



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 portability of a home gym. The M3 system is designed to be used in a variety of ways, from a full-body workout to a targeted muscle workout. The M3 system is the only fitness system that can be used in a variety of ways, from a full-body workout to a targeted muscle workout.



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 use a controlled motion and avoid using momentum to lift the weight. The M3 system is designed to be used in a variety of ways, from a full-body workout to a targeted muscle workout.

SAFETY PRECAUTIONS

Always use proper form and technique when using the M3 system. Avoid using the M3 system if you are pregnant, have a medical condition, or are recovering from an injury. The M3 system is designed to be used in a variety of ways, from a full-body workout to a targeted muscle workout.

EXERCISE SAFETY

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EQUIPMENT SAFETY

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Multi Gym Workout Guide

Minjie Lin



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