



# EXERCISE CHART

For more information on the M3 system, visit our website at [www.inspirefitness.net](http://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 group workout. The M3 system is also designed to be used by people of all fitness levels, from beginners to advanced users. The M3 system is a great investment for anyone who wants to stay fit and healthy.



# INSPIRE

[www.inspirefitness.net](http://www.inspirefitness.net)

### TRICEPS

**TRICEPS EXTENSION**  
1. Sit on the M3 machine with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Extend your arms straight out in front of you.  
4. Bend your elbows and lower the handles towards your head.  
5. Hold for a moment, then extend your arms back up.

**TRICEPS DIPS**  
1. Sit on the M3 machine with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Bend your elbows and lower your body towards the floor.  
4. Hold for a moment, then push back up.

**TRICEPS FLYES**  
1. Sit on the M3 machine with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Bend your elbows and lower the handles towards your head.  
4. Hold for a moment, then extend your arms back up.

### SHOULDER

**SHOULDER PRESS**  
1. Sit on the M3 machine with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Press the handles straight up over your head.  
4. Hold for a moment, then lower the handles back down.

**SHOULDER FLYES**  
1. Sit on the M3 machine with your feet flat on the floor.  
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3. Bend your elbows and lower your body towards the floor.  
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### ARM & BACK

**ARM & BACK EXTENSION**  
1. Sit on the M3 machine with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Extend your arms straight out in front of you.  
4. Bend your elbows and lower the handles towards your head.  
5. Hold for a moment, then extend your arms back up.

**ARM & BACK DIPS**  
1. Sit on the M3 machine with your feet flat on the floor.  
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1. Sit on the M3 machine with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Bend your elbows and lower the handles towards your head.  
4. Hold for a moment, then extend your arms back up.

### ARM

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1. Sit on the M3 machine with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Extend your arms straight out in front of you.  
4. Bend your elbows and lower the handles towards your head.  
5. Hold for a moment, then extend your arms back up.

**ARM DIPS**  
1. Sit on the M3 machine with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Bend your elbows and lower your body towards the floor.  
4. Hold for a moment, then push back up.

**ARM FLYES**  
1. Sit on the M3 machine with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Bend your elbows and lower the handles towards your head.  
4. Hold for a moment, then extend your arms back up.

### LEG

**LEG EXTENSION**  
1. Sit on the M3 machine with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Extend your legs straight out in front of you.  
4. Bend your knees and lower the handles towards your head.  
5. Hold for a moment, then extend your legs back up.

**LEG DIPS**  
1. Sit on the M3 machine with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Bend your knees and lower your body towards the floor.  
4. Hold for a moment, then push back up.

**LEG FLYES**  
1. Sit on the M3 machine with your feet flat on the floor.  
2. Grasp the handles with both hands.  
3. Bend your knees and lower the handles towards your head.  
4. Hold for a moment, then extend your legs back up.

### TRAINING TIP

When using the M3 machine, it is important to maintain proper form and technique. This will help you get the most out of your workout and prevent injury. Always start with a warm-up before using the machine, and make sure you are using the correct weight for your fitness level. If you are unsure of how to use the machine, consult the manual or ask a fitness professional for assistance.

### SAFETY PRECAUTIONS

Before using the M3 machine, make sure you are familiar with all the safety features. This includes the emergency stop button, the safety harness, and the safety straps. Always use the machine in a safe and controlled manner, and avoid using it if you are feeling dizzy, lightheaded, or otherwise unwell. If you experience any pain or discomfort while using the machine, stop immediately and consult a medical professional.

### EXERCISE SAFETY

When using the M3 machine, it is important to maintain proper form and technique. This will help you get the most out of your workout and prevent injury. Always start with a warm-up before using the machine, and make sure you are using the correct weight for your fitness level. If you are unsure of how to use the machine, consult the manual or ask a fitness professional for assistance.

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### EQUIPMENT SAFETY

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### FROM YOUR MACHINE

When using the M3 machine, it is important to maintain proper form and technique. This will help you get the most out of your workout and prevent injury. Always start with a warm-up before using the machine, and make sure you are using the correct weight for your fitness level. If you are unsure of how to use the machine, consult the manual or ask a fitness professional for assistance.

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# Weight Machine Exercise Guide

**A Gutmann**



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