

Created Exclusively for the Resistance Chair® Exercise System

PAL Video

Strong Heart, Strong Body™

Join expert fitness instructor Sandy Knight and her class in a lively workout designed especially for the Resistance Chair® exercise system. This 30-minute routine includes a wider range of cardio exercises in comparison to the *Living Stronger* workout video that is included in the box with the Resistance Chair. The *Strong Heart, Strong Body* program also incorporates more step exercises at the back of the 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.

Executive Producers: John Bowser & Ron Perkins
Cover Photo: Steven Meckler
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Model No. CFV-204



Strong Heart, Strong Body™

PAL Video

DVD



Strong Heart, Strong Body™

with fitness expert
Sandy Knight



- ▶ *Build strength to help with daily activities*
- ▶ *Strengthen the heart and lungs*
- ▶ *Increase mental awareness and physical regeneration*
- ▶ *Energetic and fun seated aerobic activity*

