



EXERCISE CHART

For more information on the M3 system, visit our website at 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 portability of a home gym. The M3 system is designed to provide a complete workout for all fitness levels, from beginner to advanced. It includes a variety of exercises that target all major muscle groups, and it is easy to use and maintain. The M3 system is a great investment for anyone who wants to stay fit and healthy.



INSPIRE

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TRAINING TIP

When using the M3 system, it is important to maintain proper form and technique to avoid injury. Always warm up before your workout and cool down after. Use the correct weight for your fitness level and avoid overexerting yourself. The M3 system is designed to provide a complete workout, so make the most of it by following the instructions carefully.

SAFETY PRECAUTIONS

Always use the M3 system on a flat, stable surface. Do not use the system if you are pregnant or have any medical conditions. If you experience any pain or discomfort during your workout, stop immediately and consult a doctor. The M3 system is a safe and effective way to stay fit and healthy.

EXERCISE SAFETY

When using the M3 system, it is important to maintain proper form and technique to avoid injury. Always warm up before your workout and cool down after. Use the correct weight for your fitness level and avoid overexerting yourself. The M3 system is designed to provide a complete workout, so make the most of it by following the instructions carefully.

EQUIPMENT SAFETY

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FROM YOUR MACHINE

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Weight Machine Exercise Guide

Shu Chen Hou



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