



EXERCISE CHART

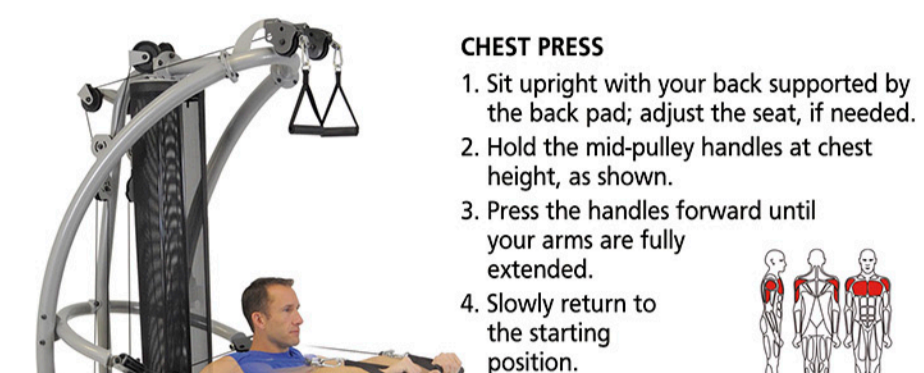
To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your INSPIRE M1 Multi-Gym, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. 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 M1 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 M1 Multi-Gym!



INSPIRE

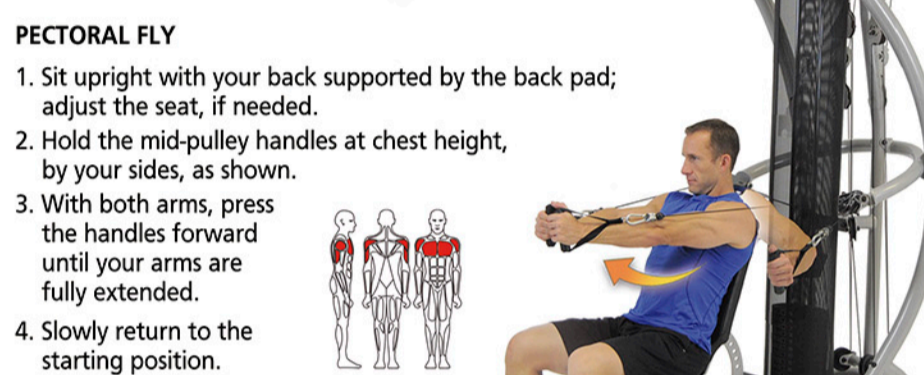
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CHEST



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

PECTORALS, DELTOID, TRICEPS



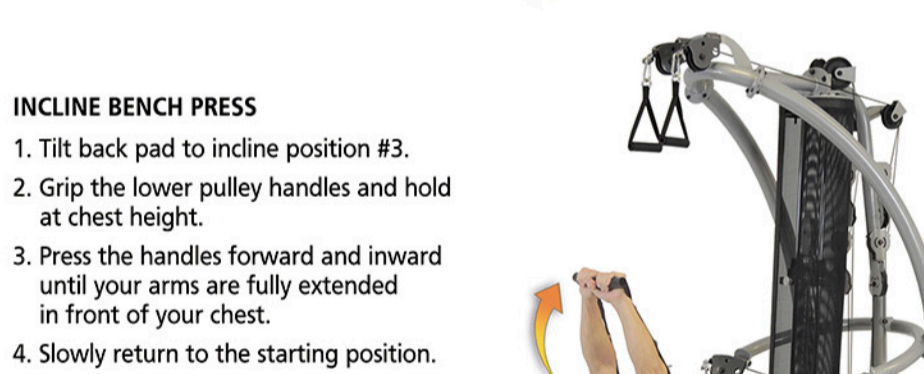
- PECTORAL FLY**
1. Sit upright with your back supported by the back pad; adjust the seat, if needed.
 2. Hold the mid-pulley handles at chest height, by your sides, as shown.
 3. With both arms, press the handles forward until your arms are fully extended.
 4. Slowly return to the starting position.

PECTORALS, DELTOID, TRICEPS



- BENCH PRESS**
1. Attach the handles to the lower pulley and lie on the flat bench.
 2. Grip the handles with your palms facing forward, as shown.
 3. Extend your arms forward and inward. Finish by bringing your hands together in front of your chest.
 4. Slowly return to the starting position.

PECTORALS



- INCLINE BENCH PRESS**
1. Tilt back pad to incline position #3.
 2. Grip the lower pulley handles and hold at chest height.
 3. Press the handles forward and inward until your arms are fully extended in front of your chest.
 4. Slowly return to the starting position.

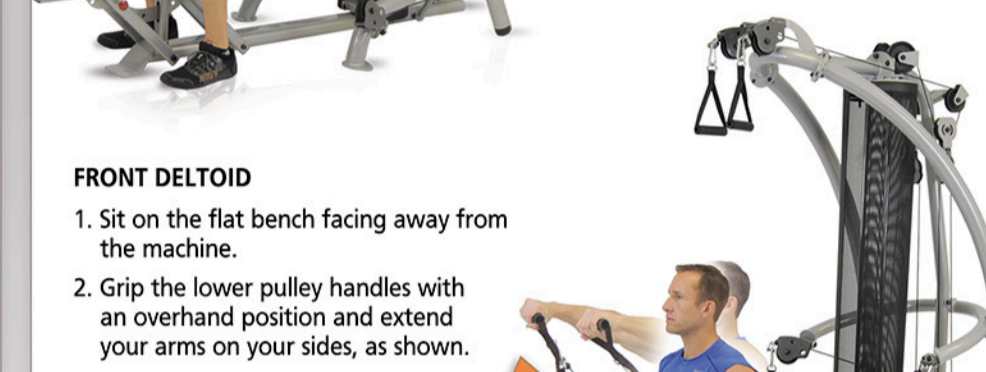
PECTORALS, DELTOID, TRICEPS

SHOULDERS



- SHOULDER PRESS**
1. Sit on the flat bench facing away from the machine.
 2. Hold the mid-pulley handles 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, LATERAL DELTOID, TRAPEZIUS



- FRONT DELTOID**
1. Sit on the flat bench facing away from the machine.
 2. Grip the lower pulley handles with an overhead position and extend your arms on your sides, as shown.
 3. Pull the handles up in front of you while keeping your arms fully extended.
 4. Slowly return to the starting position.

ANTERIOR DELTOID, TRAPEZIUS



- LATERAL DELTOID**
1. Attach one strap handle to the lower pulley.
 2. Stand facing away from the machine and grip the handle with one hand.
 3. Raise your arm sideways until it is approximately parallel with the floor.
 4. Slowly return to the starting position.

LATERAL DELTOID



- REAR DELTOID**
1. Stand facing the machine and grip the upper pulley handles.
 2. Extend your arms slightly upwards in front of you with hands facing each other.
 3. Keeping your arms extended, slowly pull outwards and backwards, as shown.
 4. Slowly return to the starting position.

TRAPEZIUS, DELTOID

ABS & BACK



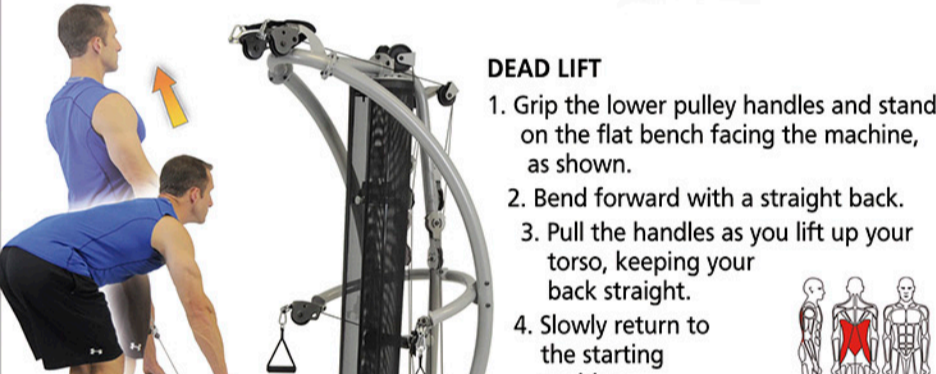
- LAT PULLDOWN**
1. Grip the upper pulley handles and sit facing the machine.
 2. Extend your arms upwards with palms facing forward.
 3. Lean back slightly and pull the handles down and outward until hands reach middle of head, keeping your back straight.
 4. Slowly return to the starting position.

LATISSIMUS DORSI, BICEPS



- SEATED MID ROW**
1. Sit facing the machine with your torso leaning against the upright back pad.
 2. Grip the mid-pulley handles with palms facing downwards.
 3. Pull both handles towards you, keeping a straight back.
 4. Slowly return to the starting position.

LATISSIMUS DORSI, BICEPS



- DEAD LIFT**
1. Grip the lower pulley handles and stand on the flat bench facing the machine, as shown.
 2. Bend forward with a straight back.
 3. Pull the handles as you lift up your torso, keeping your back straight.
 4. Slowly return to the starting position.

LATISSIMUS DORSI, LOWER BACK



- AB CRUNCH**
1. Grip the upper pulley handles with your palms facing backwards.
 2. Sit facing away from the machine and bend your elbows tight, next to your head, 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



- LEG LIFTS**
1. Sit facing away from the machine on the flat bench.
 2. Lean back supporting yourself with your arms.
 3. Lift your legs towards your abdominals.
 4. Slowly return to the starting position.

RECTUS ABDOMINUS

ARMS



- ISOLATERAL SEATED BICEPS CURL**
1. Sit on the seat with your back supported by the back pad; adjust the seat, if needed.
 2. Grip the lower pulley strap with one hand, palm facing up.
 3. Slowly curl your arm to chest height. Keep your arm tight against your body.
 4. Slowly return to the starting position.
 5. Repeat with opposite arm.

BICEPS



- STANDING BICEPS CURL**
1. Grip the upper pulley handles with palms facing upwards. Keep your hands 4" to 6" apart.
 2. Extend your arms in front of you.
 3. Slightly lean backwards and curl your arms upwards.
 4. Slowly return to the starting position.

BICEPS



- TRICEPS PUSHDOWN**
1. Stand facing the machine. Grip the upper pulley handles with both hands in an overhead position.
 2. Curl your arms at the elbow as shown.
 3. Push the handles downwards until your arms are fully extended.
 4. Slowly return to the starting position.

TRICEPS



- TRICEPS EXTENSION**
1. Sit on the seat with your back supported by the back pad; adjust the seat, if needed.
 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 handles forward until your arms are fully extended.
 4. Slowly return to the starting position.

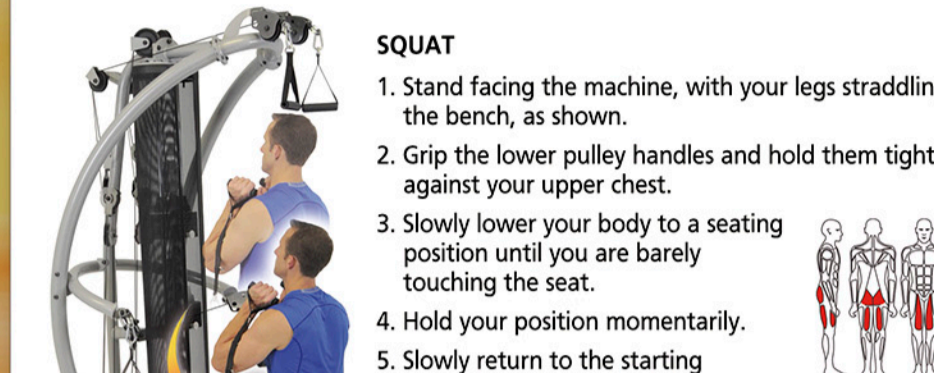
TRICEPS



- REVERSE CURL**
1. Stand facing towards the machine.
 2. Grip the lower pulley handles with your hands 4" to 6" apart, palms facing down.
 3. Curl your arms upwards slowly.
 4. Slowly return to the starting position.

BICEPS, FOREARMS

LEGS



- SQUAT**
1. Stand facing the machine, with your legs straddling the bench, as shown.
 2. Grip the lower pulley handles and hold them tight against your upper chest.
 3. Slowly lower your body to a seating position until you are barely touching the seat.
 4. Hold your position momentarily.
 5. Slowly return to the starting position.

QUADRICEPS, HAMSTRINGS, GLUTEALS



- LUNGE**
1. Stand facing the machine and grip the lower pulley straps.
 2. Place one foot on the machine's support footrest and the other foot approximately 1 stride-length behind.
 3. Bring your body forward and downwards as you bend your knees.
 4. Hold your position momentarily.
 5. Slowly return to the starting position.

HAMSTRINGS



- INNER THIGH**
1. Attach the padded cuff to the lower pulley.
 2. Stand sideways to the machine.
 3. Attach the cuff to the leg closest to the machine.
 4. Slowly scissor your leg across your body while keeping your body straight.
 5. Slowly return to the starting position.

INNER QUADRICEPS



- OUTER THIGH**
1. Attach the padded cuff to the lower pulley.
 2. Stand sideways to the machine. Attach the cuff to the leg furthest from the machine.
 3. While keeping your leg straight and positioned slightly in front of your body, lift your leg outward and upward as far as possible. Keep your body straight, and lead with your heel.
 4. Slowly return to the starting position.

OUTER QUADRICEPS



- 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 back of the seat for balance.
 3. Keep your hips stationary and your leg straight. Slowly kick foot backwards as far as possible.
 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 8 to 10 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.
- Limit rest between exercises to build cardiovascular endurance.
- Ideally, you should perform 30 seconds of cardiovascular exercise between 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
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 M1 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 watered down rag. Then, dry completely to avoid rust.
- Maintain a regular routine of preventative maintenance.

KNOW YOUR MACHINE

UPPER PULLEY

REVOLVING STRAP HANDLES

MIDDLE PULLEY

TELESCOPING SEAT

LOWER PULLEY

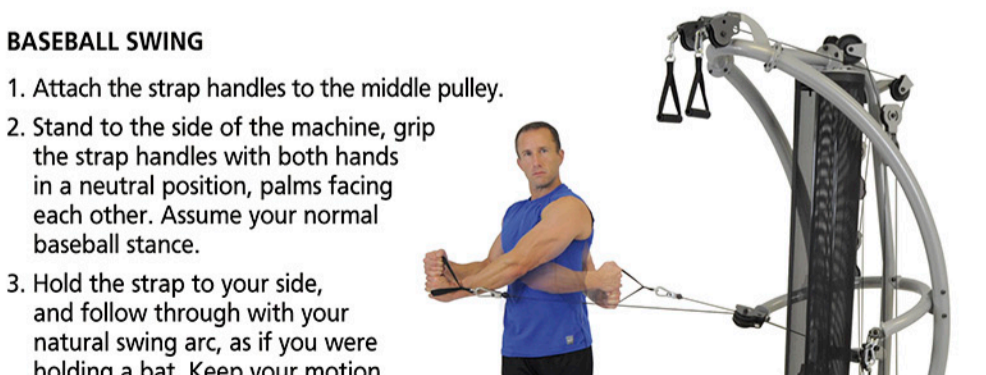


FUNCTIONAL TRAINING



- GOLF SWING**
1. Attach the strap handles 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 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.

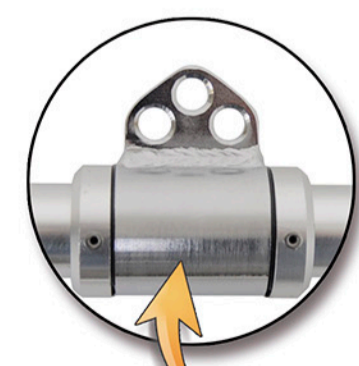
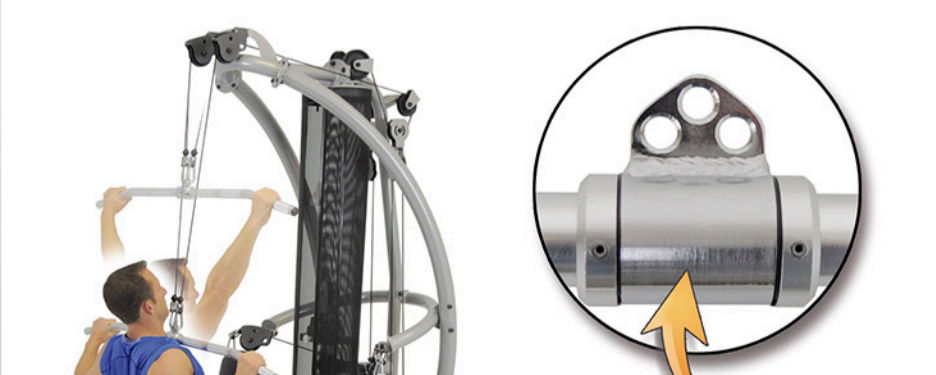
DELTOIDS, BICEPS, EXTERNAL OBLIQUES



- 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 baseball stance.
 3. Hold the strap to your side, and follow through with your natural swing arc, as if you were holding a bat. Keep your motion as you shift your weight.
 4. Slowly return to the starting position.

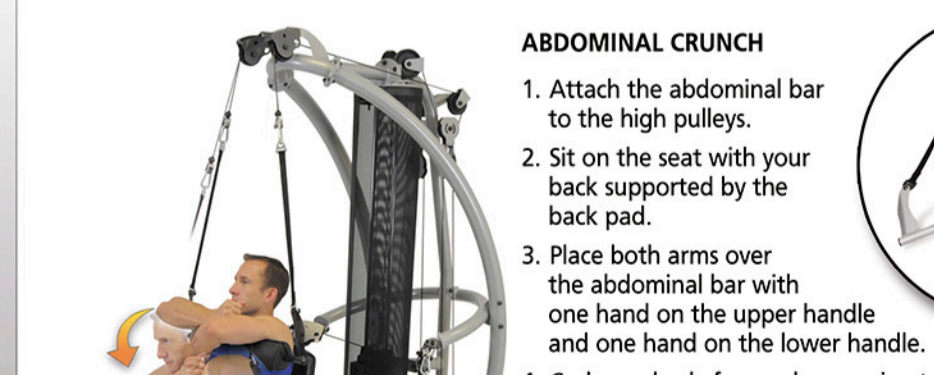
DELTOIDS, BICEPS, EXTERNAL OBLIQUES

OPTIONAL ALUMINUM LAT BAR



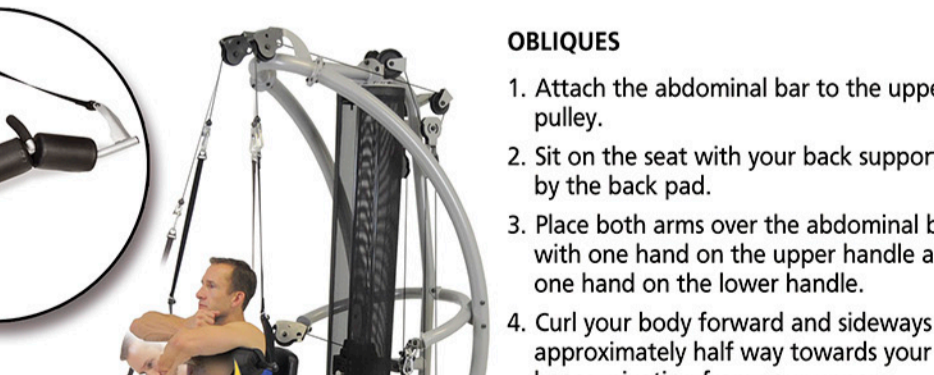
Three eye holes allow for both single and double high pulley gyms.

OPTIONAL AB BAR



- ABDOMINAL CRUNCH**
1. Attach the abdominal bar to the high pulleys.
 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



- OBLIQUES**
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 and sideways approximately half way towards your knees, pivoting from your upper abdominal area.
 5. Slowly return to the starting position.

RECTUS ABDOMINUS, OBLIQUES