

Created Exclusively for the Resistance Chair® Exercise System

PAL Video

Power Ride™

This workout routine focuses exclusively on how to use the Mini-Bike attachment with your Resistance Chair® exercise system. Follow along with fitness expert Sandy Knight as she blends strength exercises with cardiovascular routines to increase blood flow to all areas of the body and develop muscle strength. This 26-minute program also includes stretching and relaxation segments.

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
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Model No. CFV-207



Power Ride™



Power Ride™

with fitness expert
Sandy Knight



PAL Video



- ▶ *Designed Specifically for the Mini-Bike*
- ▶ *Improves Cardiovascular Fitness & Leg Strength*
- ▶ *Includes Strength Exercises for the Arms*

Low-Impact Series



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