



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.**



**SEATED CHEST PRESS**  
**Muscles worked:** Chest, shoulders, triceps.  
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 ROW**  
**Muscles worked:** Back, shoulders, biceps.  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Pull the handles back 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 LEG EXTENSION**  
**Muscles worked:** Quadriceps.  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Extend your legs forward, pushing the handles away from you.  
4. Lower the handles back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED SHOULDER PRESS**  
**Muscles worked:** Shoulders, triceps.  
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 LAT PULLDOWN**  
**Muscles worked:** Back, shoulders.  
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 chest, squeezing your shoulder blades together.  
4. Lower the handles back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED BICEP CURL**  
**Muscles worked:** Biceps.  
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.  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Extend your arms back and down, pushing the handles away from you.  
4. Lower the handles back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED CALF RAISE**  
**Muscles worked:** Calves.  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Raise your heels off the floor, pushing the handles away from you.  
4. Lower your heels back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED ABDOMINAL CRUNCH**  
**Muscles worked:** Abdominals.  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Crunch your upper body forward, bringing your knees towards your chest.  
4. Lower your upper body back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED LEG CURL**  
**Muscles worked:** Hamstrings.  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Curl your legs back towards your chest, squeezing your hamstrings.  
4. Lower your legs back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED SHOULDER FLEXION**  
**Muscles worked:** Shoulders.  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Pull the handles forward and up towards your shoulders, squeezing your shoulder blades together.  
4. Lower the handles back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED CHEST FLY**  
**Muscles worked:** Chest.  
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 chest from the sides, squeezing your chest muscles.  
4. Lower the handles back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED LAT PULLDOWN (ONE ARM)**  
**Muscles worked:** Back, shoulders.  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with one hand.  
3. Pull the handle down towards your chest, squeezing your shoulder blade together.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED BICEP CURL (ONE ARM)**  
**Muscles worked:** Biceps.  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with one hand.  
3. Curl the handle up towards your shoulder, squeezing your bicep.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED TRICEP EXTENSION (ONE ARM)**  
**Muscles worked:** Triceps.  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with one hand.  
3. Extend your arm back and down, pushing the handle away from you.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED CALF RAISE (ONE ARM)**  
**Muscles worked:** Calves.  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with one hand.  
3. Raise your heel off the floor, pushing the handle away from you.  
4. Lower your heel back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED ABDOMINAL CRUNCH (ONE ARM)**  
**Muscles worked:** Abdominals.  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with one hand.  
3. Crunch your upper body forward, bringing your knee towards your chest.  
4. Lower your upper body back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED LEG CURL (ONE ARM)**  
**Muscles worked:** Hamstrings.  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with one hand.  
3. Curl your leg back towards your chest, squeezing your hamstring.  
4. Lower your leg back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED SHOULDER FLEXION (ONE ARM)**  
**Muscles worked:** Shoulders.  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with one hand.  
3. Pull the handle forward and up towards your shoulder, squeezing your shoulder blade together.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED CHEST FLY (ONE ARM)**  
**Muscles worked:** Chest.  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handle with one hand.  
3. Pull the handle down towards your chest from the side, squeezing your chest muscle.  
4. Lower the handle back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED LAT PULLDOWN (BOTH ARMS)**  
**Muscles worked:** Back, shoulders.  
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 chest, squeezing your shoulder blades together.  
4. Lower the handles back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED BICEP CURL (BOTH ARMS)**  
**Muscles worked:** Biceps.  
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 (BOTH ARMS)**  
**Muscles worked:** Triceps.  
1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Extend your arms back and down, pushing the handles away from you.  
4. Lower the handles back to the starting position.  
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**SEATED CALF RAISE (BOTH ARMS)**  
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1. Sit on the bench with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Raise your heels off the floor, pushing the handles away from you.  
4. Lower your heels back to the starting position.  
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 each exercise, and then gradually increase the weight and the number of sets as you become more comfortable with the machine. Always use proper form, and stop if you feel any pain or discomfort. Remember, the goal is to build strength and endurance, not to exhaust yourself. After your workout, it is important to stretch your muscles to help reduce soreness and improve flexibility. Finally, make sure to drink plenty of water throughout your workout to stay hydrated.

**SAFETY PRECAUTIONS**  
Always use proper form and technique when using the mp 3100 multi-function home gym. Do not use the machine if you are injured or have any medical conditions that may be aggravated by exercise. The mp 3100 multi-function home gym is not intended for use by children or teenagers. Always use the correct weight for your exercise, and do not use weights that are too heavy for you. If you feel any pain or discomfort, stop the exercise immediately. Remember, the goal is to build strength and endurance, not to exhaust yourself. After your workout, it is important to stretch your muscles to help reduce soreness and improve flexibility. Finally, make sure to drink plenty of water throughout your workout to stay hydrated.



# Red XI Exercises Guide User Guide

**Jin-Ying Zhang**



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

The Top Books of the Year Red XI Exercises Guide User Guide The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Red XI Exercises Guide User Guide : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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