

**RISK-FREE GUARANTEE**

If you are not completely satisfied with the Resistance Chair, simply return the Chair to us in good condition within 30 days of the date that you received it, and we will issue you a refund of the purchase price.



Bradley Wilson,  
Managing Director  
AOK Health Pty Ltd

The Resistance Chair® exercise chair system comes fully equipped with the following items, plus owner's manual, DVD, & wall chart:



Resistance Chair®  
Exercise Chair



PostureProp™  
& Health Step™



Set of Four (Level 5)  
Resistance Anchor Cables™

**Yes!** I would like to order my Resistance Chair® exercise system and take the first step toward a healthier, more active life. I will choose one of the following three ways to order:

**Call:** You can order over the phone by calling our corporate office at 1300 792 300. The office hours are Monday through Friday, 8:30am to 5pm. In most cases, we can ship your order on the same day that you call in!

**Fax in Your Order:** Simply fill out the order form below, including credit card payment information, and fax this page to our corporate office at 1300 792 300. As with call-in orders, we can usually ship out your order on the same day that we receive your fax.

**Mail in Order:** If you prefer to pay with a check, please make the cheque payable to "AOK Health Pty Ltd". Fill out this order form and mail to:

AOK Health Pty Ltd,  
P.O. Box 393, The Junction, NSW 2291, Australia

\*Shipping Charges: Contact our office toll free at 1300 792 300 for details. (Mon.-Fri. 8:30am-5pm)

Payment Plan Option: If paying by credit card, you can spread your purchase out over six monthly payments. Contact our office toll free at 1300 792 300 for details. (Mon.-Fri. 8:30am-5pm)

**ORDER FORM**

Item	Quantity	Price Ea. incl GST	Total
Resistance Chair Exercise System	_____	\$345.00	_____
Freedom Flex Shoulder Stretcher	_____	\$195.00	_____
Value Pack Cable Assortment	_____	\$125.00	_____
"Short-Stroke" Mini-Bike	_____	\$175.00	_____
duraDisc™	_____	\$89.50	_____
Subtotal:			_____
Shipping Charge (if applicable*):			_____
TOTAL:			_____



Name: \_\_\_\_\_ Payment Method:  Cheque Enclosed  Credit Card

Company Name: \_\_\_\_\_ Card Type:  Visa  MC  AMEX

Address: \_\_\_\_\_ Card No.: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Sec/\_\_\_\_\_

Phone No.: \_\_\_\_\_ Signature: \_\_\_\_\_

(Important to ensure prompt delivery of your order.) Email Address: \_\_\_\_\_

"Finally, somebody's come up with a piece of equipment that speaks directly to seniors...That makes them feel comfortable, stable, and supported."

Kathy Stevens, Kinesiologist

**Resistance Chair®**

Chair Exercise System

by Continuing Fitness

Thank you for requesting more information about the new Resistance Chair exercise system. As you read through this brochure, you'll see how you can use the Resistance Chair as a vital tool to help you maintain a high quality of life...a life of increased mobility and better health!

Physical activity is the key to an independent life: According to the Centers for Disease Control, regular physical activity substantially reduces the risk of dying of coronary heart disease, and decreases the risk of ailments such as stroke, diabetes, colon cancer, and high blood pressure. Physical activity has even been found to reduce the symptoms of anxiety and depression, and is associated with fewer hospitalizations, physician visits, and medications.

A few minutes a day leads to years of reward: Engaging in physical activity for just a brief period each day can produce dramatic results. In fact, studies have shown that just 15 minutes of daily activity can even boost a person's mood throughout the day.

The resistance chair makes regular activity easy and fun: We designed the Resistance Chair exercise system with one goal in mind—to make the safest and most convenient home exercise system for mature adults. The Resistance Chair achieves this goal because of its innovative Resistance Anchor Cable™ system. With the Resistance Cables, you get a smooth, quiet resistance without using conventional weights. This means there are no heavy weights to drop...Just grab onto the cable handles and get started!

The Resistance Chair system enables you to condition muscles in your arms, shoulders, back, chest, abdomen, and legs...ensuring that you maintain the strength you need in order to feel good and handle daily activities like shopping, playing with the grandchildren, and pursuing your favorite hobbies.

Every Resistance Chair system comes with an instructional DVD video to guide you through a wide range of stretching and strength exercises. We also include a color wall chart for quick reference to each of the exercises. Please look through this brochure to learn more about what's included in the box with the Resistance Chair and to see how we've engineered every detail to make the Chair a complete at-home fitness solution.

Whether you buy the Resistance Chair for yourself, or for a loved one, we look forward to hearing from you and becoming your fitness partner in your new life of independence and mobility!



Order your Resistance Chair at-home exercise system today! Call 1300 792 300. Our office hours are 8:30am to 5pm, Monday to Friday. You can also order online at [www.aokhealth.com](http://www.aokhealth.com)

AUSTRALIAN DISTRIBUTOR







# The Resistance Chair®

Engineered as a Total Home Fitness Solution...

### PostureProp™

Removable backrest offers support for strength exercises and gives added range of motion for chest press routines.

### Resistance Anchor Cable™

Patent pending Resistance Anchor Cable™ exercise cables provide a low-impact, convenient resistance system. Easy-to-change cables available in six different resistance levels (sold separately).

### Lower Activity Bay

For bicep curls, lateral raises, bent rows and more.

### Health Step™

Detachable step can be used as a footrest for improved balance during seated exercises, and attaches to the back of the chair for step exercises.

### Heavy-Duty Construction

Designed for use by gyms and wellness centers, the Resistance Chair easily holds up to 400 pounds.



### Balance Bar Handles

Provide balance support for leg exercises while standing behind chair.

### Upper Activity Bay

Allows a wide range of upper body exercises, including chest press, incline press, shoulder press, tricep extensions, ab crunches and more.

### Anchor Assembly Base

Resistance Anchor Cable™ exercise cable easily snaps on and off so you can quickly change cable resistance levels.

### Handle Prop

Holds lower Resistance Anchor Cable™ exercise cable handle for easy access when not in use.

### Non-Skid Floor Protectors

Grip the floor to create extra stability.

### Weight Distributed Design™

Designed and engineered to give the Resistance Chair™ exercise system added safety and stability.

Model CFC-100

## The Complete, Chair-Based Exercise System!

### Great for:

- ✓ Stamina
- ✓ Strength
- ✓ Flexibility / Stretching
- ✓ Balance & Coordination

Just a few of the exercises you can do with the Resistance Chair™ exercise system...



Shoulder and Chest Press



Ab Crunches



Bicep Curls



Lateral Raises



Folds and stands up for easy storage

Testimonials from satisfied users and fitness industry experts...

*"Exercise is the root of life when you get past 50 years old. If you have people in your family who are over 50 and need to be encouraged to exercise, it would be wonderful for them."*

Bobby Joyce Smith

*"I have a new knee and the Resistance Chair helps me keep that knee moveable. It would make a marvelous gift, especially for children who have elderly parents. It's ideal for them because they could start out real slow and build up to do more."*

Margaret Agee

*"I think this is a phenomenal piece of equipment. I've been in and out of gyms for literally over 45 years and with this Resistance Chair I can exercise without the hassle of going to a gym."*

Pete Hanson

*"Working with older adults, it's nice to have what I call a 'no brainer'. I like the Resistance Chair because it's safe and because you can change the resistance cables and make the intensity more, so it's great for a variety of people. You can work with people with knee problems, shoulder problems, and back problems, and do it in a way where you can work at their level."*

Sandy Knight,  
Senior Fitness Instructor

*"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!"*

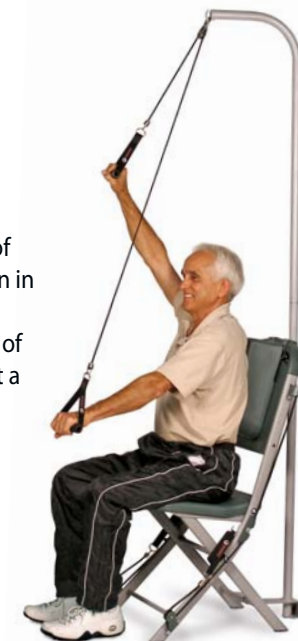


Gary Mirsky  
Gym Owner  
& Equipment Buyer

## Optional Accessories for the Resistance Chair

### Freedom Flex Shoulder Stretcher ▶

This is a great accessory item that attaches to the back of the Resistance Chair and helps maintain range of motion in shoulder joints and treat "frozen shoulder syndrome". A rugged pulley system allows you to control the amount of stretching on your shoulder. Adjustable handle straps fit a wide range of arm lengths. \$195.00



### "Value Pack" Assortment of Resistance Cables

Every Resistance Chair comes with a set of "Level 5" resistance cables attached as standard equipment. There are six different resistance levels available, from "Level 4" to "Level 9", allowing you to adjust the resistance to suit your needs. Each level increases resistance by approximately 2.5 pounds. Our "Value Pack" option includes a set of cables of each of the resistance levels for one low price. \$125.00



### ◀ duraDisc™

Increase comfort whilst building core strength with this durable, unstable air-filled, cushion. \$89.50

### "Mini-Bike" Ergo Cycle Attaches to the Resistance Chair

The "Short Stroke" exercise bike snaps on to the front crossbar of the Resistance Chair to provide cardio and leg exercise. It includes an LCD display and adjusts for resistance level and leg length.

The Short Stroke cycle offers a short range of motion of 7" and low to medium resistance. It uses a belt drive that allows you to pedal both forward and backward. Straight-forward movement with minimum range of motion is great for improving blood flow, strength, stamina, and balance. \$175.00

