



RESISTANCE CHAIR® Exercise System

*The First Home Gym Designed
Specifically for Mature Adults*



The Resistance Chair® exercise system allows mature adults to do a full body workout from a safe, comfortable seated position. Because users remain seated, they maintain balance and stability as they exercise the arms, chest, shoulders, abdomen, back and legs.

Product Features

Resistance Anchor Cable™ system offers a wide range of upper body and lower body exercises and provides smooth, low-impact resistance without the use of heavy weights.

The Posture Prop™ removable back support keeps the back straight while strength exercising.

The Health Step™ detachable step acts as footrest for smaller users, provides added stability for seated strength exercises, and attaches to back of chair for step exercises.

Balance Bar Handles provide balance support for leg exercises while standing behind chair.

Non-skid foot protectors grip the floor for extra stability and safety.

RETAIL PRICE:	\$239.70
DIMENSIONS:	Folded Up - 10D x 21W x 45H Folded Down - 39D x 21W x 45H
RECOMMENDED AGE:	Designed for mature adults, but suggested for all ages
RELEASE DATE:	June 15, 2005
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