



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 ABILITY. ALWAYS USE CORRECT FORM.**



**EXERCISE 1: SEATED CHEST PRESS**  
**Muscles worked:** Chest, shoulders, triceps.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Press the handle forward and upward until your arms are fully extended.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 2: SEATED SHOULDER PRESS**  
**Muscles worked:** Shoulders, triceps, core.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Press the handle straight up over your head until your arms are fully extended.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 3: SEATED ROW**  
**Muscles worked:** Back, shoulders, biceps.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Pull the handle towards your chest, keeping your elbows close to your body.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 4: SEATED LAT PULL-DOWN**  
**Muscles worked:** Lats, shoulders, biceps.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Pull the handle down towards your thighs, keeping your feet flat on the floor.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 5: SEATED LEG PRESS**  
**Muscles worked:** Quads, hamstrings, glutes.  
**How to perform:**  
1. Sit on the bench with your feet flat on the footplate.  
2. Grasp the handle with both hands.  
3. Press your feet against the footplate, pushing away from you.  
4. Lower your feet back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 6: SEATED CALF PRESS**  
**Muscles worked:** Calves, glutes.  
**How to perform:**  
1. Sit on the bench with your feet flat on the footplate.  
2. Grasp the handle with both hands.  
3. Press your feet against the footplate, pushing away from you.  
4. Lower your feet back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 7: SEATED BICEP CURL**  
**Muscles worked:** Biceps, forearms.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Curl the handle up towards your shoulders, keeping your elbows close to your body.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 8: SEATED TRICEP EXTENSION**  
**Muscles worked:** Triceps, shoulders.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Extend the handle straight up over your head until your arms are fully extended.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 9: SEATED ABDOMINAL CRUNCH**  
**Muscles worked:** Abdominals, lower back.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Pull the handle towards your chest, keeping your feet flat on the floor.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 10: SEATED LEG EXTENSION**  
**Muscles worked:** Quads, hamstrings.  
**How to perform:**  
1. Sit on the bench with your feet flat on the footplate.  
2. Grasp the handle with both hands.  
3. Extend your legs forward, pushing away from you.  
4. Lower your legs back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 11: SEATED SHOULDER FLEXION**  
**Muscles worked:** Shoulders, triceps.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Pull the handle straight up over your head until your arms are fully extended.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 12: SEATED LAT PULL-DOWN**  
**Muscles worked:** Lats, shoulders, biceps.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Pull the handle down towards your thighs, keeping your feet flat on the floor.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 13: SEATED CHEST PRESS**  
**Muscles worked:** Chest, shoulders, triceps.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Press the handle forward and upward until your arms are fully extended.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 14: SEATED SHOULDER PRESS**  
**Muscles worked:** Shoulders, triceps, core.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Press the handle straight up over your head until your arms are fully extended.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 15: SEATED ROW**  
**Muscles worked:** Back, shoulders, biceps.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Pull the handle towards your chest, keeping your elbows close to your body.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 16: SEATED LAT PULL-DOWN**  
**Muscles worked:** Lats, shoulders, biceps.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Pull the handle down towards your thighs, keeping your feet flat on the floor.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 17: SEATED LEG PRESS**  
**Muscles worked:** Quads, hamstrings, glutes.  
**How to perform:**  
1. Sit on the bench with your feet flat on the footplate.  
2. Grasp the handle with both hands.  
3. Press your feet against the footplate, pushing away from you.  
4. Lower your feet back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 18: SEATED CALF PRESS**  
**Muscles worked:** Calves, glutes.  
**How to perform:**  
1. Sit on the bench with your feet flat on the footplate.  
2. Grasp the handle with both hands.  
3. Press your feet against the footplate, pushing away from you.  
4. Lower your feet back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 19: SEATED BICEP CURL**  
**Muscles worked:** Biceps, forearms.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Curl the handle up towards your shoulders, keeping your elbows close to your body.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 20: SEATED TRICEP EXTENSION**  
**Muscles worked:** Triceps, shoulders.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Extend the handle straight up over your head until your arms are fully extended.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 21: SEATED ABDOMINAL CRUNCH**  
**Muscles worked:** Abdominals, lower back.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Pull the handle towards your chest, keeping your feet flat on the floor.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 22: SEATED LEG EXTENSION**  
**Muscles worked:** Quads, hamstrings.  
**How to perform:**  
1. Sit on the bench with your feet flat on the footplate.  
2. Grasp the handle with both hands.  
3. Extend your legs forward, pushing away from you.  
4. Lower your legs back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 23: SEATED SHOULDER FLEXION**  
**Muscles worked:** Shoulders, triceps.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Pull the handle straight up over your head until your arms are fully extended.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**EXERCISE 24: SEATED LAT PULL-DOWN**  
**Muscles worked:** Lats, shoulders, biceps.  
**How to perform:**  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with both hands.  
3. Pull the handle down towards your thighs, keeping your feet flat on the floor.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.

**GETTING STARTED:**  
Before you begin any exercise routine, it is important to consult with your doctor to ensure that you are in good health and to discuss any pre-existing conditions. Once you have received clearance, you can begin your exercise routine. Start with a warm-up of 5-10 minutes of light cardio, such as walking or jogging. Then, move on to the exercises listed in this chart. Begin with a low weight and gradually increase the weight as you become more comfortable with the exercise. Always use proper form and technique to avoid injury. If you are unsure of how to perform an exercise, consult with a fitness professional or refer to the instructions provided in the exercise chart. Remember, consistency is key to achieving your fitness goals. Aim to exercise at least 3-4 times per week, and gradually increase the intensity and duration of your workouts over time. With dedication and hard work, you can achieve a healthy and fit lifestyle.

**SAFETY:**  
Always use proper form and technique to avoid injury. If you are unsure of how to perform an exercise, consult with a fitness professional or refer to the instructions provided in the exercise chart. Remember, consistency is key to achieving your fitness goals. Aim to exercise at least 3-4 times per week, and gradually increase the intensity and duration of your workouts over time. With dedication and hard work, you can achieve a healthy and fit lifestyle.

muscle reference guide



# Red XI Exercises Guide User Guide

**R Barnett**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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

## Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Red XI Exercises Guide User Guide**

In a global inundated with screens and the cacophony of fast connection, the profound energy and emotional resonance of verbal artistry often diminish into obscurity, eclipsed by the regular barrage of noise and distractions. However, situated within the musical pages of **Red XI Exercises Guide User Guide**, a interesting work of fictional brilliance that impulses with raw thoughts, lies an unique journey waiting to be embarked upon. Composed by a virtuoso wordsmith, that interesting opus courses viewers on a mental odyssey, delicately revealing the latent possible and profound affect stuck within the elaborate internet of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is main themes, dissect its charming writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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