

Created Exclusively for the Resistance Chair® Exercise System

PAL Video

Leisurely Living™

A slower paced workout routine designed especially for the Resistance Chair® exercise system. Follow along with senior fitness expert Sandy Knight as she guides you through a complete workout that includes stretching, mild aerobics, and strength exercises using the resistance cables...all presented at a leisurely, easy-to-follow pace. This half-hour routine is great for someone who's new to the Resistance Chair® and who is also at a beginner's level of fitness.

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.

Executive Producers: John Bowser & Ron Perkins
Cover Photo: Steven Meckler
Additional information at www.continuingfitness.com
Copyright ©2008 Continuing Fitness, Inc.

Model No. CFV-206



Leisurely Living™

with Sandy Knight



Leisurely Living™ with Sandy Knight

PAL Video



- ▶ A slow-paced complete body conditioning program
- ▶ Low-impact exercises at a comfortable pace
- ▶ Increase range of motion in joints and muscles
- ▶ Develops strength, endurance, and balance



Low-Impact Series