

The Resistance Chair Exercise & Rehabilitation System

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

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

Gym Membership can be expensive, intimidating and inconvenient!

The Perfect Solution for:

- Seniors
- Post-op rehab
- Limited mobility
- Fibromyalgia sufferers
- Anyone with Arthritis
- Intimidated by a gym environment
- New to fitness
- Home-Bound



Fragile Fitness

413 Cold Branch Drive
Columbia, SC 29223
Phone (803) 920-0809
Email fragilefitness@kathleenhwood.com

At Last!
An easy to use, affordable,
at-home fitness solution!



**Comes Fully Equipped with
Everything You Need:**



**Resistance Chair
exercise chair**



**4 Resistance Anchor Cable
exercise cables
(Level 5)**



Health Step™ attachment



**PostureProp™
back support**



Owner's manual,
color wall chart,
and DVD



*Your
Complete
At-Home
System!*

Resistance Chair System	ONLY \$270.00
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**OPTIONAL EQUIPMENT TO
COMPLETE YOUR FITNESS ROUTINE**

Sold separately:



Smooth Rider Mini-Bike with Upright Row Bar



Freedom Flex - Shoulder Stretcher and pull down
resistance attachment.

Also shown: **Short Stroke Mini-Bike** (smaller 7" radius)

**Call Fragile Fitness
803-920-080**