



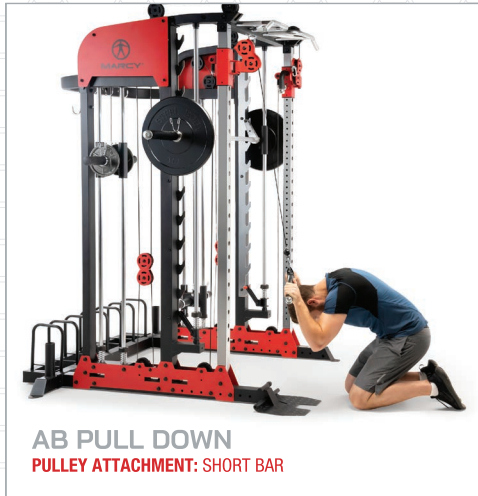
MARCY®



www.MarcyPro.com

SM-7553 EXERCISE CHART

Marcy Pro Deluxe Smith Cage Home Gym System





CLOSE GRIP PULL DOWN
PULLEY ATTACHMENT: V-HANDLE



SEATED ROW
PULLEY ATTACHMENT: V-HANDLE



SQUAT
PULLEY ATTACHMENT: V-HANDLE



HIP ADDUCTION
PULLEY ATTACHMENT: ANKLE STRAP



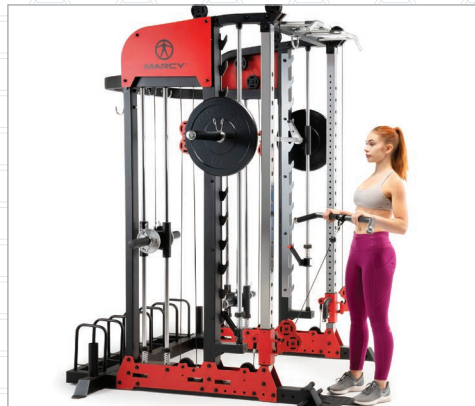
BACKWARD LUNGE
PULLEY ATTACHMENT: ANKLE STRAP



SIDE LUNGE
PULLEY ATTACHMENT: ANKLE STRAP



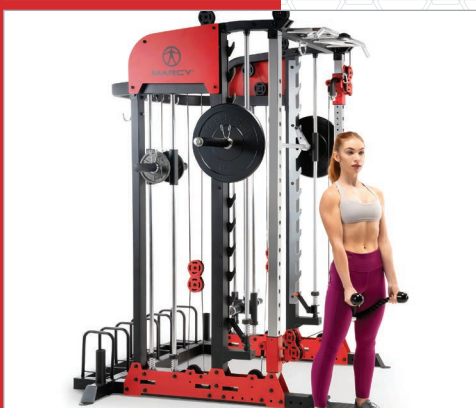
UNDERHAND BICEP CURL
PULLEY ATTACHMENT: LAT BAR



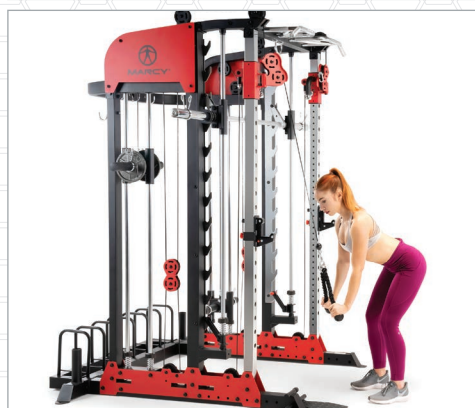
OVERHAND BICEP CURL
PULLEY ATTACHMENT: LAT BAR



LAT PULL DOWN
PULLEY ATTACHMENT: LAT BAR



ROPE PULL THROUGH
PULLEY ATTACHMENT: TRICEP ROPE



ROPE J PULL DOWN
PULLEY ATTACHMENT: TRICEP ROPE



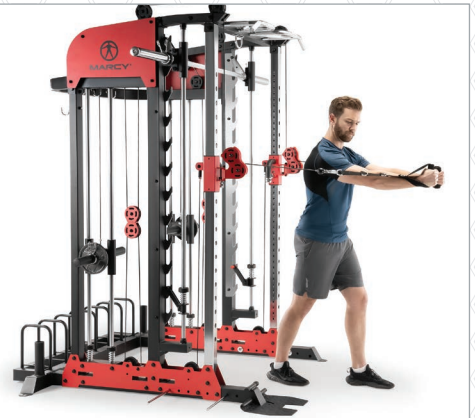
HAMMER CURL
PULLEY ATTACHMENT: TRICEP ROPE



SIDE LATERAL RAISE
PULLEY ATTACHMENT: ADJUSTABLE HANDLES



UPRIGHT CABLE FLY
DOUBLE PULLEY ATTACHMENT: ADJUSTABLE HANDLES



STANDARD CABLE FLY
DOUBLE PULLEY ATTACHMENT: ADJUSTABLE HANDLES



SINGLE LEG SQUAT
MACHINE ATTACHMENT: SAFETY CATCH WITH LEG ANCHOR



DECLINE PUSH-UP
MACHINE ATTACHMENT: SAFETY CATCH WITH LEG ANCHOR



DECLINE CROSS SITUP
MACHINE ATTACHMENT: SAFETY CATCH WITH LEG ANCHOR



DECLINE SITUP
MACHINE ATTACHMENT: SAFETY CATCH WITH LEG ANCHOR



CHEST PRESS
MACHINE ATTACHMENT: BAR CATCH & SAFETY CATCH



INCLINE CHEST PRESS
MACHINE ATTACHMENT: BAR CATCH & SAFETY CATCH



BANDED PULL-UP
SMITH MACHINE: PULL-UP BAR



BANDED WIDE GRIP PULL-UP
SMITH MACHINE: PULL-UP BAR



NARROW GRIP PULL-UP (NO BAND)
SMITH MACHINE: PULL-UP BAR



SHOULDER PRESS
DOUBLE PULLEY ATTACHMENT: LONG BAR



LUNGE
DOUBLE PULLEY ATTACHMENT: LONG BAR



BENT OVER ROW
DOUBLE PULLEY ATTACHMENT: LONG BAR



WEIGHTED LEG PRESS
SMITH BAR ATTACHMENT: LEG PRESS



BANDED LEG PRESS
SMITH BAR ATTACHMENT: LEG PRESS AND BAND ANCHORS



LEG PRESS (NO WEIGHTS)
SMITH BAR ATTACHMENT: LEG PRESS



BANDED DIPS
MACHINE ATTACHMENT: DIP BARS



DIPS
MACHINE ATTACHMENT: DIP BARS



INCLINE PUSH-UP
MACHINE ATTACHMENT: DIP BARS



SMITH SQUAT
SMITH MACHINE: FIXED BARBELL



SMITH LUNGE
SMITH MACHINE: FIXED BARBELL



SMITH BODYWEIGHT ROWS
SMITH MACHINE: FIXED BARBELL



BANDED CHEST PRESS
SMITH MACHINE: FIXED BARBELL AND BAND ANCHORS



LEG CURL
BENCH ATTACHMENT: LEG DEVELOPER



LEG EXTENSION
BENCH ATTACHMENT: LEG DEVELOPER



SITUP
BENCH ATTACHMENT: FOOT ANCHOR



HAMMER CURL
BENCH ATTACHMENT: PREACHER CURL PAD



BAR BICEP CURL
BENCH ATTACHMENT: PREACHER CURL PAD AND BAR REST



Visit www.MarcyPro.com for more information and videos of the SM-7553 Marcy Pro Deluxe Smith Cage Home Gym System



MARCY



www.MarcyPro.com

©2023, IMPEX Inc. | 2801 South Towne Ave., Pomona CA, 91766

Weights, barbell and resistance band not included. Manufacturer reserves the right to change or alter specifications at any time. IMPEX Inc. protects its products by enforcing its patent, trademark, copyright and other applicable intellectual property rights in the USA and in foreign countries. MARCY is a registered trademarks of IMPEX Inc.

WARNING: Consult your physician before beginning this or any exercise program. Keep out of reach of children.