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**mp 3100**  
multi-function home gym

**> exercise chart**

**PLATFORM**  
Strength System

**IMPORTANT SAFETY INFORMATION:** Read this manual carefully before using the Parabody mp 3100 multi-function home gym. Always use proper form and technique. Do not use the machine if you are injured or have any medical conditions. Consult your doctor before starting any exercise program.

**EXERCISE CHART:**

|   |  |   |  |
|---|--|---|--|
| <b>ARMED TRICEPS CURL</b><br>1. Sit on the seat and adjust the seat height.<br>2. Grasp the handles with your hands shoulder-width apart.<br>3. Curl the weights up towards your shoulders.<br>4. Lower the weights back down to the starting position. | <b>ARMED BICEPS CURL</b><br>1. Sit on the seat and adjust the seat height.<br>2. Grasp the handles with your hands shoulder-width apart.<br>3. Curl the weights up towards your shoulders.<br>4. Lower the weights back down to the starting position. | <b>TRICEPS EXTENSION</b><br>1. Sit on the seat and adjust the seat height.<br>2. Grasp the handles with your hands shoulder-width apart.<br>3. Push the weights down and back.<br>4. Return the weights to the starting position.             | <b>SHOULDER PRESS</b><br>1. Sit on the seat and adjust the seat height.<br>2. Grasp the handles with your hands shoulder-width apart.<br>3. Press the weights up and over your head.<br>4. Lower the weights back down to the starting position.             |
| <b>ARMED SHOULDER PRESS</b><br>1. Sit on the seat and adjust the seat height.<br>2. Grasp the handles with your hands shoulder-width apart.<br>3. Press the weights up and over your head.<br>4. Lower the weights back down to the starting position.  | <b>ARMED LAT PULL DOWN</b><br>1. Sit on the seat and adjust the seat height.<br>2. Grasp the handles with your hands shoulder-width apart.<br>3. Pull the weights down towards your chest.<br>4. Return the weights to the starting position.          | <b>ARMED ROW</b><br>1. Sit on the seat and adjust the seat height.<br>2. Grasp the handles with your hands shoulder-width apart.<br>3. Pull the weights up towards your chest.<br>4. Return the weights to the starting position.             | <b>ARMED PULL UP</b><br>1. Sit on the seat and adjust the seat height.<br>2. Grasp the handles with your hands shoulder-width apart.<br>3. Pull the weights up towards your chest.<br>4. Return the weights to the starting position.                        |
| <b>ARMED BENCH PRESS</b><br>1. Lie on the seat and adjust the seat height.<br>2. Grasp the handles with your hands shoulder-width apart.<br>3. Press the weights up and over your head.<br>4. Lower the weights back down to the starting position.     | <b>ARMED BENCH CURL</b><br>1. Lie on the seat and adjust the seat height.<br>2. Grasp the handles with your hands shoulder-width apart.<br>3. Curl the weights up towards your shoulders.<br>4. Lower the weights back down to the starting position.  | <b>ARMED BENCH TRICEPS EXTENSION</b><br>1. Lie on the seat and adjust the seat height.<br>2. Grasp the handles with your hands shoulder-width apart.<br>3. Push the weights down and back.<br>4. Return the weights to the starting position. | <b>ARMED BENCH SHOULDER PRESS</b><br>1. Lie on the seat and adjust the seat height.<br>2. Grasp the handles with your hands shoulder-width apart.<br>3. Press the weights up and over your head.<br>4. Lower the weights back down to the starting position. |
| <b>ARMED BENCH LAT PULL DOWN</b><br>1. Lie on the seat and adjust the seat height.<br>2. Grasp the handles with your hands shoulder-width apart.<br>3. Pull the weights down towards your chest.<br>4. Return the weights to the starting position.     | <b>ARMED BENCH ROW</b><br>1. Lie on the seat and adjust the seat height.<br>2. Grasp the handles with your hands shoulder-width apart.<br>3. Pull the weights up towards your chest.<br>4. Return the weights to the starting position.                | <b>ARMED BENCH PULL UP</b><br>1. Lie on the seat and adjust the seat height.<br>2. Grasp the handles with your hands shoulder-width apart.<br>3. Pull the weights up towards your chest.<br>4. Return the weights to the starting position.   | <b>ARMED BENCH TRICEPS EXTENSION</b><br>1. Lie on the seat and adjust the seat height.<br>2. Grasp the handles with your hands shoulder-width apart.<br>3. Push the weights down and back.<br>4. Return the weights to the starting position.                |

**MUSCLE PERFORMANCE GUIDE:**

**SAFETY INFORMATION:** Read this manual carefully before using the Parabody mp 3100 multi-function home gym. Always use proper form and technique. Do not use the machine if you are injured or have any medical conditions. Consult your doctor before starting any exercise program.

**WARRANTY:** Parabody warrants that the Parabody mp 3100 multi-function home gym is free from defects in materials and workmanship for a period of one year from the date of purchase.

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