



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, with 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

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 and resistance for your fitness level. 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 the M3 system in a safe and controlled manner. Do not use the system if you are pregnant, have a medical condition, or are recovering from an injury. Always use the correct weight and resistance for your fitness level. 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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FROM YOUR MACHINE

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Home Gym Systems Exercise Guide

Lachlan Sleigh

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

Home Gym Systems Exercise Guide:

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