



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 bar with both hands, palms facing forward.  
3. Lift the bar to shoulder level.  
4. Press the bar forward until your arms are fully extended.  
5. Lower the bar back to shoulder level.  
6. 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 bar with both hands, palms facing forward.  
3. Lift the bar to shoulder level.  
4. Press the bar straight up until your arms are fully extended.  
5. Lower the bar back to shoulder level.  
6. 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 bar with both hands, palms facing forward.  
3. Pull the bar towards your chest.  
4. Lower the bar back to the starting position.  
5. Repeat for the desired number of repetitions.



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



**SEATED LEG PRESS**  
Muscles: Quads, Hamstrings, Glutes  
1. Sit on the bench with feet flat on the floor.  
2. Grasp the bar with both hands, palms facing forward.  
3. Push the bar down with your legs.  
4. Lower the bar back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED CALF RAISE**  
Muscles: Calves  
1. Sit on the bench with feet flat on the floor.  
2. Raise your heels.  
3. Lower your heels back to the starting position.  
4. Repeat for the desired number of repetitions.



**SEATED BICEP CURL**  
Muscles: Biceps  
1. Sit on the bench with feet flat on the floor.  
2. Grasp the bar with both hands, palms facing forward.  
3. Curl the bar up towards your shoulder.  
4. Lower the bar back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED TRICEP EXTENSION**  
Muscles: Triceps  
1. Sit on the bench with feet flat on the floor.  
2. Grasp the bar with both hands, palms facing forward.  
3. Extend the bar down.  
4. Lower the bar 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. Crunch forward.  
3. Lower your torso back to the starting position.  
4. Repeat for the desired number of repetitions.



**SEATED LEG EXTENSION**  
Muscles: Quads  
1. Sit on the bench with feet flat on the floor.  
2. Extend your legs.  
3. Lower your legs back to the starting position.  
4. Repeat for the desired number of repetitions.



**SEATED SHOULDER PRESS (ONE ARM)**  
Muscles: Shoulders, Triceps  
1. Sit on the bench with feet flat on the floor.  
2. Grasp the bar with one hand, palm facing forward.  
3. Press the bar straight up until your arm is fully extended.  
4. Lower the bar back to shoulder level.  
5. Repeat for the desired number of repetitions.



**SEATED ROW (ONE ARM)**  
Muscles: Back, Biceps  
1. Sit on the bench with feet flat on the floor.  
2. Grasp the bar with one hand, palm facing forward.  
3. Pull the bar towards your chest.  
4. Lower the bar back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED LAT PULL-DOWN (ONE ARM)**  
Muscles: Lats, Biceps  
1. Sit on the bench with feet flat on the floor.  
2. Grasp the bar with one hand, palm facing forward.  
3. Pull the bar down towards your chest.  
4. Lower the bar back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED CALF RAISE (ONE LEG)**  
Muscles: Calves  
1. Sit on the bench with feet flat on the floor.  
2. Raise one heel.  
3. Lower your heel back to the starting position.  
4. Repeat for the desired number of repetitions.



**SEATED BICEP CURL (ONE ARM)**  
Muscles: Biceps  
1. Sit on the bench with feet flat on the floor.  
2. Grasp the bar with one hand, palm facing forward.  
3. Curl the bar up towards your shoulder.  
4. Lower the bar back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED TRICEP EXTENSION (ONE ARM)**  
Muscles: Triceps  
1. Sit on the bench with feet flat on the floor.  
2. Grasp the bar with one hand, palm facing forward.  
3. Extend the bar down.  
4. Lower the bar back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED ABDOMINAL CRUNCH (ONE LEG)**  
Muscles: Abdominals  
1. Sit on the bench with feet flat on the floor.  
2. Crunch forward.  
3. Lower your torso back to the starting position.  
4. Repeat for the desired number of repetitions.



**SEATED LEG EXTENSION (ONE LEG)**  
Muscles: Quads  
1. Sit on the bench with feet flat on the floor.  
2. Extend one leg.  
3. Lower your leg back to the starting position.  
4. Repeat for the desired number of repetitions.



**SEATED SHOULDER PRESS (TWO ARMS)**  
Muscles: Shoulders, Triceps  
1. Sit on the bench with feet flat on the floor.  
2. Grasp the bar with both hands, palms facing forward.  
3. Press the bar straight up until your arms are fully extended.  
4. Lower the bar back to shoulder level.  
5. Repeat for the desired number of repetitions.



**SEATED ROW (TWO ARMS)**  
Muscles: Back, Biceps  
1. Sit on the bench with feet flat on the floor.  
2. Grasp the bar with both hands, palms facing forward.  
3. Pull the bar towards your chest.  
4. Lower the bar back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED LAT PULL-DOWN (TWO ARMS)**  
Muscles: Lats, Biceps  
1. Sit on the bench with feet flat on the floor.  
2. Grasp the bar with both hands, palms facing forward.  
3. Pull the bar down towards your chest.  
4. Lower the bar back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED CALF RAISE (TWO LEGS)**  
Muscles: Calves  
1. Sit on the bench with feet flat on the floor.  
2. Raise both heels.  
3. Lower your heels back to the starting position.  
4. Repeat for the desired number of repetitions.



**SEATED BICEP CURL (TWO ARMS)**  
Muscles: Biceps  
1. Sit on the bench with feet flat on the floor.  
2. Grasp the bar with both hands, palms facing forward.  
3. Curl the bar up towards your shoulder.  
4. Lower the bar back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED TRICEP EXTENSION (TWO ARMS)**  
Muscles: Triceps  
1. Sit on the bench with feet flat on the floor.  
2. Grasp the bar with both hands, palms facing forward.  
3. Extend the bar down.  
4. Lower the bar back to the starting position.  
5. Repeat for the desired number of repetitions.

**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 increase the weight as you become more comfortable. Remember to always use proper form, and not to lift more weight than you are capable of. If you are unsure of how to perform an exercise, consult the manual or ask a fitness professional for assistance.

**SAFETY**  
Always use proper form and technique when performing exercises. Do not lift more weight than you are capable of. If you feel any pain or discomfort, stop the exercise immediately. It is also important to stay hydrated during your workout. Drink plenty of water before, during, and after your workout. Finally, make sure you are using the equipment correctly. Read the manual carefully and ask for help if you are unsure.

muscle reference guide



# Red XI Exercises Guide User Guide

**M Walker**



## **Red XI Exercises Guide User Guide:**

## Enjoying the Song of Expression: An Emotional Symphony within **Red XI Exercises Guide User Guide**

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sustained many of their heaviest casualties

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