



# EXERCISE CHART

For more information on the M3 system, visit our website at [www.inspirefitness.net](http://www.inspirefitness.net). The M3 system is a revolutionary fitness system that combines the best of both worlds: the safety and stability of a gym, and the convenience and flexibility of a home workout. The M3 system is designed to help you achieve your fitness goals, whether you're a beginner or a seasoned pro. It's the perfect solution for anyone who wants to stay fit and healthy without leaving the comfort of their home.



# INSPIRE

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**TRAINING TIP**

When using the M3 system, it's important to maintain proper form and technique to avoid injury. Always start with a warm-up and end with a cool-down. Use the correct weight and resistance for your fitness level. If you're unsure about an exercise, consult the M3 manual or a fitness professional.

**SAFETY PRECAUTIONS**

Always use the M3 system on a flat, hard surface. Make sure the machine is properly assembled and that all safety features are in place. Do not use the machine if you are pregnant, have a heart condition, or are recovering from an injury. Consult your doctor before starting any exercise program.

**EXERCISE SAFETY**

When performing any exercise, it's important to maintain proper form and technique. For seated cable rows, keep your feet flat on the floor and your back straight. For standing cable rows, keep your feet shoulder-width apart and your core engaged. Avoid using momentum to pull the weight, and focus on contracting the muscles.

**EQUIPMENT SAFETY**

Before using the M3 system, make sure you have read the manual and understand all safety features. Do not use the machine if you are not familiar with its operation. Always use the correct weight and resistance, and avoid overexerting yourself. If you experience any pain or discomfort, stop the exercise immediately.

**EQUIPMENT SAFETY**

The M3 system is designed to be safe and easy to use. However, there are some safety precautions you should follow to ensure your safety. Always use the machine on a flat, hard surface. Make sure the machine is properly assembled and that all safety features are in place. Do not use the machine if you are pregnant, have a heart condition, or are recovering from an injury. Consult your doctor before starting any exercise program.

**FROM YOUR MACHINE**

SEATED CABLE ROW

STANDING CABLE ROW

SEATED CABLE ROW (DIFFERENT GRIP)

STANDING CABLE ROW (DIFFERENT GRIP)

SEATED CABLE ROW (DIFFERENT GRIP)

STANDING CABLE ROW (DIFFERENT GRIP)

# Weight Machine Exercise Guide

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Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton,2007 **Action Plan for Menopause**

Barbara Ann Bushman, Janice Clark Young, 2005 Based on the latest research this exercise based plan will help you take control of your fitness You will learn the best and safest exercises for perimenopause menopause and postmenopause and how diet medication and exercise interact to affect symptoms book cover **Woman's Guide to Shaping Your Body with Weights** Marge Covino, Pat Jordan, 1978 *Dairy Laboratory Guide* George Lester Martin, 1912 **Indian Club Exercises** Edward Barrett Warman, 1915 Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit Mobil Travel Guide ,1998 **TV Guide** ,1981 **Official Gazette of the United States Patent and Trademark Office** ,1993 Schedule of Examinations and Instructions to Applicants United States Civil Service Commission, 1896 1993 Mobil Travel Guide, Frequent Travelers' Guide to Major Cities Mobil Travel Guides, 1993 **Catalogue and Price List Base Ball Players Supplies, Fishing Tackle and Sporting Goods in General** Kiffe, H.H. Company, 1893 **Mobil Travel Guide Southwest and South Central** Mobil Travel Guides, 1994 **Mobil: Frequent Traveler's Guide to Major Cities 1996** Fodor's, Fodor's Travel Publications, Inc. Staff, 1996 **Physical Fitness Guidelines** ,1996 **Exercise for Older Adults** Cedric X. Bryant, Daniel J. Green, American Council on Exercise, 2005 Exercise for Older Adults ACE s Guide for Fitness Professionals offers the essential information fitness professionals need to provide older adults with safe and effective fitness programming from the physiology of aging to the techniques and tools for motivating and communicating with older adults Personal trainers activity directors health educators and fitness facility managers are among those who will benefit from this valuable resource

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