



EXERCISE CHART

For more information on the M3 system, visit us 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, with the convenience and portability of a home gym. The M3 system is designed to be used in a variety of ways, from a full-body workout to a targeted muscle group workout. The M3 system is also designed to be used by people of all fitness levels, from beginners to advanced athletes. The M3 system is a great investment for anyone who wants to stay fit and healthy.



INSPIRE

www.inspirefitness.net

TRICEPS

TRICEPS EXTENSION
1. Sit on the M3 machine with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Extend your arms straight out in front of you.
4. Bend your elbows and lower the handles towards your head.
5. Hold for a moment, then extend your arms back up to the starting position.

TRICEPS DIPS
1. Sit on the M3 machine with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Bend your elbows and lower your body towards the floor.
4. Hold for a moment, then push back up to the starting position.

TRICEPS FLYES
1. Sit on the M3 machine with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Bend your elbows and lower the handles towards your head.
4. Hold for a moment, then extend your arms back up to the starting position.

SHOULDER

SHOULDER PRESS
1. Sit on the M3 machine with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Press the handles straight up over your head.
4. Hold for a moment, then lower the handles back down to the starting position.

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1. Sit on the M3 machine with your feet flat on the floor.
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ARM & BACK

BICEPS CURL
1. Sit on the M3 machine with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Bend your elbows and lift the handles towards your shoulders.
4. Hold for a moment, then lower the handles back down to the starting position.

BICEPS EXTENSION
1. Sit on the M3 machine with your feet flat on the floor.
2. Grasp the handles with both hands.
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ARM

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1. Sit on the M3 machine with your feet flat on the floor.
2. Grasp the handles with both hands.
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LEG

LEG PRESS
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TRAINING TIP

When using the M3 machine, it is important to maintain proper form and technique. This will help you get the most out of your workout and prevent injury. Always start with a warm-up before using the machine, and make sure you are using the correct weight for your fitness level. If you are unsure of how to use the machine, consult the manual or ask a fitness professional for assistance.

SAFETY PRECAUTIONS

Always use the M3 machine in a safe and controlled manner. Do not use the machine if you are injured or have any medical conditions that may be aggravated by exercise. Always make sure the machine is properly set up and that you are using the correct weight. If you experience any pain or discomfort while using the machine, stop immediately and consult a medical professional.

EXERCISE SAFETY

When using the M3 machine, it is important to maintain proper form and technique. This will help you get the most out of your workout and prevent injury. Always start with a warm-up before using the machine, and make sure you are using the correct weight for your fitness level. If you are unsure of how to use the machine, consult the manual or ask a fitness professional for assistance.

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EQUIPMENT SAFETY

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FROM YOUR MACHINE

When using the M3 machine, it is important to maintain proper form and technique. This will help you get the most out of your workout and prevent injury. Always start with a warm-up before using the machine, and make sure you are using the correct weight for your fitness level. If you are unsure of how to use the machine, consult the manual or ask a fitness professional for assistance.

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ARM & BACK

BICEPS CURL
1. Sit on the M3 machine with your feet flat on the floor.
2. Grasp the handles with both hands.
3. Bend your elbows and lift the handles towards your shoulders.
4. Hold for a moment, then lower the handles back down to the starting position.

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Weight Machine Exercise Guide

Mark Fenton

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Weight Machine Exercise Guide:

Beginner's Guide to Fitness StoryBuddiesPlay,2025-01-19 Embark on a life changing fitness journey with this comprehensive guide designed to transform your health from the ground up Whether you re a complete novice or looking to restart your fitness path this book provides a step by step roadmap to achieving your wellness goals Packed with practical advice expert insights and actionable strategies you ll discover how to build strength improve nutrition and create lasting lifestyle changes that go beyond mere exercise beginner fitness guide fitness transformation workout routine nutrition for fitness exercise for beginners health and wellness fitness motivation body transformation strength training fitness lifestyle

Forever Fit: A Comprehensive Guide to Diet and Fitness Shu Chen Hou, Are you tired of feeling stuck in your fitness journey Are you ready to take control of your health and transform your body and mind Look no further than Forever Fit A Comprehensive Guide to Diet and Fitness This guide is more than just a diet and exercise plan It s a comprehensive guide to living a healthy and active lifestyle that will help you achieve optimal health and wellness From the latest nutrition research to the most effective workout strategies Forever Fit has everything you need to succeed Our guide is designed for anyone who is ready to make a change and start living their best life Whether you re a fitness enthusiast or just starting out Forever Fit has something for everyone So why wait Don t let another day go by feeling less than your best Invest in your health and wellness with Forever Fit A Comprehensive Guide to Diet and Fitness Get started on your transformation today and start living your best life

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Stoppani's Encyclopedia of Muscle & Strength Jim Stoppani,2014-10-17 Finally a research based book that covers all facets of optimizing the development of muscle and strength Jim Stoppani s Encyclopedia of Muscle evaluations of equipment options including TRX BOSU and kettlebells explanations of the role and importance of each muscle group latest nutrition information for losing fat and increasing muscle mass presentations of the best exercises including body weight for adding strength and mass and descriptions and examples of many types of workouts and programs and their effects Choose from 381 exercises presented for 13 muscle groups and the whole body Proper technique for each exercise is tailored to the type of resistance used be it free weights weight machines or body weight Plus each of the 116 training programs is rated according to workout duration the projected time frame for achieving measurable results level of difficulty and overall effectiveness Past Muscle Fitness senior science editor Jim Stoppani covers each topic in detail His advice will help you conquer any problem or plateau you encounter So build your knowledge base to build a better body Jim Stoppani s Encyclopedia of Muscle Strength is the ultimate resource for pinpointing and achieving the results you re seeking The

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

The book delves into Weight Machine Exercise Guide. Weight Machine Exercise Guide is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Weight Machine Exercise Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Weight Machine Exercise Guide
- Chapter 2: Essential Elements of Weight Machine Exercise Guide
- Chapter 3: Weight Machine Exercise Guide in Everyday Life
- Chapter 4: Weight Machine Exercise Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Weight Machine Exercise Guide. The first chapter will explore what Weight Machine Exercise Guide is, why Weight Machine Exercise Guide is vital, and how to effectively learn about Weight Machine Exercise Guide.

3. In chapter 2, the author will delve into the foundational concepts of Weight Machine Exercise Guide. This chapter will elucidate the essential principles that must be understood to grasp Weight Machine Exercise Guide in its entirety.

4. In chapter 3, this book will examine the practical applications of Weight Machine Exercise Guide in daily life. This chapter will showcase real-world examples of how Weight Machine Exercise Guide can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Weight Machine Exercise Guide in specific contexts. This chapter will explore how Weight Machine Exercise Guide is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Weight Machine Exercise Guide. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Weight Machine Exercise Guide.

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Weight Machine Exercise Guide Introduction

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