

Created Exclusively for the Resistance Chair® Exercise System

NTSC Format

Better Balance & Stretching™

In this slower-paced routine, fitness expert Sandy Knight guides you through a stretching and balance workout designed especially for the Resistance Chair® exercise system. This 26-minute program focuses on developing your strength, balance, and coordination. It includes both seated exercises, and standing exercises performed at the back of the Resistance Chair.

CAUTION: Not all exercises are suitable for everyone. Consult with your doctor before beginning this, or any other, exercise program. The instruction contained in this program is in no way meant to be a substitute for medical counseling.

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Cover Photo: Steven Meckler
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Model No. CFV-105



Better Balance & Stretching™

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Better Balance & Stretching™

with fitness expert
Sandy Knight



- ▶ *Increases Flexibility and Range of Motion*
- ▶ *Mild Pace to Help Reduce Stress*
- ▶ *Improve Core Strength and Balance*
- ▶ *Complete Posture Awareness Exercises*

Low-Impact Series

