Using the joint mass to calculate the mass of a single random variable. For instance, consider two random variables X and Y. If we sum the values of the joint mass $p_{X,Y}(x,y)$ over all possible y values,

$$\sum_y p_{X,Y}(x,y) = \sum_y P(X=x, Y=y) = P(X=x, Y=\text{anything}) = P(X=x) = p_X(x)$$

In summary, if I want the mass of X itself, I can sum the joint mass of X and Y, over all possible values of Y, and in a sense, the Y is summed out of the picture:

$$p_X(x) = \sum_y p_{X,Y}(x,y)$$

Similarly, if you have a joint CDF, and you want to get the single variable CDF, for instance, the CDF of just X by itself, we can do it:

$$\lim_{y\to\infty} F_{X,Y}(x,y) = \lim_{y\to\infty} P(X\le x, Y\le y) = P(X\le x, Y \text{ is anything}) = P(X\le x) = F_X(x)$$

So in summary, to get the single variable CDF, say, of X, you can take the joint CDF of X and Y, and take the limit of the y part as $y\to\infty$. I.e.,

$$F_X(x) = \lim_{y\to\infty} F_{X,Y}(x,y)$$