

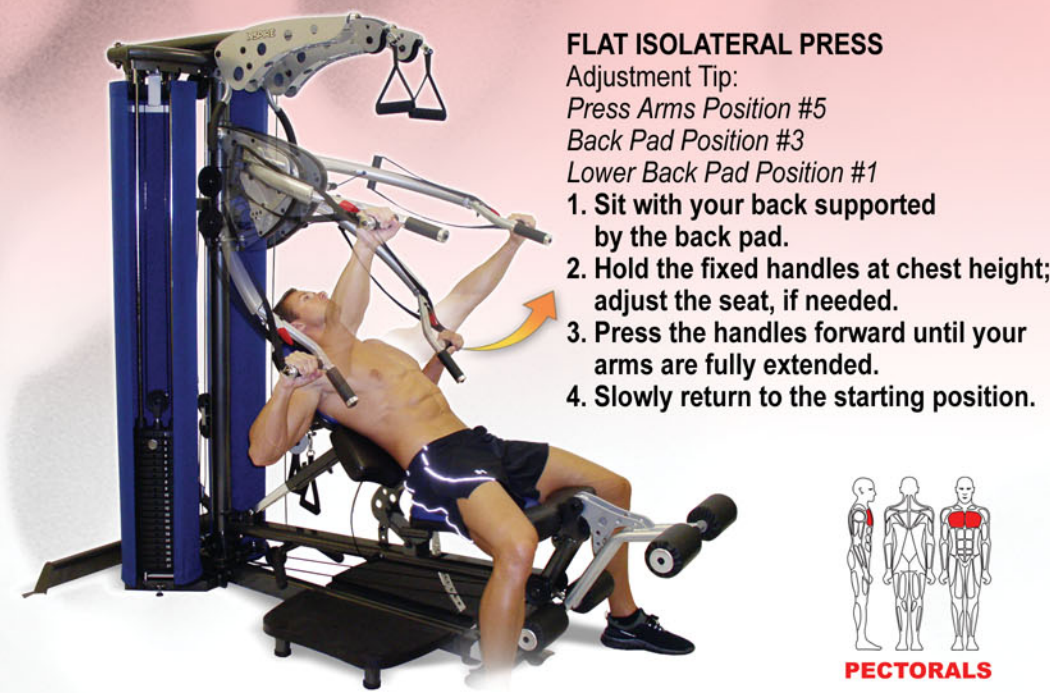


To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your INSPIRE M4 Multi-Gym, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. 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 M4 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 M4 Multi-Gym!

### CHEST

**FLAT ISOLATERAL PRESS**  
Adjustment Tip:  
Press Arms Position #5  
Back Pad Position #3  
Lower Back Pad Position #1

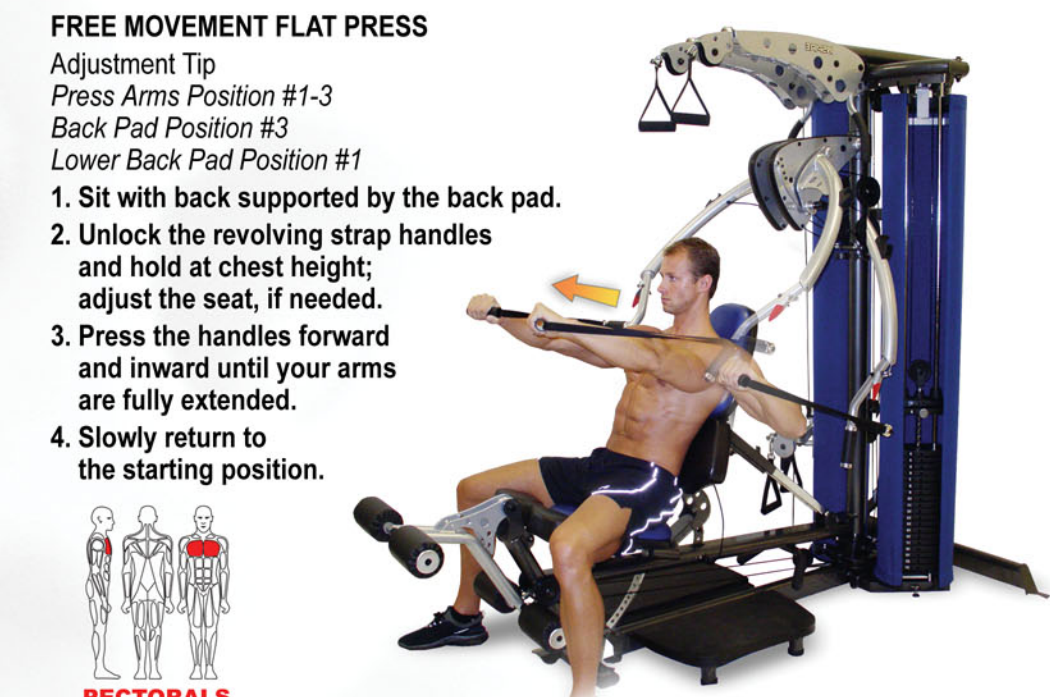
1. Sit with your back supported by the back pad.
2. Hold the fixed handles at chest height; adjust the seat, if needed.
3. Press the handles forward until your arms are fully extended.
4. Slowly return to the starting position.



**PECTORALS**

**FREE MOVEMENT FLAT PRESS**  
Adjustment Tip:  
Press Arms Position #1-3  
Back Pad Position #3  
Lower Back Pad Position #1

1. Sit with 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**

**FREE MOVEMENT INCLINE PRESS**  
Adjustment Tip:  
Press Arms Position #1-3  
Back Pad Position #3  
Lower Back Pad Position #1

1. Sit 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**

**CABLE CROSSOVER FLY**  
Adjustment Tip:  
Using foot pedal unlock and rotate bench. Adjust Upper Pulleys to the widest position. Attach strap handles in longest position.

1. Step up onto the platform facing away from the gym.
2. Grip the 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.

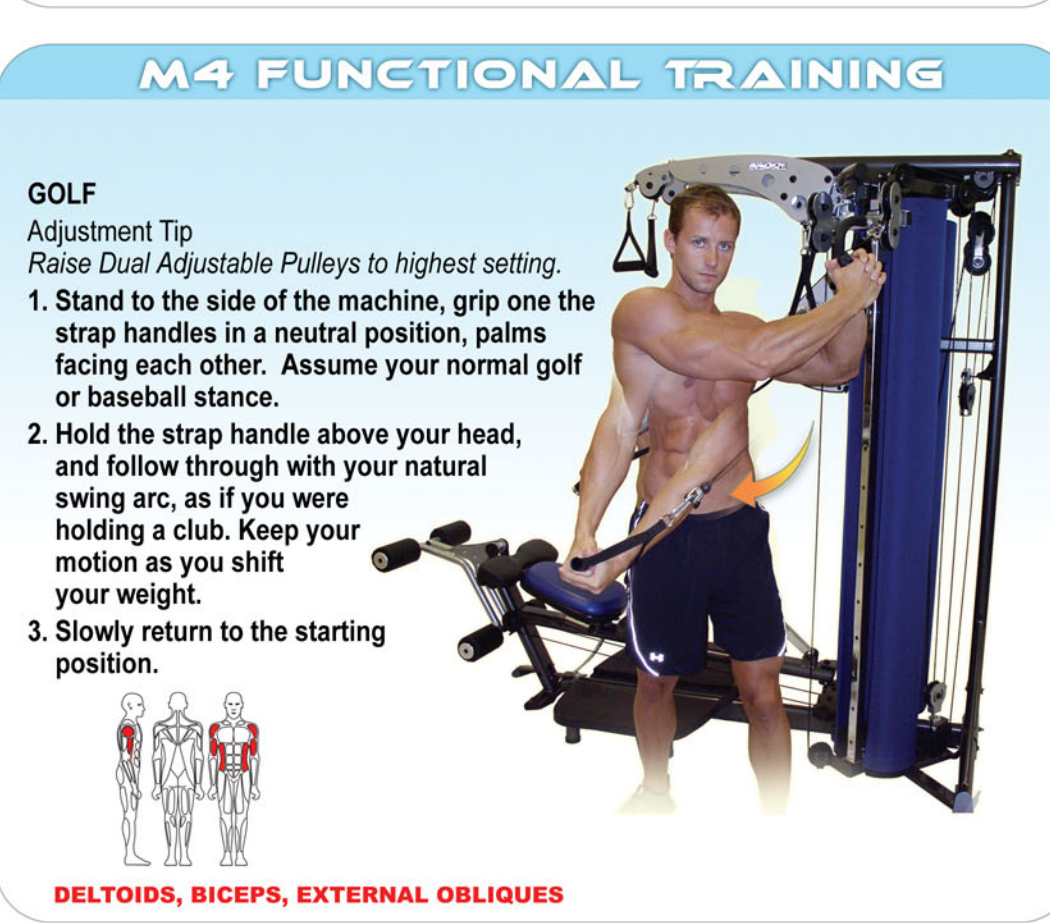


**PECTORALS**

**M4 FUNCTIONAL TRAINING**

**GOLF**  
Adjustment Tip:  
Raise Dual Adjustable Pulleys to highest setting.

1. Stand to the side of the machine, grip one of the strap handles in a neutral position, palms facing each other. Assume your normal golf or baseball stance.
2. Hold the strap handle 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.
3. Slowly return to the starting position.

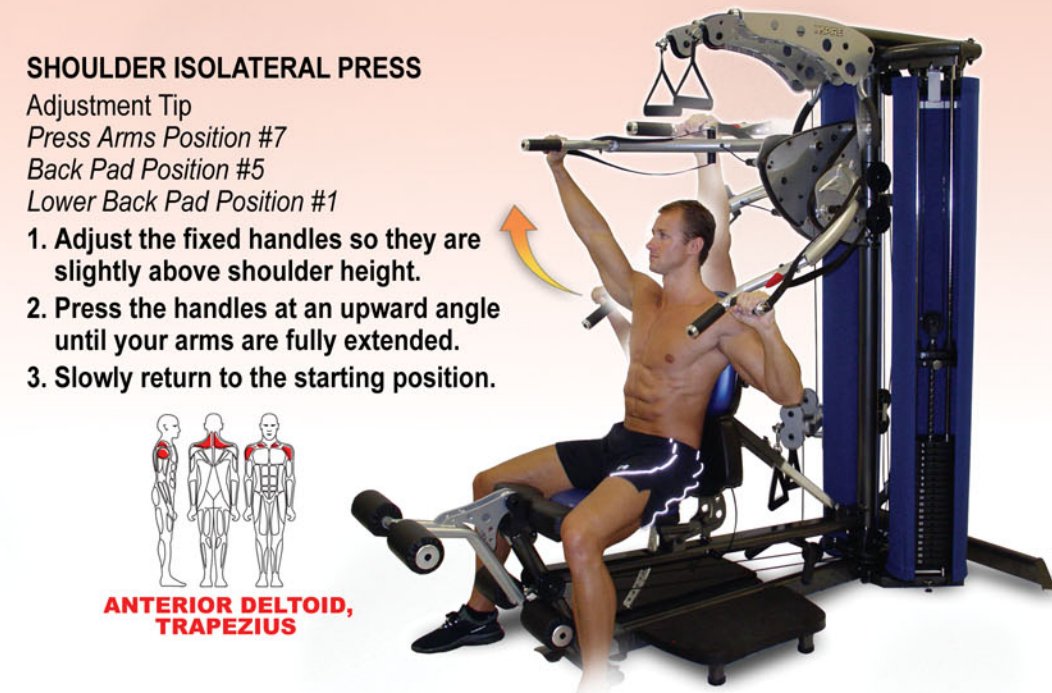


**DELTOIDS, BICEPS, EXTERNAL OBLIQUES**

### SHOULDERS

**SHOULDER ISOLATERAL PRESS**  
Adjustment Tip:  
Press Arms Position #7  
Back Pad Position #4  
Lower Back Pad Position #1

1. Sit facing the machine with your knees locked under the back pad.
2. Grip the adjustable strap handles with your hands slightly wider than shoulder width, with your palms facing inward.
3. Lean back slightly, and pull adjustable strap handles down slowly.
4. Slowly return to the starting position.



**ANTERIOR DELTOID, TRAPEZIUS**

**FREE MOVEMENT SHOULDER PRESS**  
Adjustment Tip:  
Press Arms Position #1-3  
Back Pad Position #4  
Lower Back Pad Position #1

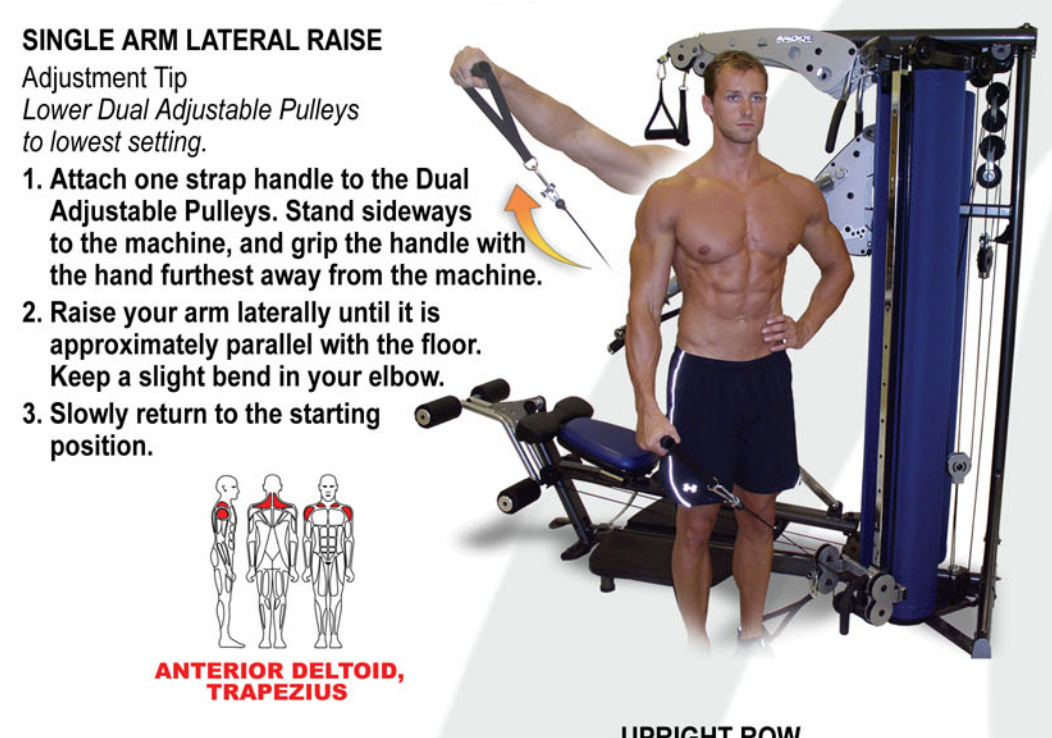
1. Unlock the revolving strap handles and hold at shoulder height; adjust the seat, if needed.
2. Press the handles upward and inward above your head until your arms are fully extended.
3. Slowly return to the starting position.



**MEDIAL DELTOID**

**SINGLE ARM LATERAL RAISE**  
Adjustment Tip:  
Raise Dual Adjustable Pulleys to lowest setting.

1. Attach one strap handle to the Dual Adjustable Pulleys. 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.



**ANTERIOR DELTOID, TRAPEZIUS**

**UPRIGHT ROW**  
Adjustment Tip:  
Lower Dual Adjustable Pulleys to lowest setting.

1. Attach strap handles to the Dual Adjustable Pulleys.
2. Grip both of the strap handles 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.

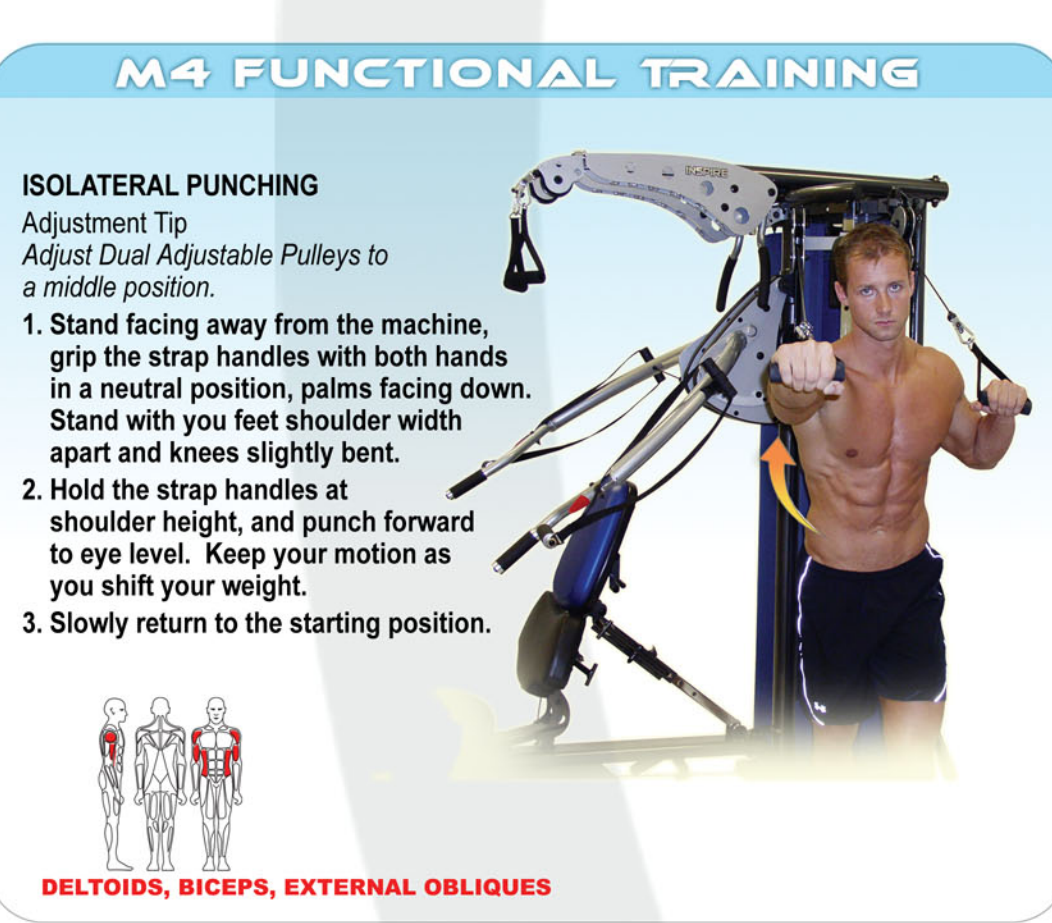


**TRAPEZIUS, MEDIAL DELTOID**

**M4 FUNCTIONAL TRAINING**

**ISOLATERAL PUNCHING**  
Adjustment Tip:  
Adjust Dual Adjustable Pulleys to a middle position.

1. Stand facing away from the machine, grip the strap handles with both hands in a neutral position, palms facing down. Stand with your feet shoulder width apart and knees slightly bent.
2. Hold the strap handles at shoulder height, and punch forward to eye level. Keep your motion as you shift your weight.
3. Slowly return to the starting position.

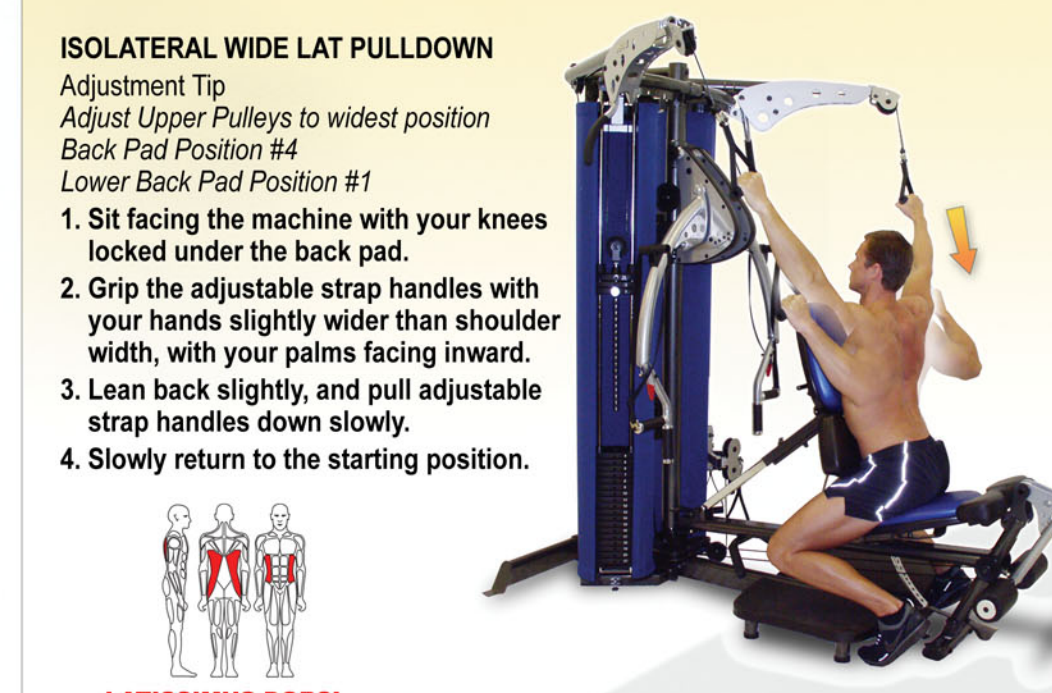


**DELTOIDS, BICEPS, EXTERNAL OBLIQUES**

### ABS & BACK

**ISOLATERAL WIDE LAT PULLDOWN**  
Adjustment Tip:  
Adjust Upper Pulleys to widest position  
Back Pad Position #4  
Lower Back Pad Position #1

1. Sit facing the machine with your knees locked under the back pad.
2. Grip the adjustable strap handles with your hands slightly wider than shoulder width, with your palms facing inward.
3. Lean back slightly, and pull adjustable strap handles down slowly.
4. Slowly return to the starting position.



**LATISSIMUS DORSI, EXTERNAL OBLIQUES**

**ISOLATERAL MID ROW**  
Adjustment Tip:  
Press Arms Position #1-3  
Back Pad Position #4-5  
Lower Back Pad Position #1

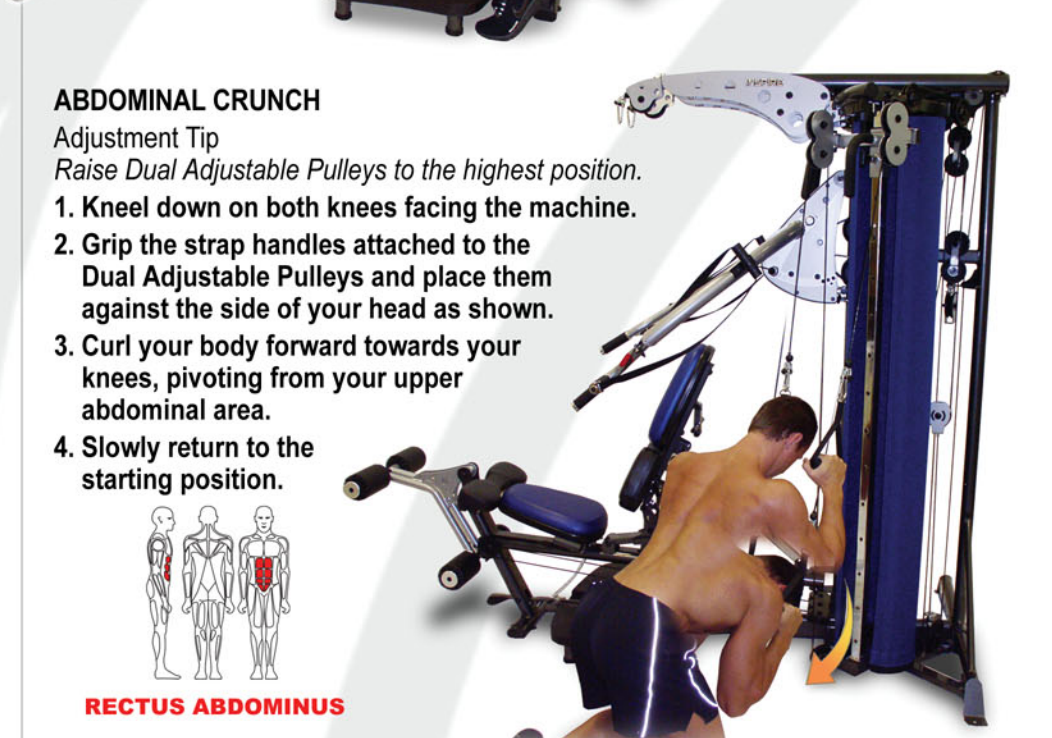
1. Sit facing the machine.
2. Adjust the seat height, if necessary, to grip the handles as shown.
3. Pull the handles towards you.
4. Slowly return to the starting position.



**LATISSIMUS DORSI**

**ABDOMINAL CRUNCH**  
Adjustment Tip:  
Raise Dual Adjustable Pulleys to the highest position.

1. Kneel down on both knees facing the machine.
2. Grip the strap handles attached to the Dual Adjustable Pulleys and place them against the side of your head as shown.
3. Curl your body forward towards your knees, pivoting from your upper abdominal area.
4. Slowly return to the starting position.



**RECTUS ABDOMINUS**

**RIGH AND LEFT OBLIQUE**  
Adjustment Tip:  
Raise Dual Adjustable Pulleys to the highest position.

1. Kneel down on both knees facing the machine.
2. Grip the strap handles attached to the Dual Adjustable Pulleys and place them against the side of your head as shown.
3. Curl your body forward and to the right for your right oblique and forward and to the left for your left oblique.
4. Slowly return to the starting position.



**RECTUS ABDOMINUS**

**OPTIONAL LEG PRESS**

**LEG PRESS**  
Adjustment Tip:  
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.

1. Slowly push 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.



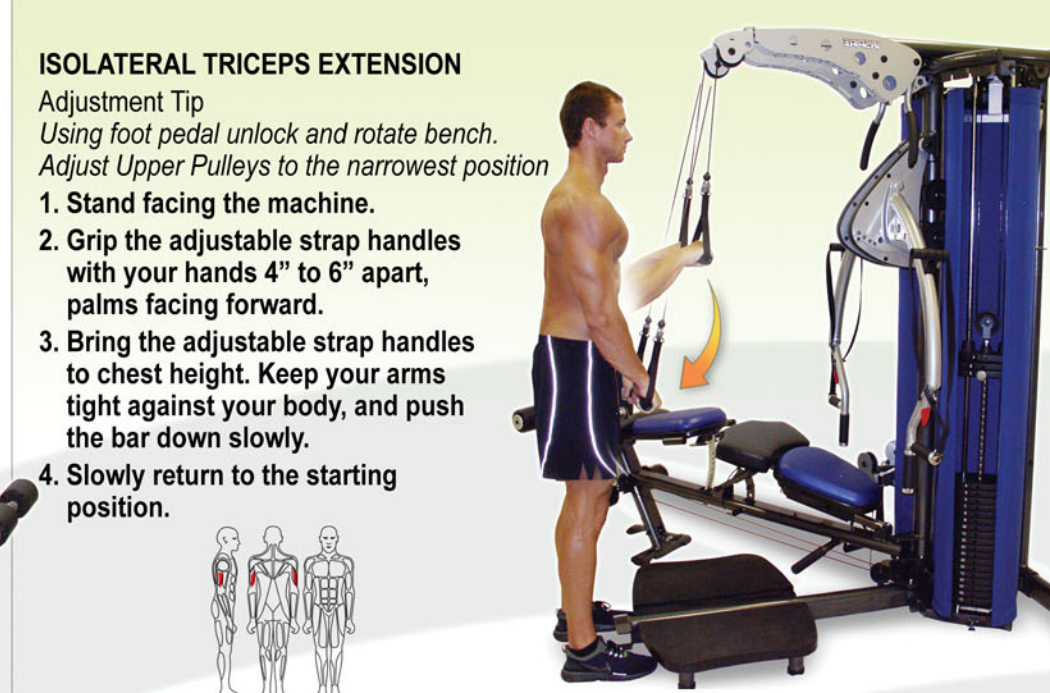
**CALF RAISE**  
Adjustment Tip:  
Adjust the back pad so your legs are slightly bent when your feet are placed on the foot plate.

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

**ISOLATERAL TRICEPS EXTENSION**  
Adjustment Tip:  
Using foot pedal unlock and rotate bench. Adjust Upper Pulleys to the narrowest position.

1. Stand facing the machine.
2. Grip the adjustable strap handles with your hands 4" to 6" apart, palms facing forward.
3. Bring the adjustable strap handles to chest height. Keep your arms tight against your body, and push the bar down slowly.
4. Slowly return to the starting position.



**TRICEPS**

**SINGLE ARM TRICEP KICKBACK**  
Adjustment Tip:  
Adjust Dual Adjustable Pulleys to a middle position.

1. Stand facing the machine.
2. Grip one of the strap handle, from the Dual Adjustable Pulleys.
3. Bend at your hip and keep your elbow close to your side.
4. Push the handle back until your arm is fully extended.
5. Slowly return to the starting position.



**TRICEPS**

**ISOLATERAL LOW BICEP CURL**  
Adjustment Tip:  
Lower Dual Adjustable Pulleys to lowest setting.

1. Stand facing away from the machine.
2. Grip the strap handles with your palms facing up. Keep your hands approximately 6" apart.
3. Curl your arms upward slowly.
4. Slowly return to the starting position.



**BICEPS**

**ISOLATERAL SEATED HIGH BICEP CURL**  
Adjustment Tip:  
Adjust Upper Pulleys to narrowest position  
Back Pad Position #1  
Lower Back Pad Position #1

1. Sit on the seat pad facing the machine. Grip the adjustable strap handles with your palms facing up. Keep your hands approximately 6" apart.
2. Curl your arms towards your head slowly.
3. Slowly return to the starting position.




**BICEPS**

**OPTIONAL ABDOMINAL BAR**

**ABDOMINAL CRUNCH**  
Adjustment Tip:  
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.

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.

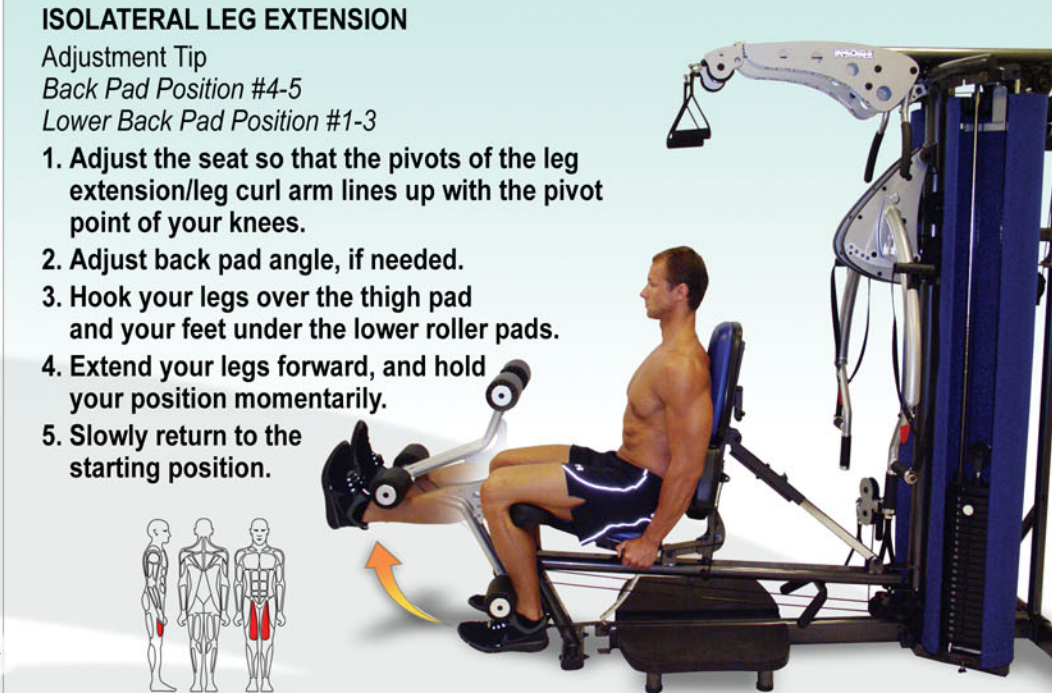


**RECTUS ABDOMINUS, EXTERNAL OBLIQUES**

### LEGS

**ISOLATERAL LEG EXTENSION**  
Adjustment Tip:  
Back Pad Position #4-5  
Lower Back Pad Position #1-3

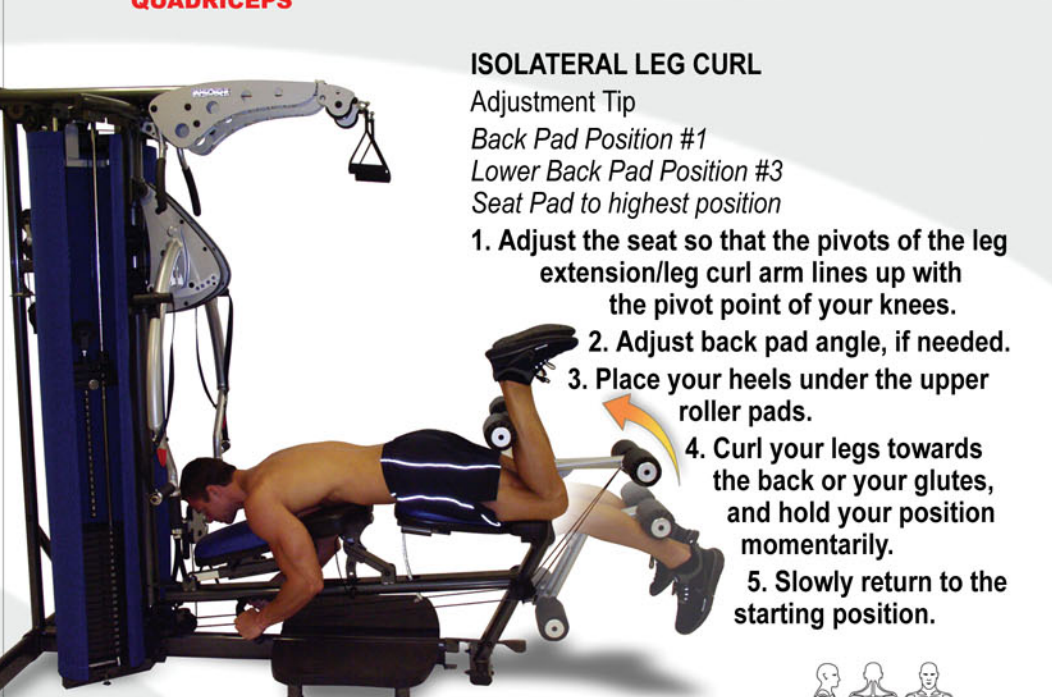
1. Adjust the seat so that the pivots of the leg extension/leg curl arm lines up with the pivot point of your knees.
2. Adjust back pad angle, if needed.
3. Hook your legs over the thigh pad and your feet under the lower roller pads.
4. Extend your legs forward, and hold your position momentarily.
5.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



**QUADRICEPS**

**ISOLATERAL LEG CURL**  
Adjustment Tip:  
Back Pad Position #1  
Lower Back Pad Position #3  
Seat Pad to highest position

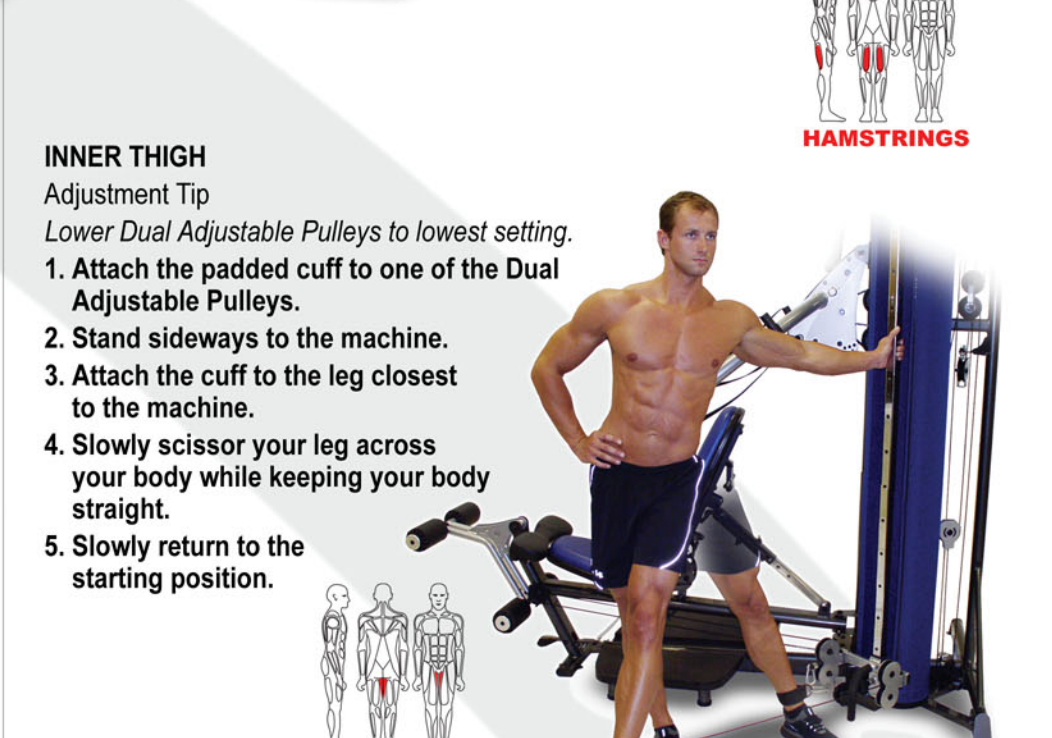
1. Adjust the seat so that the pivots of the leg extension/leg curl arm lines up with the pivot point of your knees.
2. Adjust back pad angle, if needed.
3. Place your heels under the upper roller pads.
4. Curl your legs towards the back or your glutes, and hold your position momentarily.
5. Slowly return to the starting position.



**HAMSTRINGS**

**INNER THIGH**  
Adjustment Tip:  
Lower Dual Adjustable Pulleys to lowest setting.

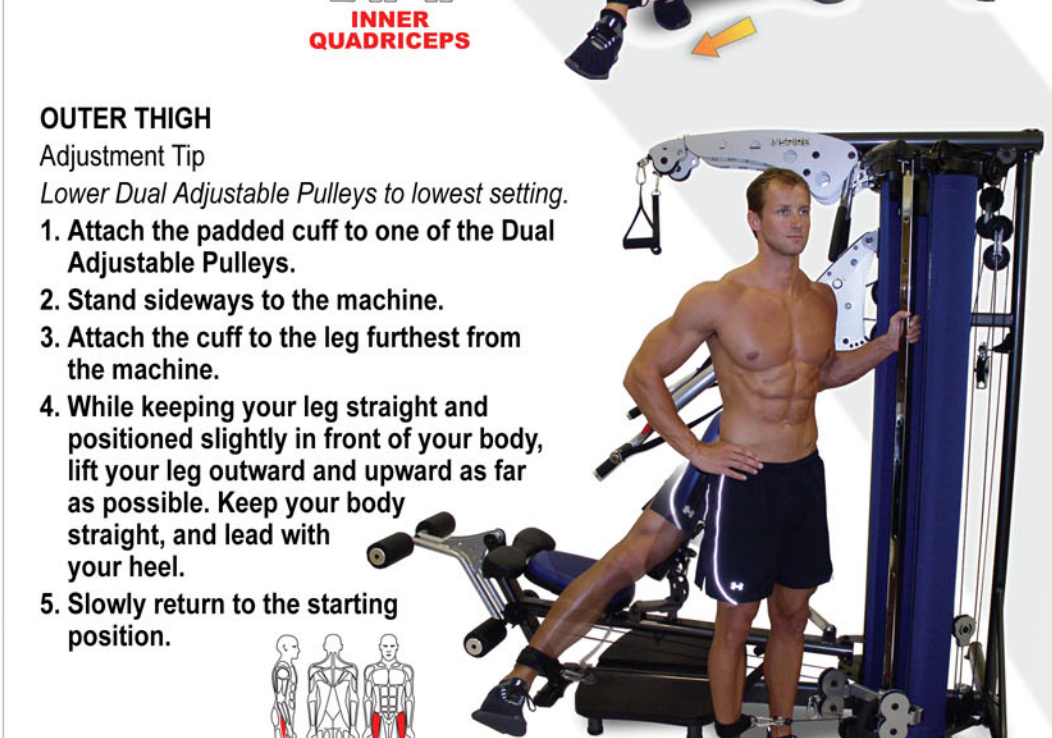
1. Attach the padded cuff to one of the Dual Adjustable Pulleys.
2. Stand sideways to the machine.
3. Attach the cuff to the leg closest to the machine.
4. Slowly scissor your leg across your body while keeping your body straight.
5. Slowly return to the starting position.



**INNER QUADRICEPS**

**OUTER THIGH**  
Adjustment Tip:  
Lower Dual Adjustable Pulleys to lowest setting.

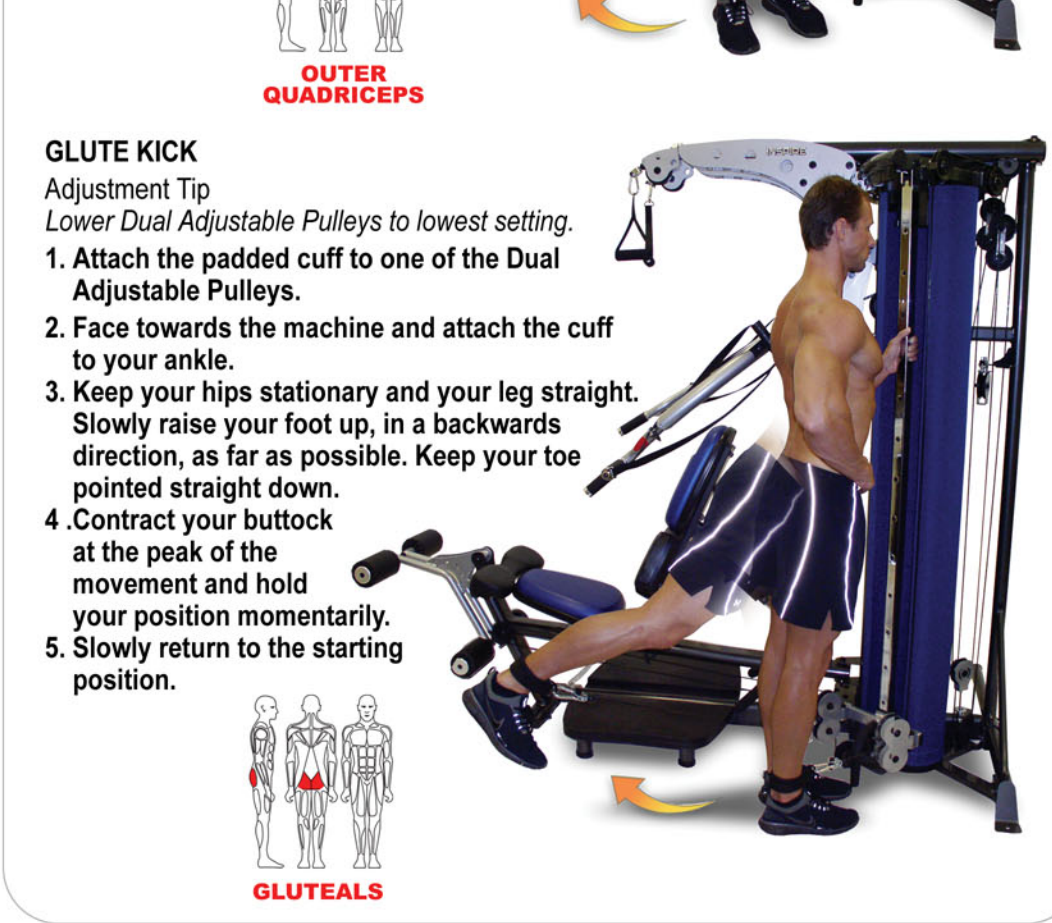
1. Attach the padded cuff to one of the Dual Adjustable Pulleys.
2. Stand sideways to the machine.
3. Attach the cuff to the leg furthest from the machine.
4. While keeping your leg straight and positioned slightly in front of your body, lift your leg outward and upward as far as possible. Keep your body straight, and lead with your heel.
5. Slowly return to the starting position.



**OUTER QUADRICEPS**

**GLUTE KICK**  
Adjustment Tip:  
Lower Dual Adjustable Pulleys to lowest setting.

1. Attach the padded cuff to one of the Dual Adjustable Pulleys.
2. Face towards the machine and attach the cuff to your ankle.
3. Keep your hips stationary and your leg straight. Slowly raise your foot up, in a backwards direction, 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 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.

For more tips and workouts please visit our website www.inspirefitness.net and click on the WORKOUTS tab.

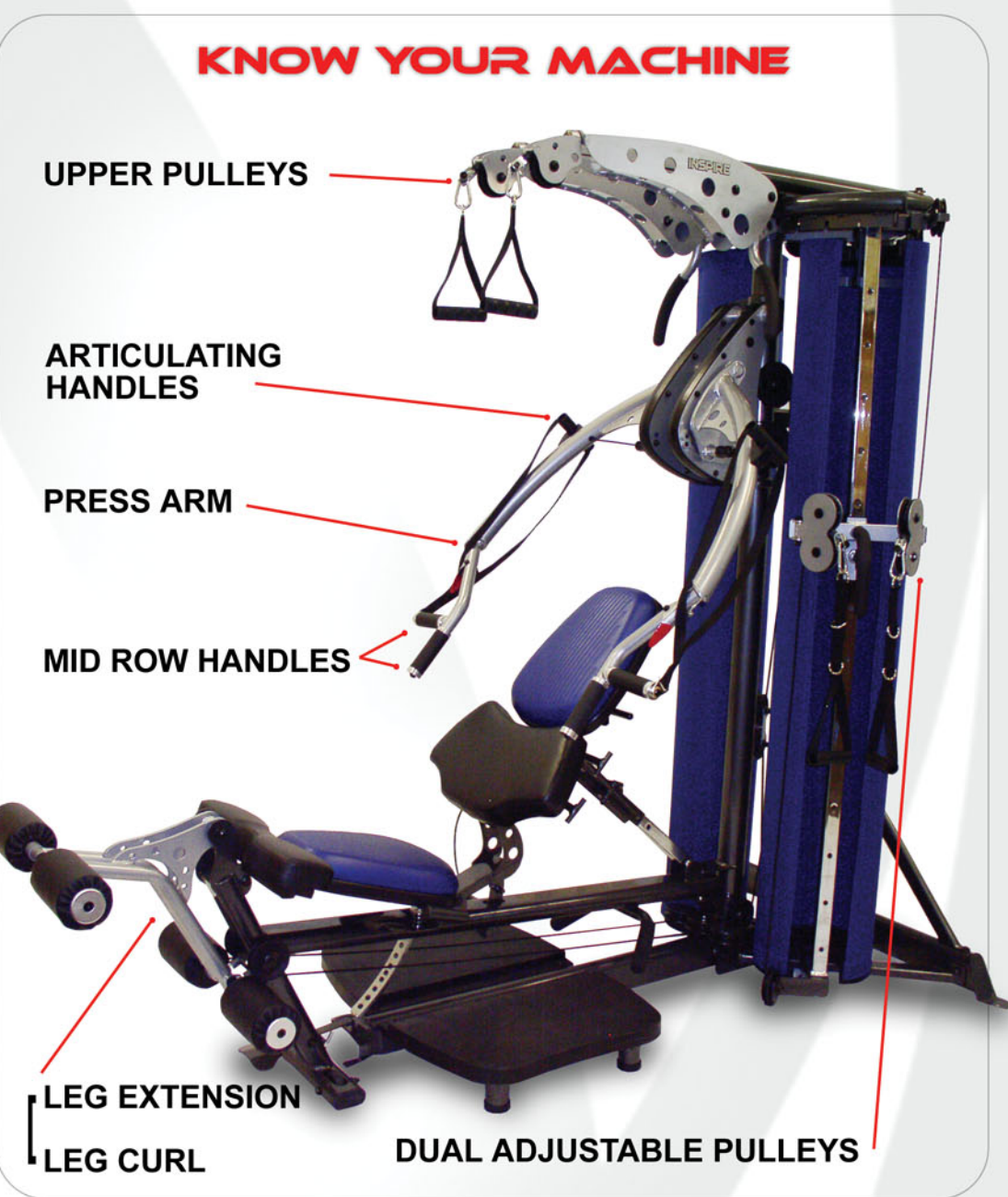
**EXERCISE SAFETY**

- 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 M4 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 PULLEYS
- ARTICULATING HANDLES
- PRESS ARM
- MID ROW HANDLES
- LEG EXTENSION
- LEG CURL
- DUAL ADJUSTABLE PULLEYS