

The Resistance Chair Exercise & Rehabilitation System



Resistance Chair System

Everything You Need for a Complete Chair Exercise Program!

- Recommended and utilized by health professionals
- Low-impact and smooth resistance
- Suitable for all fitness levels
- Safe and very easy to use
- Great for many post-op rehab uses
- Comes ready to use; no assembly required!
- Lightweight and stores easily
- Ideal for anyone with limited mobility
- Improves strength, flexibility & balance

Model No. : **CFC-100B-S**

Description:

The World's Most Convenient Home Gym: The Resistance Chair® exercise system allows you to do a full body workout from a safe, comfortable seated position. Because you remain seated, you maintain balance and stability as you exercise your arms, chest, shoulders, abdomen, back, and legs. The patented Resistance Anchor Cable™ system offers a wide range of upper body and lower body exercises and provides smooth, low-impact resistance without use of heavy weights. The Resistance Chair system is made of very strong, commercial-grade construction with thick-wall steel tubing. It's built to withstand frequent use in gyms and rehab centers and has been tested to easily hold up to 400 pounds.