

Marcy Platinum Exercise Guide

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1. Keep children and pets away from the Gym at all times. Do not leave children unattended in the same room with the Gym. The Gym is not a toy and therefore

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Jul 24, 2011 The Marcy Platinum MP3500 home gym allows you to do dozens of strength training exercises for your upper and lower body. The gym has an upright bench with

<http://www.livestrong.com/article/501383-what-exercises-can-the-marcy-platinum-mp3500-home-gym-do/>

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