

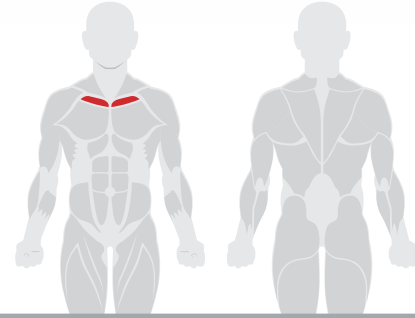
EXERCISE CHART **SM-4903**

Cage System Home Gym



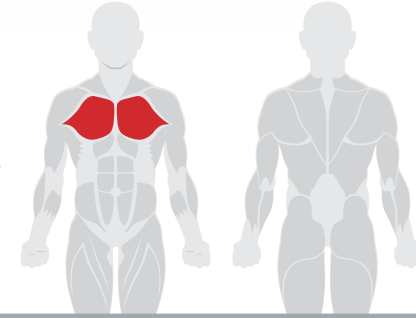
INCLINE BENCH PRESS

MUSCLE EMPHASIS:
CLAVICULAR (UPPER) PECTORALIS MAJOR



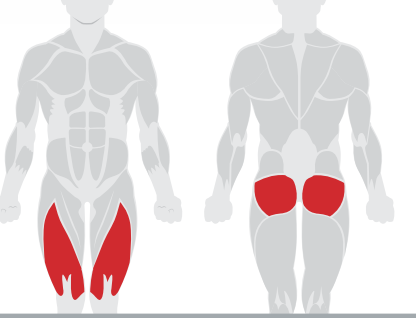
FLAT BENCH PRESS

MUSCLE EMPHASIS: PECTORALIS



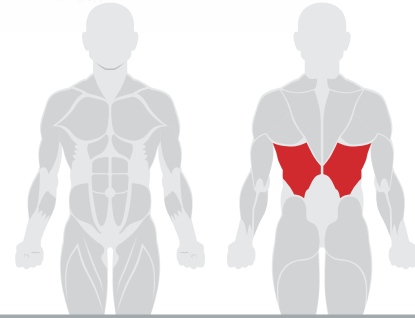
BARBELL SQUAT

MUSCLE EMPHASIS:
QUADRICEPS & GLUTEUS MAXIMUS



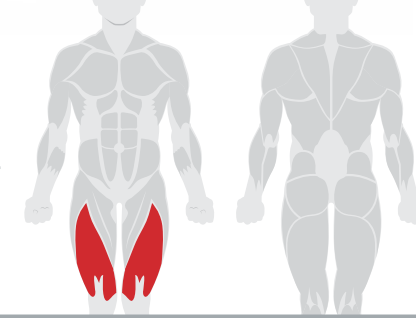
UPRIGHT ROW

MUSCLE EMPHASIS: LATISSIMUS DORSI



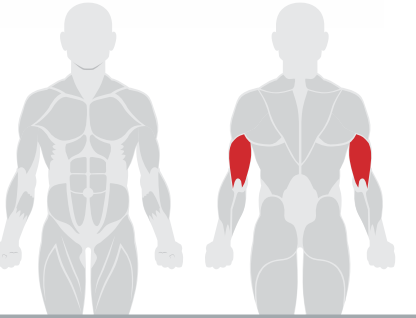
BARBELL LUNGE

MUSCLE EMPHASIS: QUADRICEPS



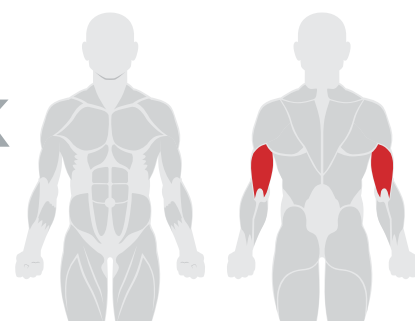
TRICEPS DIP

MUSCLE EMPHASIS: TRICEPS



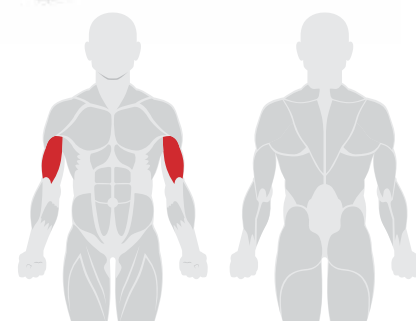
DUMBBELL KICKBACK

MUSCLE EMPHASIS: TRICEPS



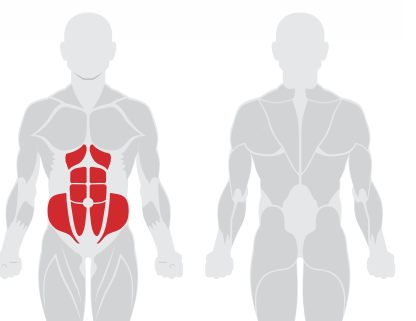
DUMBBELL HAMMER CURL

MUSCLE EMPHASIS: BICEPS



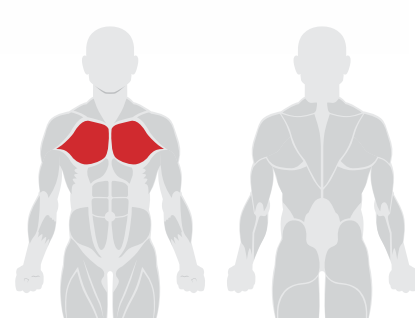
V-CRUNCH

MUSCLE EMPHASIS: ABS/CORE



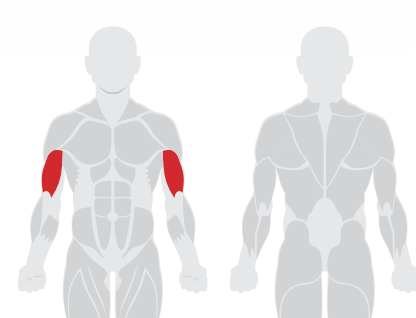
PECTORAL FLY

MUSCLE EMPHASIS: PECTORALIS



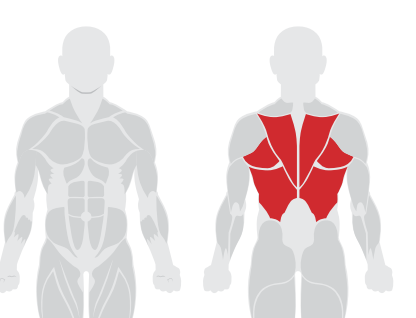
STANDING BICEP CURL

MUSCLE EMPHASIS: BICEPS



RESISTANCE BAND ROW

MUSCLE EMPHASIS: BACK



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

©2020, IMPEX Inc., 2801 South Towne Ave., Pomona CA, 91766 | www.marcypro.com

Weights and exercise bar 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 trademark of IMPEX Inc.