



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 PROPER FORM.**



**Exercise 1: Seated chest press**  
1. Seated on a bench, hold the handle with both hands.  
2. Press the handle forward and upward.  
3. Return the handle to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 2: Seated shoulder press**  
1. Seated on a bench, hold the handle with both hands.  
2. Press the handle straight up over your head.  
3. Return the handle to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 3: Seated row**  
1. Seated on a bench, hold the handle with both hands.  
2. Pull the handle toward your chest.  
3. Return the handle to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 4: Seated lat pull-down**  
1. Seated on a bench, hold the handle with both hands.  
2. Pull the handle down over your head.  
3. Return the handle to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 5: Seated leg press**  
1. Seated on a bench, hold the handle with both hands.  
2. Press your feet against the platform.  
3. Return your feet to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 6: Seated calf press**  
1. Seated on a bench, hold the handle with both hands.  
2. Press your feet against the platform.  
3. Return your feet to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 7: Seated bicep curl**  
1. Seated on a bench, hold the handle with both hands.  
2. Curl the handle up toward your chest.  
3. Return the handle to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 8: Seated tricep extension**  
1. Seated on a bench, hold the handle with both hands.  
2. Extend the handle straight up over your head.  
3. Return the handle to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 9: Seated abdominal crunch**  
1. Seated on a bench, hold the handle with both hands.  
2. Crunch your torso forward.  
3. Return your torso to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 10: Seated back extension**  
1. Seated on a bench, hold the handle with both hands.  
2. Extend your torso backward.  
3. Return your torso to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 11: Seated side bend**  
1. Seated on a bench, hold the handle with both hands.  
2. Bend your torso to the side.  
3. Return your torso to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 12: Seated twist**  
1. Seated on a bench, hold the handle with both hands.  
2. Twist your torso.  
3. Return your torso to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 13: Seated shoulder press**  
1. Seated on a bench, hold the handle with both hands.  
2. Press the handle straight up over your head.  
3. Return the handle to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 14: Seated row**  
1. Seated on a bench, hold the handle with both hands.  
2. Pull the handle toward your chest.  
3. Return the handle to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 15: Seated lat pull-down**  
1. Seated on a bench, hold the handle with both hands.  
2. Pull the handle down over your head.  
3. Return the handle to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 16: Seated leg press**  
1. Seated on a bench, hold the handle with both hands.  
2. Press your feet against the platform.  
3. Return your feet to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 17: Seated calf press**  
1. Seated on a bench, hold the handle with both hands.  
2. Press your feet against the platform.  
3. Return your feet to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 18: Seated bicep curl**  
1. Seated on a bench, hold the handle with both hands.  
2. Curl the handle up toward your chest.  
3. Return the handle to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 19: Seated tricep extension**  
1. Seated on a bench, hold the handle with both hands.  
2. Extend the handle straight up over your head.  
3. Return the handle to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 20: Seated abdominal crunch**  
1. Seated on a bench, hold the handle with both hands.  
2. Crunch your torso forward.  
3. Return your torso to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 21: Seated back extension**  
1. Seated on a bench, hold the handle with both hands.  
2. Extend your torso backward.  
3. Return your torso to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 22: Seated side bend**  
1. Seated on a bench, hold the handle with both hands.  
2. Bend your torso to the side.  
3. Return your torso to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 23: Seated twist**  
1. Seated on a bench, hold the handle with both hands.  
2. Twist your torso.  
3. Return your torso to the starting position.  
4. Repeat the exercise for the desired number of repetitions.



**Exercise 24: Seated shoulder press**  
1. Seated on a bench, hold the handle with both hands.  
2. Press the handle straight up over your head.  
3. Return the handle to the starting position.  
4. Repeat the exercise 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 cardiovascular exercise for 5-10 minutes. Once you are warmed up, you can begin your workout. Start with a few sets of the exercises listed in the chart. As you become more comfortable with the machine, you can increase the weight and the number of repetitions. Always use proper form and listen to your body. If you experience any pain or discomfort, stop the exercise immediately. Remember, consistency is key to achieving your fitness goals.

**SAFETY PRECAUTIONS**  
Always use proper form and technique when performing exercises. Do not lift weights that are too heavy for you. If you experience any pain or discomfort, stop the exercise immediately. Remember, safety is always the top priority when working out. Always use the safety features of the machine, such as the emergency stop button. If you are unsure how to use the machine, consult the user manual or ask a fitness professional for assistance. Always warm up before your workout and stretch after your workout to prevent injury.

muscle reference guide



# Red XI Exercises Guide User Guide

**David Kirk**



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