



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 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, so anyone can get the most out of their workout. The M3 system is a great investment for anyone who wants to stay fit and healthy.



INSPIRE

www.inspirefitness.net

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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 by people of all fitness levels, so make sure you are using it correctly.

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. Always use the correct weight and avoid overexerting yourself. The M3 system is designed to be used by people of all fitness levels, so make sure you are using it correctly.

EXERCISE SAFETY

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FROM YOUR MACHINE

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Multi Gym Workout Guide

Didier Musso



Multi Gym Workout Guide:

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