



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, and the convenience and flexibility of a home workout. The M3 system is designed to provide a complete workout in a compact space, making it perfect for home use. The M3 system is also designed to be easy to use, with clear instructions and a simple interface. The M3 system is a great investment for anyone looking to improve their fitness and health.



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 and resistance for your fitness level. The M3 system is designed to provide a complete workout, so make the most of it by following the instructions and using all the features.

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. Consult your doctor before starting any exercise program. The M3 system is not intended for use by children or anyone under the age of 18.

EXERCISE SAFETY

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EQUIPMENT SAFETY

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Weight Machine Exercise Guide

Jim Stoppani

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

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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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