



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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EXERCISE	MUSCLES WORKED	EXERCISE	MUSCLES WORKED	EXERCISE	MUSCLES WORKED
	Back, Biceps, Forearms		Back, Biceps, Forearms		Back, Biceps, Forearms
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TRAINING TIPS

1. Warm up for 5-10 minutes before your workout.

2. Start with a low weight and gradually increase as you become more comfortable.

3. Focus on proper form and technique to avoid injury.

4. Rest for 30-60 seconds between sets.

5. Drink plenty of water throughout your workout.

WORKOUT PROGRAM

Beginner: 3 sets of 10-12 reps, 3 times per week.

Intermediate: 4 sets of 10-12 reps, 4 times per week.

Advanced: 5 sets of 10-12 reps, 5 times per week.

EXERCISE SAFETY

Always use proper form and technique to avoid injury. If you feel any pain or discomfort, stop the exercise immediately. Consult your doctor if you have any pre-existing conditions.

EQUIPMENT SAFETY

Always use proper form and technique to avoid injury. If you feel any pain or discomfort, stop the exercise immediately. Consult your doctor if you have any pre-existing conditions.

FROM YOUR MACHINE

Adjustable Weight Stack
Adjustable Resistance
Adjustable Seat Height
Adjustable Backrest
Adjustable Footplate
Adjustable Armrests

Home Gym Systems Exercise Guide

JE Gale

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

Home Gym Systems Exercise Guide:

Unveiling the Magic of Words: A Overview of "**Home Gym Systems Exercise Guide**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Home Gym Systems Exercise Guide**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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