

# **Chair Gym Exercise Manual**

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Jan 21, 2015 Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging. Sample Exercises - Balance Publication Date: May 2011

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You don't have to have a membership to a gym or own lots of home workout equipment to get fit. With just a chair you too can gain the health benefits of resistance

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About this Workout Do you sit at a desk all day? Are you confined to a chair? Do you struggle with mobility issues? Then this workout is for you!

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Chair Gym System; Instructional DVD; 30-Minute Workout DVD; Nutrition Guide; Fitness Guide; Features. 3 levels of resistance; Supports 350+ pounds; Simple set-up

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