



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 their home.



INSPIRE

www.inspirefitness.net

LEGS

LEG PRESS
The leg press is a compound exercise that targets the quadriceps, hamstrings, and glutes. It is performed by lying on your back with your feet flat on the platform and pushing the weight up with your legs.

LEG CURL
The leg curl targets the hamstrings and glutes. It is performed by lying on your back with your feet flat on the platform and pulling the weight up towards your knees.

LEG EXTENSION
The leg extension targets the quadriceps. It is performed by sitting on the machine with your feet flat on the platform and pushing the weight up with your legs.

LEG ABDUCTION
The leg abduction targets the outer thigh muscles. It is performed by sitting on the machine with your feet flat on the platform and pushing the weight out to the side.

LEG ADDUCTION
The leg adduction targets the inner thigh muscles. It is performed by sitting on the machine with your feet flat on the platform and pushing the weight in towards the center.

ARM & BACK

BENCH PRESS
The bench press is a compound exercise that targets the chest, shoulders, and triceps. It is performed by lying on your back with your feet flat on the platform and pushing the weight up with your arms.

SHOULDER PRESS
The shoulder press targets the shoulders and triceps. It is performed by sitting on the machine with your feet flat on the platform and pushing the weight up with your arms.

TRICEPS EXTENSION
The triceps extension targets the triceps. It is performed by sitting on the machine with your feet flat on the platform and pushing the weight up with your arms.

BICEPS CURL
The bicep curl targets the biceps. It is performed by sitting on the machine with your feet flat on the platform and pulling the weight up towards your shoulders.

ROW
The row targets the back and biceps. It is performed by sitting on the machine with your feet flat on the platform and pulling the weight up towards your chest.

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TRAINING TIP

When performing any exercise, it is important to maintain proper form to avoid injury. Focus on your breathing and keep your core engaged throughout the movement.

WARM UP

Before starting your workout, it is important to warm up your muscles. This can be done by performing light cardio or dynamic stretching for 5-10 minutes.

EXERCISE SAFETY

Always use proper form and technique when performing exercises. If you feel any pain or discomfort, stop the exercise immediately and consult a healthcare professional. It is also important to listen to your body and not push yourself too hard.

EQUIPMENT SAFETY

Before using any equipment, make sure you are familiar with its operation. Read the instructions carefully and ask a trainer for assistance if you are unsure. Always use the equipment in a safe and controlled manner.

FROM YOUR MACHINE

Diagram illustrating the correct posture and alignment for the leg press exercise. The diagram shows a person lying on their back with their feet flat on the platform and their knees bent at a 90-degree angle. The weight is positioned above their knees, and they are pushing it up with their legs.

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Multi Gym Muscle Workout Guide

Aquatic Exercise Association

A red circular graphic with a gradient, appearing as a partial circle or a stylized drop, located to the right of the Aquatic Exercise Association text.

Multi Gym Muscle Workout Guide:

The Essential Guide to Fitness Rosemary Marchese, Julie Taylor, Kirsten Fagan, 2019-04-30 Essential Guide to Fitness for the Fitness Instructor addresses SIS30315 Certificate III in Fitness The text is mapped to all core units and 12 electives of the qualification and contains rich foundation content on Anatomy Physiology and Nutrition as well as Fitness orientation programming WHS and equipment The structure of the text highlights learning outcomes and contains an abundance of application cases activities and quizzes Strong content on fitness for specific markets and populations supports the volume of learning for the core unit Recognise and apply exercise considerations for specific populations including chapters on older populations a NEW chapter on children and adolescents community fitness and facilitating groups Coverage on gym programs group exercise water based fitness and endurance training introduces students to the instruction of these varied types of fitness training Premium online teaching and learning tools are available on the MindTap platform Learn more about the online tools cengage.com/au/mindtap

The Complete Guide to Strength Training Anita Bean, 2001-01-01 This guide presents the latest scientifically proven ways of increasing strength using highly effective methods and optimal nutrition

The Complete Guide to Strength Training 5th edition Anita Bean, 2015-09-24 The Complete Guide to Strength Training is the ultimate resource for anyone wanting to increase strength and re sculpt their body This updated 5th edition includes New exercises and workouts Brand new photos and detailed descriptions of more than 100 exercises Programmes for increasing strength muscle and explosive power Fat loss workouts Bodyweight based workouts Plyometric training Up to date cutting edge nutrition and supplementation advice for gaining muscle and reducing fat Featuring proven training programmes and evidence based nutritional guidance it delivers comprehensive workouts for beginners intermediates and elite athletes

ACSM's Guidelines for Exercise Testing and Prescription Gary Liguori, American College of Sports Medicine (ACSM), 2020-12-03 The flagship title from the prestigious American College of Sports Medicine this critical handbook delivers scientifically based evidence informed standards to prepare you for success Providing succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients this trusted manual is an essential resource for all exercise professionals as well as other health professionals who may counsel patients on exercise including physicians nurses physician s assistants physical and occupational therapists dieticians and health care administrators The extensively updated eleventh edition has been reorganized for greater clarity and integrates the latest Physical Activity Guidelines for Americans

[ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription](#) David P. Swain, ACSM, Clinton A. Brawner, 2012-12-26 ACSM s Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM s Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of Guidelines and

explains the science behind the exercise testing and prescription ACSM's Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training

NSCA's Guide to Program Design NSCA -National Strength & Conditioning Association,2024-11-13 NSCA's Guide to Program Design Second Edition is the definitive resource for designing scientifically based training programs Developed by the National Strength and Conditioning Association NSCA the second edition provides the latest information and insights from the leading educators practitioners and researchers in the field Created for strength and conditioning professionals educators and candidates preparing for certification NSCA's Guide to Program Design presents an evidence based framework for athlete assessment strategies and training principles This authoritative text moves beyond the simple template presentation of program design to help readers understand the reasons and procedures for sequencing training in a safe sport specific manner In addition to programming for resistance training the book also addresses how to design training programs for power endurance agility and speed Straightforward and accessible NSCA's Guide to Program Design details the considerations and challenges in developing a program for each key fitness component It shows you how to begin the process of assessing athlete needs as well as how to select performance tests Dynamic warm up and static stretching protocols and exercises are addressed before moving into in depth programming advice based on a performance goal The final two chapters help you put it all together with a discussion of training integration periodization and implementation With sample workouts and training plans for athletes in a variety of sports technique photos and instructions for select drills and a sample annual training plan you will be able to assemble effective and performance enhancing training programs for all your athletes NSCA's Guide to Program Design is part of the Science of Strength and Conditioning series Developed with the expertise of the National Strength and Conditioning Association NSCA this series of texts provides the guidelines for converting scientific research into practical application The series covers topics such as tests and assessments program design and nutrition Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam

Fitness for Travelers Suzanne Schlosberg,2002 From the bestselling author of The Ultimate Workout Log and Fitness For Dummies comes a practical and entertaining guide for travelers who want to stay fit on the road 110 photos

The M.A.X. Muscle Plan 2.0 Brad J. Schoenfeld,2021-10-01 Results from The M A X Muscle Plan 2 0 speak for themselves thousands have successfully transformed their bodies by following the program It is the blueprint for achieving and maintaining maximal muscle development Widely regarded as one of America's leading strength and fitness professionals Brad Schoenfeld has won numerous natural bodybuilding titles and has been published or featured in virtually every major fitness magazine Now the best selling author brings his expertise to a resource that has everything needed for completing a total body transformation in just six months The M A X Muscle Plan 2 0 Second Edition is packed with step by step directions for 106 of the most effective exercises and over 200 photos that demonstrate the

revolutionary muscle building program Schoenfeld provides a science based program specifically designed to promote lean gains and help you reach your ultimate muscular potential The book s three phase total body program can be customized to your individual needs to dramatically transform your physique in just six months time For those who are relatively new to resistance training or are coming back from a prolonged layoff there is a M A X break in routine designed to prepare the body to deal with the rigorous nature of the M A X Muscle Plan program Further there are chapters devoted to providing cardio training guidelines and nutrition recommendations based on the latest scientific research that complement the M A X Muscle Plan program The second edition has been completely revamped to include updated science and research based evidence as well as 12 sidebars that break down specific topics and offer applied examples Two new chapters have also been added a chapter with detailed information on the M A X Muscle Plan warm up and a Q A chapter that provides answers to 13 common questions Schoenfeld has received since the first edition of the book Please note This book is not affiliated with Joe Wells Enterprises or MAX Muscle Sports Nutrition

ACSM's Guidelines for Exercise Testing and Prescription

American College of Sports Medicine,2014 The flagship title of the certification suite from the American College of Sports Medicine ACSM s Guidelines for Exercise Testing and Prescription is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate the professional and the student The 9th edition focuses on evidence based recommendations that reflect the latest research and clinical information This manual is an essential resource for any health fitness and clinical exercise professional physician nurse physician assistant physical and occupational therapist dietitian and health care administrator This manual give succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients

ACSM's Guidelines for Exercise Testing and Prescription Cemal Ozemek,Amanda Bonikowske,Jeffrey Christle,Paul Gallo,2025-01-17 Get scientifically based evidence informed standards that prepare you for success from the source you trust ACSM s Guidelines for Exercise Testing and Prescription 12th Edition from the prestigious American College of Sports Medicine provides authoritative succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy populations and individuals with conditions or special considerations Now fully up to date from cover to cover this flagship title is an essential resource for all exercise professionals as well as other health care professionals who may counsel patients on exercise including physicians nurses physician assistants physical and occupational therapists personal trainers team physicians and more

Novel Pathogenesis and Treatments for Cardiovascular Disease David C. Gaze,2023-08-23 This book provides a comprehensive overview of cardiovascular diseases CVDs and associated conditions It is organized into three sections on Cardiovascular Pathophysiology Cardiovascular Diagnostics and Cardiovascular Treatments Chapters address such topics as the role of obesity in CVD cardiotoxicity cardio oncology CVD in different disease states modalities for detecting CVD interventional strategies to prevent or treat CVD and much more

Chronic Obstructive Pulmonary Disease

P. M. A. Calverley, N. B. Pride, 2013-11-11 *The Olympic Textbook of Medicine in Sport* Martin P. Schwellnus, 2009-01-26

This comprehensive new volume in the Encyclopaedia of Sports Medicine series published under the auspices of the International Olympic Committee delivers an up to date state of the art presentation of the medical conditions that athletes may suffer from during training and competition Presented in a clear style and format The Olympic Textbook of Medicine in Sport covers not only the basic approach to training monitoring training and the clinical implications of excessive training but also deals with all the major systems in the body and focuses on medical conditions that athletes may suffer from in each system Medical conditions in athletes with disabilities genetics and exercise and emergency sports medicine are also uniquely examined The Olympic Textbook of Medicine in Sport draws on the expertise of an international collection of contributors who are recognized as leaders in their respective fields The systematic approach followed in the book will make it invaluable to all medical doctors and other health personnel who serve athletes and sports teams Sports practitioners are provided with a clinical approach to the prevention diagnosis and treatment of common and less common medical problems encountered by athletes This volume should be kept close at hand for frequent consultation

Physical Activity & Health Jerome Kotecki, 2011-04-19 Physical Activity and Health An Interactive Approach Third Edition serves as a valuable text for understanding the workings of the complex systems within the human body and the multidimensional components of human health This text presents scientific evidence on the relationship between physical activity and health in a readable and understandable format Filled with information guidance recommendations and practical applications it prepares students to identify the aspects of personal behavior that with modification can improve their overall health Together with engaging features that address self assessment and changing health habits it charts a path that puts students in control and allows them to decide what to do and how and when to do it Instructor Resources TestBank Media CD ROM Instructor's Manual PowerPoint Presentations and an Image and Table Bank Student Resources Activities and Assessment Manual Companion website EatRight Analysis Software

The Physiotherapist's Pocket Guide to Exercise E-Book Angela Jane Glynn, Helen Fiddler, 2009-04-07 This book is for therapists involved in exercise therapy for the prevention and treatment of disease It covers exercise assessment current prescription guidelines precautions exercise design and clinical case studies The book also includes exercises to increase strength power local muscle endurance range of movement and aerobic capacity and will be relevant to all areas of therapy practice In addition to the general guidelines considerations for exercise groups and exercise at home as well as exercise in special patient populations are addressed This allows therapists who are expert in one area to become familiar with exercise prescription in another The book underpins therapeutic exercise in general and also addresses specific considerations for particular clinical situations within current guidelines and practical considerations Underpinning exercise physiology Physical principles of exercise design Guidelines for exercise training Clinical exercise prescription Limitations to exercise in common conditions Example case studies

Bullet Proof Guide For:

Bodybuilding, Fitness, Exercise, Supplementation, Diet, Training, & Mechanics Tom Mione, 2020-08-01 This is a complete guide that will walk you through step by step how to achieve the ultimate body that you desire You will be brought through how your body responds to each and every single muscle activating mechanic so you can generate the most amount of muscle hypertrophy We examine all forms of exercise from power resistance what splits to incorporate what targets the deepest rips into the muscle fibers You will learn how to define the perfect workout as well as how to supplement the right way The supplement market is flooded with misinformation and false promises We break down all protein sources supplements and drinks so you know what to put in your body when how much and why If you re looking to stand on stages one day or just trim down some extra body fat you will be taken through how the body works to achieve and maximize any result goal you have instore If your already an advanced lifter and want to gain a competitive edge we have you covered If your just starting out or just want to improve your strength size and confidence we have you covered The M.A.X. Muscle Plan Brad Schoenfeld, 2013 Widely regarded as one of America s leading strength and fitness professionals the author has won numerous natural bodybuilding titles and has been published or featured in virtually every major fitness magazine In this book he brings his expertise to everything needed for completing a total body transformation in just six months

Aquatic Fitness Professional Manual Aquatic Exercise Association, 2017-10-17 Aquatic fitness is not just for older adults or those with physical limitations Water exercise is a proven fitness activity that is challenging and fun for all age groups and abilities It offers reduced impact options for group exercise small group fitness and personal training As the primary preparation resource for the certification exam of the Aquatic Exercise Association AEA Aquatic Fitness Professional Manual Seventh Edition is the most comprehensive resource to help you design and lead effective exercise sessions in the pool With contributions from 17 industry experts you will learn how to energize your teaching with techniques and programs based on many popular fitness formats such as kickboxing yoga body sculpting Pilates walking and jogging circuits intervals and sport specific training You ll also find updated research on shallow and deep water exercise as well as new and revised content on the following Specialty equipment such as bikes treadmills and gym stations intended for the aquatic environment The latest interval training techniques including HIIT and Tabata Water safety guidelines Aquatics recommendations from organizations such as the Arthritis Foundation and the National Osteoporosis Foundation Nutrition and weight management guidance that reflects the 2015 2020 Dietary Guidelines for Americans Business and legal insights on compliance with insurance music licensing and the Americans With Disabilities Act ADA In addition the Aquatic Fitness Professional Manual covers basic exercise science concepts including exercise anatomy and physiology The text reviews injuries emergencies and working with special populations For those preparing for the AEA Aquatic Fitness Professional Certification exam you ll find a detailed glossary and index along with review questions at the conclusion of each chapter to help you study Nowhere else will you find the fitness applications and comprehensive programming you need in one convenient resource The Aquatic

Fitness Professional Manual contains essential foundational information on the components of physical fitness group fitness teaching techniques and the AEA Standards and Guidelines Expand your teaching and career opportunities by cultivating the critical skills for leading safe enjoyable and effective aquatic exercise programs **Complete Guide to TRX® Suspension Training**® Jay Dawes,2022-11-08 For developing strength stability core power flexibility and balance Suspension Training delivers results Used by the best of the best from personal trainers to the elite athletes they work with Suspension Training is a respected and essential component of conditioning programs worldwide Complete Guide to TRX Suspension Training Second Edition from renowned strength and conditioning expert Dr Jay Dawes is the authoritative guide to Suspension Training This resource is so thorough that it has earned the endorsement of TRX Look inside at the instruction advice and insights and you ll see why This is a one of a kind resource designed to take workouts to unprecedented levels Complete Guide to TRX Suspension Training includes 100 exercises complete with instructions photo sequences variations and safety recommendations so you will learn how to develop and integrate strength power core stability flexibility and balance with the use of a Suspension Trainer In the gym at home or on the road this guide is the ultimate training companion With 14 assessments and 64 ready to use programs you have options for any situation It s all here If you want the best in exercise training and workouts then look no further than Complete Guide to TRX Suspension Training Discover why millions of people make Suspension Training the core of their program Book jacket **Professional's Guide to Exercise and Medical Conditions** IDEA Health & Fitness,2000

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