



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 provide a complete workout in a compact, space-saving format. It features a variety of exercises that target all major muscle groups, and it is easy to use and maintain. The M3 system is a great investment for anyone looking to improve their fitness and health.



INSPIRE

www.inspirefitness.net

EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE
 SEATED CABLE ROW 1. Sit on the machine with feet on the footplate. 2. Grasp the handle with both hands. 3. Pull the handle towards your chest, squeezing your shoulder blades together. 4. Return the handle to the starting position. 5. Repeat for the desired number of repetitions.	 SEATED CABLE CHEST PRESS 1. Sit on the machine with feet on the footplate. 2. Grasp the handle with both hands. 3. Press the handle forward and slightly upward. 4. Return the handle to the starting position. 5. Repeat for the desired number of repetitions.	 SEATED CABLE SHOULDER PRESS 1. Sit on the machine with feet on the footplate. 2. Grasp the handle with both hands. 3. Press the handle straight up over your head. 4. Return the handle to the starting position. 5. Repeat for the desired number of repetitions.	 SEATED CABLE LAT PULDOWN 1. Sit on the machine with feet on the footplate. 2. Grasp the handle with both hands. 3. Pull the handle down towards your thighs, squeezing your lat muscles. 4. Return the handle to the starting position. 5. Repeat for the desired number of repetitions.	 SEATED CABLE TRICEP EXTENSION 1. Sit on the machine with feet on the footplate. 2. Grasp the handle with both hands. 3. Extend the handle straight down behind your head. 4. Return the handle to the starting position. 5. Repeat for the desired number of repetitions.
 SEATED CABLE BICEP CURL 1. Sit on the machine with feet on the footplate. 2. Grasp the handle with both hands. 3. Curl the handle up towards your shoulders. 4. Return the handle to the starting position. 5. Repeat for the desired number of repetitions.	 SEATED CABLE FRONT RAISE 1. Sit on the machine with feet on the footplate. 2. Grasp the handle with both hands. 3. Raise the handle straight up in front of you. 4. Return the handle to the starting position. 5. Repeat for the desired number of repetitions.	 SEATED CABLE REAR DELT FLY 1. Sit on the machine with feet on the footplate. 2. Grasp the handle with both hands. 3. Fly the handle out to the sides, squeezing your rear delt muscles. 4. Return the handle to the starting position. 5. Repeat for the desired number of repetitions.	 SEATED CABLE CORE TWIST 1. Sit on the machine with feet on the footplate. 2. Grasp the handle with both hands. 3. Twist your torso to the right, then to the left. 4. Return to the starting position. 5. Repeat for the desired number of repetitions.	 SEATED CABLE LEG EXTENSION 1. Sit on the machine with feet on the footplate. 2. Grasp the handle with both hands. 3. Extend your legs straight out in front of you. 4. Return your legs to the starting position. 5. Repeat for the desired number of repetitions.
 SEATED CABLE LEG CURL 1. Sit on the machine with feet on the footplate. 2. Grasp the handle with both hands. 3. Curl your legs up towards your chest. 4. Return your legs to the starting position. 5. Repeat for the desired number of repetitions.	 SEATED CABLE CALF RAISE 1. Sit on the machine with feet on the footplate. 2. Grasp the handle with both hands. 3. Raise your heels off the ground. 4. Return your heels to the ground. 5. Repeat for the desired number of repetitions.	 SEATED CABLE HIP EXTENSION 1. Sit on the machine with feet on the footplate. 2. Grasp the handle with both hands. 3. Extend your hips straight back. 4. Return your hips to the starting position. 5. Repeat for the desired number of repetitions.	 SEATED CABLE CORE CRUNCH 1. Sit on the machine with feet on the footplate. 2. Grasp the handle with both hands. 3. Crunch your upper body forward. 4. Return your upper body to the starting position. 5. Repeat for the desired number of repetitions.	 SEATED CABLE CORE TWIST 1. Sit on the machine with feet on the footplate. 2. Grasp the handle with both hands. 3. Twist your torso to the right, then to the left. 4. Return to the starting position. 5. Repeat for the desired number of repetitions.
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TRAINING TIP

When using the M3 system, it is important to maintain proper form and technique to avoid injury. Always start with a warm-up before your workout, and cool down after. Use the correct weight for each exercise, and do not lift weights that are too heavy for you. If you are unsure of how to perform an exercise, consult the instructions or ask a fitness professional for help.

SAFETY PRECAUTIONS

Before using the M3 system, read the instructions carefully. Make sure the machine is properly assembled and that all safety features are working. Do not use the machine if you are pregnant, have a heart condition, or are recovering from an injury. Always use common sense and stop if you feel pain or discomfort.

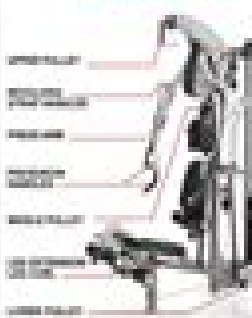
EXERCISE SAFETY

When performing exercises on the M3 system, it is important to maintain proper form and technique to avoid injury. Always start with a warm-up before your workout, and cool down after. Use the correct weight for each exercise, and do not lift weights that are too heavy for you. If you are unsure of how to perform an exercise, consult the instructions or ask a fitness professional for help.

EQUIPMENT SAFETY

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FROM YOUR MACHINE



Adjustable Weight
Adjustable Resistance
Adjustable Seat
Adjustable Footplate
Adjustable Backrest
Adjustable Armrests

Home Gym System Exercise Guide

L Manion

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 System Exercise Guide:

The Enigmatic Realm of **Home Gym System Exercise Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Home Gym System Exercise Guide** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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both artists frida and diego wanted to leave her house as a museum for all mexicans to enjoy

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web magdalena carmen frieda kahlo calderon was born at la casa azul the blue house in coyoacan a town on the outskirts of mexico city in 1907 her father wilhelm kahlo was german and had moved to mexico at a young age where he remained for the rest of his life eventually taking over the photography business of kahlo s mother s family

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web a day in the life of frida kahlo learn about kahlo s life in the blue house by google arts culture the land in coyoacán where the frida kahlo museum now stands was bought by her father guillermo kahlo the house dates from 1904 and was built in a style typical of the period with rooms surrounding a central courtyard frida kahlo at

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web sep 2 2018 while these treasured objects can be found in many major museums around the world they are most at home in la casa azul frida kahlo s famous blue house as kahlo s birthplace childhood residence and place of death la casa azul played a prominent role in the artist s life

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web by nicole villeneuve read time 7 minutes the blue house known locally as la casa azul is more than just a museum in mexico city with its unmissable cobalt blue color it is the longtime home and final resting place of frida kahlo one of mexico s

most celebrated artists

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web Frida Kahlo was a world famous Mexican artist and her art and artefacts live on through the Frida Kahlo Museum or the Blue House while people can find her work worldwide it feels most at home at La Casa Azul the original name of the Blue House
[Frida Kahlo Wikipedia](#) - Jan 28 2022

web Kahlo stated that she was born at the family home La Casa Azul the Blue House but according to the official birth registry the birth took place at the nearby home of her maternal grandmother Kahlo's parents were photographer Guillermo Kahlo 1871 1941 and Matilde Calderón y González 1876 1932 and they were thirty six and thirty

inside Mexico City's Blue House where Frida Kahlo was born - Jul 02 2022

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La Casa Azul Frida Kahlo's House Tripsavvy - Mar 10 2023

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one of the most visited museums in mexico city along with the national museum of anthropology and
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lived and died famously painted cobalt blue inside and out la casa azul was described by kahlo as her intimate universe