



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 effectiveness of a personal trainer and the convenience of a gym. The M3 system is designed to help you achieve your fitness goals, whether you're a beginner or a seasoned pro. It's the only system that offers a complete workout in just 30 minutes. The M3 system is the only system that offers a complete workout in just 30 minutes. The M3 system is the only system that offers a complete workout in just 30 minutes.



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TRAINING TIP

When using the M3 system, it's important to maintain proper form and technique. This will help you get the most out of your workout and prevent injury. The M3 system is designed to help you achieve your fitness goals, whether you're a beginner or a seasoned pro. It's the only system that offers a complete workout in just 30 minutes. The M3 system is the only system that offers a complete workout in just 30 minutes.

SAFETY PRECAUTIONS

Before using the M3 system, make sure you are properly instructed in its use. The M3 system is designed to be used by people of all fitness levels, but it's important to start with a low weight and gradually increase it as you become more comfortable with the machine. The M3 system is the only system that offers a complete workout in just 30 minutes.

EXERCISE SAFETY

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FROM YOUR MACHINE

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Multi Gym Guide

Ian J. Kennedy



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