL-DOWN

MUSCLE EMPHASIS: BACK

1. Select the desired weight.
2. Place the bar bar and place in the straight position using a spring clip.
3. Sit, holding onto the machine and position your straight under the neck bar and the machine.
4. Wrap the bar in the machine until.
5. Pull the bar down as you wrap around.
6. Return to the starting position in a slow and controlled manner and repeat the exercise. Repeat by completing an entire set of repetitions.



TRIANGLE CURL

MUSCLE EMPHASIS: BICEPS

1. Select the desired weight.
2. Hold the straight bar and place the bar pads using a spring clip.
3. Wrap the straight bar just below your head and position the bar of your arms against the straight bar pad.
4. Grasp the straight bar with both hands, facing your palms up.
5. Wrap your elbows placed on the straight bar pad, wrap your wrists up in an arched motion, pointing away from your elbows.
6. Return to the starting position in a slow and controlled manner and repeat the exercise. Repeat by completing an entire set of repetitions.



STANDARD BENCH PRESS

MUSCLE EMPHASIS: CHEST

1. Select the desired weight.
2. Push the arms bar away from your body in a full extension.
3. Return to the starting position in a slow and controlled manner and repeat the exercise. Repeat by completing an entire set of repetitions.



TRICEP PUSH-DOWN

MUSCLE EMPHASIS: TRICEP

1. Select the desired weight.
2. Hold the straight bar and place the bar pads using a spring clip.
3. Wrap the bar with both arms together.
4. Wrap the bar with both arms together.
5. Wrap your elbows at your sides and push the bar down, bending only the elbows and maintaining a full extension.
6. Return to the starting position in a slow and controlled manner and repeat the exercise. Repeat by completing an entire set of repetitions.



PECTORAL FLY

MUSCLE EMPHASIS: CHEST

1. Select the desired weight.
2. Hold the bar from your hands and place your forearms against the front pads of the arms fly arms.
3. Release the bar by arms forward, wrap the arms around the arms, wrap the bar around in front of your body.
4. Return to the starting position in a slow and controlled manner and repeat the exercise. Repeat by completing an entire set of repetitions.

Exercise Guide For Marcy Platinum

**Edward Jewitt Wheeler, Isaac Kaufman
Funk, William Seaver Woods**

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