

EXERCISE CHART

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your INSPIRE M3 Multi-Gym, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will significantly contribute to your success. Use this exercise chart to guide you through the basic exercises you can perform on your INSPIRE M3 Multi-Gym. Choose the exercises listed vertically for one muscle group or combine the exercises listed horizontally for multiple muscle groups. Follow our training tips for a complete workout regimen. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program. Enjoy your INSPIRE M3 Multi-Gym!



CHEST

- VERTICAL FIXED BENCH PRESS**
1. Sit upright with your back supported by the back pad.
 2. Hold the fixed handles at chest height; adjust the seat, if needed.
 3. Press the handles forward until your arms are fully extended.
 4. Slowly return to the starting position.



PECTORALS

- VERTICAL INWARD BENCH PRESS**
1. Sit upright with your back supported by the back pad.
 2. Unlock the revolving strap handles and hold at chest height; adjust the seat, if needed.
 3. Press the handles forward and inward until your arms are fully extended.
 4. Slowly return to the starting position.



PECTORALS

- INCLINE INWARD BENCH PRESS**
1. Sit upright with your back supported by the back pad.
 2. Unlock the revolving strap handles and hold at chest height; adjust the seat, if needed.
 3. Press the handles forward and inward at an upward angle until your arms are fully extended.
 4. Slowly return to the starting position.



PECTORALS, TRICEPS

- PECTORAL FLY**
1. Sit upright with your back supported by the back pad.
 2. Grip the revolving strap handles in a neutral position. Keep your arms out at chest level, with your elbows slightly bent.
 3. Rotate your arms forward, pivoting from the shoulder. Finish by bringing your hands together in front of your chest.
 4. Slowly return to the starting position.



PECTORALS

M3 FUNCTIONAL TRAINING

- GOLF SWING**
1. Attach one strap handle to the high pulley.
 2. Stand to the side of the machine, grip the strap handles with both hands in a neutral position, palms facing each other. Assume your normal golf or baseball stance.
 3. Hold the strap handles above your head, and follow through with your natural swing arc, as if you were holding a club. Keep your motion as you shift your weight.
 4. Slowly return to the starting position.



DELTOIDS, BICEPS, EXTERNAL OBLIQUES

SHOULDERS

- SHOULDER PRESS**
1. Adjust back pad to shoulder position.
 2. Adjust the fixed handles so they're slightly above shoulder height.
 3. Press the handles at an upward angle until your arms are fully extended.
 4. Slowly return to the starting position.



ANTERIOR DELTOID, TRAPEZIUS



- LATERAL DELTOID**
1. Attach one strap handle to the lower pulley. Stand sideways to the machine, and grip the handle with the hand furthest away from the machine.
 2. Raise your arm laterally until it is approximately parallel with the floor. Keep a slight bend in your elbow.
 3. Slowly return to the starting position.

MEDIAL DELTOID



ANTERIOR DELTOID, TRAPEZIUS

- UPRIGHT ROW**
1. Attach the easy curl bar to the lower pulley.
 2. Grip the bar with your hands in an overhead position. Keep your hands approximately 4" to 6" apart.
 3. Keeping your elbows above your hands, slowly pull upwards until your hands are above your chest.
 4. Slowly return to the starting position.

TRAPEZIUS, MEDIAL DELTOID

M3 FUNCTIONAL TRAINING

- BASEBALL SWING**
1. Attach the strap handles to the middle pulley.
 2. Stand to the side of the machine, grip the strap handles with both hands in a neutral position, palms facing each other. Assume your normal golf or baseball stance.
 3. Hold the strap handles above your head, and follow through with your natural swing arc, as if you were holding a club. Keep your motion as you shift your weight.
 4. Slowly return to the starting position.



DELTOIDS, BICEPS, EXTERNAL OBLIQUES

ABS & BACK

- LAT PULLDOWN**
1. Sit facing the machine with your knees locked under the rear roller pads.
 2. Grip the bar with your hands slightly wider than shoulder width, with your palms facing forward.
 3. Lean back slightly, and pull the bar down slowly until it touches your upper chest area.
 4. Slowly return to the starting position.



LATISSIMUS DORSI, EXTERNAL OBLIQUES

- SEATED MID ROW**
1. Sit facing the machine.
 2. Adjust the seat height and press arm, if necessary, to grip the handles as shown.
 3. Pull the handles towards you.
 4. Slowly return to the starting position.



LATISSIMUS DORSI

- ABDOMINAL CRUNCH**
1. Sit on the seat with your back supported by the back pad.
 2. Grip the handles attached to the head pad and place the head pad against the lower part of your feet as shown.
 3. Curl your body forward approximately half way towards your knees, pivoting from your upper abdominal area.
 4. Slowly return to the starting position.



RECTUS ABDOMINUS

- UPPER ABDOMINAL CRUNCH**
1. Adjust back pad to incline position.
 2. Sit on the seat with your back supported by the back pad.
 3. Grip the handles attached to the head pad and place the head pad against the lower part of your head as shown.
 4. Curl your body forward approximately half way towards your knees, pivoting from your upper abdominal area.
 5. Slowly return to the starting position.



RECTUS ABDOMINUS

OPTIONAL LEG PRESS

- LEG PRESS**
1. Adjust the back pad so your legs are bent when your feet are placed on the foot plate. Position your knees as close to your body as possible without bending past a 90° angle.
 2. Fully extend your legs to a straight position, leaving a slight bend in your knees when fully extended. Never allow your knees to lock during the movement.
 3. Slowly return to the starting position.



- CALF RAISE**
1. Adjust the back pad so your legs are slightly bent when your feet are placed on the foot plate.
 2. Fully extend your legs with your heels slightly lower than the bottom of the foot plate. Do not lock your knees.
 3. Keep your knees in position as described above; flex your toes forward as far as possible.
 4. Slowly return to the starting position.

ARMS

- TRICEPS PUSHDOWN**
1. Attach the easy curl bar to the high pulley.
 2. Stand facing towards the machine.
 3. Grip the bar with your hands 4" to 6" apart, palms facing forward.
 4. Bring the bar to chest height. Keep your arms tight against your body, and push the bar down slowly.
 5. Slowly return to the starting position.



TRICEPS

- TRICEP EXTENSION**
1. Sit on the seat with your back supported by the back pad.
 2. Grip the strap handles, from the middle pulley behind your head. Keep your elbows close to the side of your head.
 3. Push the handle forward until your arm is fully extended.
 4. Push the handle forward until your arm is fully extended.
 5. Slowly return to the starting position.



TRICEPS



BICEPS

- SINGLE ARM CURL**
1. Attach one strap handle to the middle pulley.
 2. Stand facing the machine with your elbow pointing towards the machine.
 3. Pull the handle towards you.
 4. Slowly return to the starting position.



BICEPS

OPTIONAL ABDOMINAL BAR

- ABDOMINAL CRUNCH**
1. Attach the abdominal bar to the upper pulley.
 2. Sit on the seat with your back supported by the back pad.
 3. Place both arms over the abdominal bar with one hand on the upper handle and one hand on the lower handle.
 4. Curl your body forward approximately half way towards your knees, pivoting from your upper abdominal area.
 5. Slowly return to the starting position.



RECTUS ABDOMINUS, EXTERNAL OBLIQUES

LEGS

- LEG EXTENSION**
1. Adjust the seat so that the pivot of the leg extension/leg curl arm lines up with the pivot point of your knees.
 2. Set leg extension/leg curl arm to a comfortable starting position.
 3. Adjust back pad angle, if needed.
 4. Hook your legs over the upper roller pads and your feet under the lower roller pads.
 5. Extend your legs forward, and hold your position momentarily.
 6. Slowly return to the starting position.



QUADRICEPS

- SEATED LEG CURL**
1. Adjust the seat so that the pivots of the leg extension/leg curl arm lines up with the pivot point of your knees.
 2. Set leg extension/leg curl arm to a comfortable starting position.
 3. Adjust back pad angle, if needed.
 4. Hook your legs over the upper roller pads, place your heels on the lower roller pads and lock the shin pad in heels.
 5. Curl your legs back towards the back of your position momentarily.
 6. Slowly return to the starting position.



HAMSTRINGS



INNER THIGH



OUTER THIGH

OPTIONAL LEG PRESS

- GLUTE KICK**
1. Attach the padded cuff to the lower pulley.
 2. Attach the cuff to your ankle. Angle your upper body forward; use the press arm for balance.
 3. Keep your hips stationary and your leg straight. Kick straight back, as far as possible. Keep your toe pointed straight down.
 4. Contract your buttock at the peak of the movement, and hold your position momentarily.
 5. Slowly return to the starting position.



GLUTEALS

TRAINING TIPS

- TO INCREASE MUSCLE SIZE**
- Do 10 to 15 repetitions of each exercise.
 - Increase weight after each set, provided you maintain proper body form and technique.
 - Complete 3 to 4 sets of each exercise.
 - Rest for 45 to 60 seconds between sets.
- TO INCREASE ENDURANCE OR TONE**
- Do 12 to 15 repetitions of each exercise.
 - Complete 3 to 4 sets of each exercise.
 - Rest for 45 to 60 seconds between sets.
 - Ideally, you should perform 30 seconds of cardiovascular exercise during each strength training exercise.
- SAMPLE PROGRAMS**
1. Weekly routine - one body area per day: Monday and Wednesday: Upper Body Tuesday and Thursday: Lower Body Friday: Rest Alternate days for Abdominals Never work the same muscle group on consecutive days.
 2. Three-Day Routine - 3 days on, 1 day off: Day 1: Chest, Arms and Abdominals Day 2: Shoulders and Back Day 3: Legs and Abdominals Day 4: Rest Alternate days for Abdominals Never work the same muscle group on consecutive days.

EXERCISE SAFETY

- Consult your physician before beginning an exercise program. Always warm up before your workout with 5 to 10 minutes of cardiovascular exercise. Then stretch slowly, exhaling as you gently stretch each muscle. Without bouncing, hold each stretch for at least 10 to 30 seconds. Follow your strength training regimen, stretch again to complete your workout.
- Maintain proper spinal alignment and head positioning throughout your workout.
- For maximum results, follow a complete fitness program that includes proper nutrition, aerobic exercise and strength training.
- Your body will respond to weight training and conditioning only when you complete your workout on a regular basis. Your new INSPIRE M3 Multi-Gym will help you reach your goals only with consistent use.
- To gain the most benefit out of your workout, it is necessary to use muscles that complement each other. When using a particular muscle you should use the supporting muscles as well.
- Do not attempt to lift more weight than you can comfortably handle. Avoid the risk of injury by remaining within your limits.
- Do not hold your breath. Exhale the pressing action, inhale upon returning to the start position.

EQUIPMENT SAFETY

- Make sure that you read and understand your Owner's Manual and all warning labels and decals on your machine. Please use all precautionary measures necessary for safety.
- Keep observers, especially children, at a safe distance from the equipment while in operation. Do not allow children to play on the machine at any time.
- Carefully inspect your machine before each use. You must inspect the cables, nuts, bolts, and belts on a daily basis. Replace or repair any frayed, loose, or otherwise damaged parts at the first sign of a problem.
- Always stay clear of all weights and moving parts. Obtain assistance to free any jammed parts. Never attempt to free a jammed part by yourself.
- Sweat is corrosive - make sure to wipe down the machines on a regular basis with a water-diluted bleach solution. Then, dry completely and avoid rust.
- Maintain a regular routine of preventative maintenance.

KNOW YOUR MACHINE & WEIGHT RATIOS

