



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 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 for your fitness level and avoid overexerting yourself. The M3 system is designed to be used safely and effectively, so follow 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 your doctor. The M3 system is a fitness device and should not be used as a medical device.

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 be used safely and effectively, so follow the instructions carefully.

EQUIPMENT SAFETY

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Multi Gym Guide

KJ Lindholm-Leary



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