



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:** Chest, Triceps, Shoulders  
**Instructions:**  
1. Sit on the bench with your feet flat on the floor.  
2. Hold the weight with both hands, arms extended.  
3. Press the weight forward and upward until your arms are fully extended.  
4. Lower the weight back to the starting position.  
5. Repeat for the desired number of repetitions.



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



**SEATED ROW**  
**Muscles worked:** Back, Biceps, Shoulders  
**Instructions:**  
1. Sit on the bench with your feet flat on the floor.  
2. Hold the weight with both hands, arms extended.  
3. Pull the weight towards your chest, keeping your elbows close to your body.  
4. Lower the weight back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED LEG PRESS**  
**Muscles worked:** Quads, Hamstrings, Glutes  
**Instructions:**  
1. Sit on the bench with your feet flat on the floor.  
2. Hold the weight with both hands, arms extended.  
3. Press the weight straight down with your legs until your thighs are parallel to the floor.  
4. Lower the weight back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED CALF RAISE**  
**Muscles worked:** Calves  
**Instructions:**  
1. Sit on the bench with your feet flat on the floor.  
2. Hold the weight with both hands, arms extended.  
3. Raise your heels off the floor, pushing down with your forefeet.  
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. Hold the weight with both hands, arms extended.  
3. Curl the weight up towards your shoulders, keeping your elbows close to your body.  
4. Lower the weight 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. Hold the weight with both hands, arms extended.  
3. Extend the weight straight down behind your head.  
4. Lower the weight back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED LAT PULL DOWN**  
**Muscles worked:** Back, Biceps, Shoulders  
**Instructions:**  
1. Sit on the bench with your feet flat on the floor.  
2. Hold the weight with both hands, arms extended.  
3. Pull the weight down towards your chest, keeping your elbows close to your body.  
4. Lower the weight back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED LEG CURL**  
**Muscles worked:** Hamstrings, Glutes  
**Instructions:**  
1. Sit on the bench with your feet flat on the floor.  
2. Hold the weight with both hands, arms extended.  
3. Curl the weight up towards your chest, keeping your knees close to your body.  
4. Lower the weight back to the starting position.  
5. Repeat for the desired number of repetitions.



**SEATED SHOULDER PRESS**  
**Muscles worked:** Shoulders, Triceps, Chest  
**Instructions:**  
1. Sit on the bench with your feet flat on the floor.  
2. Hold the weight with both hands, arms extended.  
3. Press the weight straight up over your head until your arms are fully extended.  
4. Lower the weight back to the starting position.  
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**GETTING STARTED**  
Before you begin your workout, it is important to warm up your muscles. This can be done by performing light cardio 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 movements. Remember to always use proper form and to listen to your body. If you feel any pain or discomfort, stop the exercise immediately. The mp 3100 multi-function home gym is a great piece of equipment for anyone looking to improve their fitness at home. It offers a wide variety of exercises that can target all major muscle groups. By following the instructions in this exercise chart, you can ensure that you are getting the most out of your workout. Remember to stay hydrated and to take breaks when needed. With consistent use, the mp 3100 can help you achieve your fitness goals.

**MUSCLE REFERENCE GUIDE**  
The mp 3100 multi-function home gym is designed to provide a comprehensive workout for all major muscle groups. The following chart provides a visual reference for the muscles targeted by each exercise. The left side of the chart shows the front view of the human body, and the right side shows the back view. The muscles are labeled with numbers corresponding to the exercises in the exercise chart. This reference guide is intended to help you identify the muscles being worked during each exercise and to ensure that you are targeting the correct muscles. Remember that proper form is crucial for maximizing the effectiveness of each exercise and for preventing injury. If you are unsure about the correct form for any exercise, consult the instructions or seek advice from a fitness professional. The mp 3100 is a versatile piece of equipment that can be used for a wide variety of exercises. By following the exercise chart and the muscle reference guide, you can create a balanced and effective workout routine that will help you achieve your fitness goals.

muscle reference guide



# Red XI Exercises Guide User Guide

**Edward John Waring**



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