



The Resistance Chair (CFC-100) product includes (in one box, for one price):

- Chair, fully assembled, ready to use out of the box, with one set of level 5 cables pre-attached
- Two extra sets of cables: one set level 4, one level 7
- Posture Prop seat-back attachment
- Safety Step foot step
- Instructional DVD
- Fully-illustrated Workout Poster

No tools needed.

"I recommend the Resistance Chair as a great way for people of any age to develop muscle strength and cardiovascular health. Whether you're recovering from illness or just wish to get into better physical condition, this is a great way to stay fit at home."

- **James Galizia, MD, FACC**
University Cardiologist

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"If you are looking for a home-based chair exercise program, the Resistance Chair is the answer!"

Mary K. Swanson, Founder of SilverSneakers™

"I have been in the fitness business for 32 years and never have I been compelled to buy my mother a piece of exercise equipment until I was introduced to the Resistance Chair. My mother loves it!"

Gary Mirsky, owner, Gold's Gym, Rancho Santa Margarita, California

"Good system... Whether you are fit or recovering from an injury or surgery, this system will work for you."

Chuck Heathco, Director of Rehabilitation, Newport Nursing & Rehabilitation Center, Newport Beach, California