



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 the comfort of their home.



INSPIRE

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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 and end with a cool-down. The M3 system is designed to be used in a variety of ways, so be creative and have fun!

SAFETY PRECAUTIONS

Always use the M3 system on a flat, stable surface. Avoid using the system if you are pregnant, have a recent injury, or are taking medication that affects your balance. If you experience any pain or discomfort while using the system, stop immediately and consult your doctor.

EXERCISE SAFETY

When performing any exercise, it's important to maintain proper form and technique. For example, when performing a seated cable exercise, keep your feet flat on the floor and your back straight. When performing a standing cable exercise, keep your feet shoulder-width apart and your core engaged. The M3 system is designed to be used in a variety of ways, so be creative and have fun!

EQUIPMENT SAFETY

Always use the M3 system on a flat, stable surface. Avoid using the system if you are pregnant, have a recent injury, or are taking medication that affects your balance. If you experience any pain or discomfort while using the system, stop immediately and consult your doctor.

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EQUIPMENT SAFETY

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FROM YOUR MACHINE

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Multi Gym Guide

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