



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 be used by anyone, from beginners to advanced fitness enthusiasts. It features a variety of exercises that target all major muscle groups, and it's easy to learn and use. The M3 system is also very affordable, making it a great option for anyone looking to get in shape without spending a lot of money. To learn more about the M3 system, visit our website at www.inspirefitness.net.



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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 before your workout, and make sure you're using the correct weight for each exercise. If you're unsure about how to perform an exercise, consult the instructions or ask a fitness professional for help.

SAFETY PRECAUTIONS

Before using the M3 system, make sure you've read the instructions and safety warnings. The M3 system is designed to be used by anyone, but it's important to follow the guidelines to ensure your safety. If you have any medical conditions or injuries, consult your doctor before using the M3 system.

EXERCISE SAFETY

When performing exercises with the M3 system, it's important to maintain proper form and technique. This includes keeping your back straight, your feet flat on the floor, and your core engaged. If you feel any pain or discomfort during an exercise, stop immediately and consult a fitness professional for help.

EQUIPMENT SAFETY

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FROM YOUR MACHINE

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Multi Gym Workout Guide

Michael Rajnik

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

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