



mp 3100
multi-function home gym

> exercise chart

NOTE: ALWAYS EXERCISE WITH CORRECT FORM. PROPER FORM, AND NOT ONLY WEIGHT PLACED, MUST BE WITH THE CORRECT MUSCLES. EXERCISES CAN BE MODIFIED TO SUIT YOUR FITNESS LEVELS.



SEATED CHEST PRESS
Muscles: Chest, Triceps, Shoulders
1. Sit on the bench with feet flat on the floor.
2. Grasp the handles with both hands.
3. Press the weight forward until your arms are fully extended.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



SEATED SHOULDER PRESS
Muscles: Shoulders, Triceps
1. Sit on the bench with feet flat on the floor.
2. Grasp the handles with both hands.
3. Press the weight straight up until your arms are fully extended.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



SEATED ROW
Muscles: Back, Biceps, Shoulders
1. Sit on the bench with feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the weight towards your chest.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



SEATED LEG PRESS
Muscles: Legs, Glutes
1. Sit on the bench with feet flat on the floor.
2. Grasp the handles with both hands.
3. Press the weight down with your legs.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



SEATED CALF PRESS
Muscles: Calves
1. Sit on the bench with feet flat on the floor.
2. Grasp the handles with both hands.
3. Press the weight down with your feet.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



SEATED BICEP CURL
Muscles: Biceps, Forearms
1. Sit on the bench with feet flat on the floor.
2. Grasp the handles with both hands.
3. Curl the weight up towards your shoulders.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



SEATED TRICEP EXTENSION
Muscles: Triceps, Shoulders
1. Sit on the bench with feet flat on the floor.
2. Grasp the handles with both hands.
3. Extend the weight down behind your head.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



SEATED LAT PULL DOWN
Muscles: Back, Biceps, Shoulders
1. Sit on the bench with feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the weight down towards your chest.
4. Lower the weight back to the starting position.
5. Repeat for the desired number of repetitions.



SEATED ABDOMINAL CRUNCH
Muscles: Abdominals
1. Sit on the bench with feet flat on the floor.
2. Grasp the handles with both hands.
3. Crunch your upper body forward.
4. Lower your upper body back to the starting position.
5. Repeat for the desired number of repetitions.



SEATED LEG EXTENSION
Muscles: Legs, Glutes
1. Sit on the bench with feet flat on the floor.
2. Grasp the handles with both hands.
3. Extend your legs forward.
4. Lower your legs back to the starting position.
5. Repeat for the desired number of repetitions.



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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 gradually increase the weight and the number of sets as you progress. Remember to always use proper form and to listen to your body. If you feel any pain or discomfort, stop the exercise immediately. The mp 3100 multi-function home gym is a great piece of equipment for your home. It allows you to perform a wide variety of exercises, and it is easy to use. Follow the instructions in this exercise chart to get the most out of your workout.

MUSCLE REFERENCE GUIDE
The mp 3100 multi-function home gym is designed to target a wide variety of muscle groups. The following chart shows the muscles that are targeted by each exercise. This can help you to plan your workout and to track your progress. Remember to always use proper form and to listen to your body. If you feel any pain or discomfort, stop the exercise immediately. The mp 3100 multi-function home gym is a great piece of equipment for your home. It allows you to perform a wide variety of exercises, and it is easy to use. Follow the instructions in this exercise chart to get the most out of your workout.



Red XI Exercises Guide User Guide

Thomas Griffiths

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