



STANDING CABLE ROW
 • Pull the handle towards your chest, keeping your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



SEATED CABLE ROW
 • Sit on the machine, facing the cable.
 • Pull the handle towards your chest, keeping your feet flat on the floor.
 • Keep your back straight and your core engaged.



STANDING CABLE CROSSOVER
 • Stand with your feet flat on the floor.
 • Pull the handle from one side towards the other side of your chest.
 • Keep your back straight and your core engaged.



SEATED CABLE CROSSOVER
 • Sit on the machine, facing the cable.
 • Pull the handle from one side towards the other side of your chest.
 • Keep your back straight and your core engaged.



SEATED CABLE ROW (ONE ARM)
 • Sit on the machine, facing the cable.
 • Pull the handle towards your chest with one arm.
 • Keep your back straight and your core engaged.



SEATED CABLE ROW (TWO ARMS)
 • Sit on the machine, facing the cable.
 • Pull the handle towards your chest with both arms.
 • Keep your back straight and your core engaged.



SEATED CABLE ROW (ONE ARM)
 • Sit on the machine, facing the cable.
 • Pull the handle towards your chest with one arm.
 • Keep your back straight and your core engaged.



SEATED CABLE ROW (TWO ARMS)
 • Sit on the machine, facing the cable.
 • Pull the handle towards your chest with both arms.
 • Keep your back straight and your core engaged.



SEATED CABLE ROW (ONE ARM)
 • Sit on the machine, facing the cable.
 • Pull the handle towards your chest with one arm.
 • Keep your back straight and your core engaged.



STANDING CABLE CROSSOVER
 • Stand with your feet flat on the floor.
 • Pull the handle from one side towards the other side of your chest.
 • Keep your back straight and your core engaged.



SEATED CABLE ROW (ONE ARM)
 • Sit on the machine, facing the cable.
 • Pull the handle towards your chest with one arm.
 • Keep your back straight and your core engaged.



SEATED CABLE ROW (TWO ARMS)
 • Sit on the machine, facing the cable.
 • Pull the handle towards your chest with both arms.
 • Keep your back straight and your core engaged.



SEATED CABLE ROW (ONE ARM)
 • Sit on the machine, facing the cable.
 • Pull the handle towards your chest with one arm.
 • Keep your back straight and your core engaged.



SEATED CABLE ROW (TWO ARMS)
 • Sit on the machine, facing the cable.
 • Pull the handle towards your chest with both arms.
 • Keep your back straight and your core engaged.



SEATED CABLE ROW (ONE ARM)
 • Sit on the machine, facing the cable.
 • Pull the handle towards your chest with one arm.
 • Keep your back straight and your core engaged.



SEATED CABLE ROW (TWO ARMS)
 • Sit on the machine, facing the cable.
 • Pull the handle towards your chest with both arms.
 • Keep your back straight and your core engaged.



SEATED CABLE ROW (ONE ARM)
 • Sit on the machine, facing the cable.
 • Pull the handle towards your chest with one arm.
 • Keep your back straight and your core engaged.



SEATED CABLE ROW (TWO ARMS)
 • Sit on the machine, facing the cable.
 • Pull the handle towards your chest with both arms.
 • Keep your back straight and your core engaged.



MAFRCY

When You Finally Get Serious



GETTING STARTED
 Before you begin your workout, it is 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 move on to the next exercise. Remember to keep your form correct throughout your workout. If you are unsure of how to perform an exercise, ask a trainer for help. After your workout, it is important to stretch your muscles. This can help to reduce muscle soreness and improve flexibility. Remember to drink plenty of water throughout your workout.

IMPORTANT INFORMATION
 Always use proper form when performing exercises. If you are unsure of how to perform an exercise, ask a trainer for help. Remember to keep your core engaged throughout your workout. If you are feeling tired or out of breath, take a break. Remember to drink plenty of water throughout your workout. If you are experiencing any pain or discomfort, stop the exercise immediately. Remember to warm up before your workout and stretch after your workout.

988 Marcy Home Gym Exercise Guide

Bob Babson



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