



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 worked: Pectorals, triceps, shoulders.
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Press the handles forward and upward until your arms are fully extended.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



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



SEATED ROW
Muscles worked: Latissimus dorsi, rhomboids, trapezius, biceps, forearms.
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles towards your chest, squeezing your shoulder blades together.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



SEATED LAT PULL-DOWN
Muscles worked: Latissimus dorsi, rhomboids, trapezius, biceps, forearms.
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles down towards your thighs, squeezing your shoulder blades together.
4. Lower the handles back to the starting position.
5. Repeat for the desired number of repetitions.



SEATED LEG PRESS
Muscles worked: Quadriceps, hamstrings, glutes.
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Push the footplate forward and upward until your legs are fully extended.
4. Lower the footplate back to the starting position.
5. Repeat for the desired number of repetitions.



SEATED CALF RAISE
Muscles worked: Gastrocnemius, soleus.
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Raise your heels until your calves are fully contracted.
4. Lower your heels back to the starting position.
5. Repeat for the desired number of repetitions.



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



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



SEATED ABDOMINAL CRUNCH
Muscles worked: Rectus abdominis, obliques.
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles towards your chest, lifting your shoulders off the bench.
4. Lower your shoulders back to the starting position.
5. Repeat for the desired number of repetitions.



SEATED SIDE CRUNCH
Muscles worked: Rectus abdominis, obliques.
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles towards your side, lifting your shoulders off the bench.
4. Lower your shoulders back to the starting position.
5. Repeat for the desired number of repetitions.



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Muscles worked: Rectus abdominis, obliques.
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles towards your side, lifting your shoulders off the bench.
4. Lower your shoulders back to the starting position.
5. Repeat for the desired number of repetitions.



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Muscles worked: Rectus abdominis, obliques.
Instructions:
1. Sit on the bench with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Pull the handles towards your side, lifting your shoulders off the bench.
4. Lower your shoulders back to the starting position.
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Instructions:
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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 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. Remember to always use proper form and to breathe correctly. If you are unsure of how to perform an exercise, consult the instructions or ask a fitness professional for help.

SAFETY PRECAUTIONS
Always use proper form and technique when performing exercises. Do not lift weights that are too heavy for you. If you feel any pain or discomfort, stop the exercise immediately. If you are pregnant or have any medical conditions, consult your doctor before using the machine. The machine should be used on a hard, flat surface. Do not use the machine if it is damaged or if the safety features are not working properly. Always follow the instructions and safety warnings provided with the machine.

muscle reference guide



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Edward Courtenay

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

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