



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 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. The M3 system is designed to be used in a variety of ways, so make sure to read the instructions carefully and follow the guidelines provided.

SAFETY PRECAUTIONS

Before using the M3 system, make sure you are familiar with the equipment and its components. Always use the safety features provided, such as the emergency stop button and the safety harness. If you experience any pain or discomfort, stop the exercise immediately and consult a healthcare professional.

EXERCISE SAFETY

When performing any exercise, it's important to maintain proper form and technique to avoid injury. Always start with a warm-up and end with a cool-down. The M3 system is designed to be used in a variety of ways, so make sure to read the instructions carefully and follow the guidelines provided.

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EQUIPMENT SAFETY

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FROM YOUR MACHINE

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Weight Machine Exercise Guide

Edward Barrett Warman



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