



MARV

PCS

Resistance Level

- For light resistance, turn the knob on both sides to 1.*
- For moderate resistance, turn one of the knobs to 1 while the opposite side is on 2.*
- For heavy resistance, turn the knob on both sides to 2.*



Marv Reminders

- Always check cable, clips, attachment points and surroundings to ensure safety before performing movements*
- DO NOT pull the cable to full length (past 6 ft)*
- Consult a doctor before starting exercise*
- Always breathe during exercise*

MARV TRAINING

PERFORMANCE PROGRAM

ARM CARE

ROW

HC X 10 REPS



REVERSE FLY

HC X 10 REPS



CURL

HC X 10 REPS



TRICEP EXTENSION

HC X 10 REPS



CHEST FLY

HC X 10 REPS



SCAP CONTROL

- >4 SEC. ECCENTRIC + 2 SEC. PAUSE
- >LOWER TRAPS CONTROL MOVEMENT
- >IF LATS ARE DOMINATING, RAISE THE ANGLE OF YOUR ELBOWS
- >IF TRAPS ARE DOMINATING, LOWER THE ANGLE OF YOUR ELBOWS

1-2 PUNCH

- >CHANNEL GRIP
- >WORK BOTH ARMS TOGETHER LIKE TYPICAL THROWING MOTION
- >REACH OUT FOR FULL EXTENSION TO CHIN HEIGHT

SERRATUS SLIDE

- >HORIZONTAL GRIP
- >ROUND UPPER BACK
- >FEEL SHOULDER BLADE MOVE ALONG THE RIB CAGE

45 DEG. RAISE

- >THUMBS DOWN
- >KEEP RIBCAGE DOWN

AROUND THE WORLD

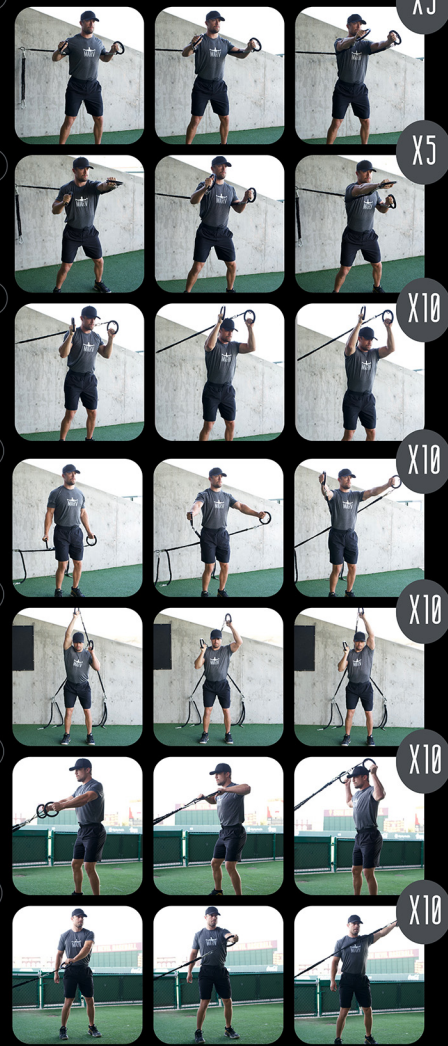
- >HORIZONTAL GRIP
- >HALF MOON PATTERN
- >FULL EXTENSION WITH A SLIGHT LEAN AT THE END

90/90

- >THUMBS UP
- >PULL BACK WITH LOWER TRAPS
- >EXTERNALLY ROTATE
- >KEEP RIBCAGE DOWN

STATUE OF LIBERTY

- >PAUSE ONE SECOND AT EACH END
- >THUMBS DOWN AT BOTTOM
- >THUMBS BACK AT TOP OF MOVEMENT
- >ARM ANGLE AT 135 DEGREES AT TOP OF MOVEMENT



HC = HIGH CLIP LC = LOW CLIP

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- Always breathe during exercise





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