



Resistance Chair®  
Exercise & Rehabilitation System

# Owner's Manual



To ensure the safest and most effective use of your Resistance Chair® exercise system, please read this manual thoroughly prior to use.

## The Anatomy of the Resistance Chair® Exercise System

Please become familiar with the construction and design of your Resistance Chair® system prior to beginning your first workout. The diagram below outlines the key areas of the Chair that we will employ for various exercises and stretches.



**Health Step Usage:** Attach the Health Step to the back of the chair for step and leg exercises. When positioned at the front of the chair, the Health Step can improve stability for shorter users during strength exercises. However, we recommend that you perform stretching exercises without the Health Step attached to the front of the chair in order to develop the core muscles required for maintaining correct posture.

For part numbers and accessory ordering information, please refer to the order form page of this owner's manual.

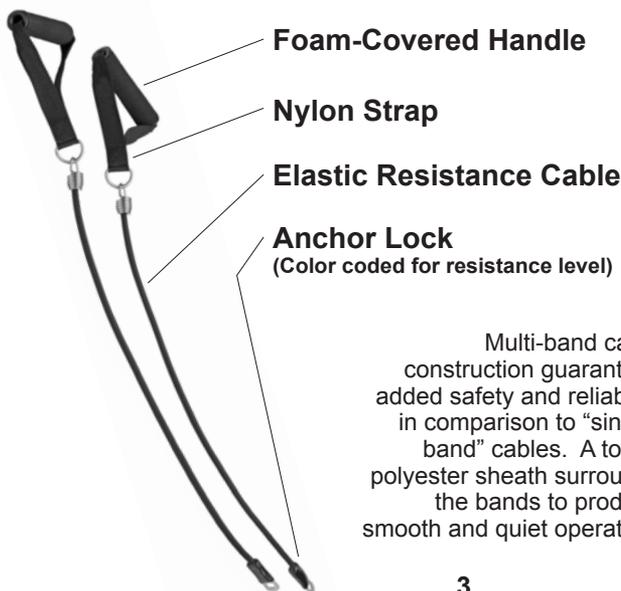
## The Resistance Anchor Cable™ System

As the heart of the Resistance Chair® system, the patent-pending Resistance Anchor Cable™ exercise cables enable you to adjust the resistance level of the cables to your specific needs. Color-coded cable ends identify six different resistance levels, from Level 4 to Level 9.

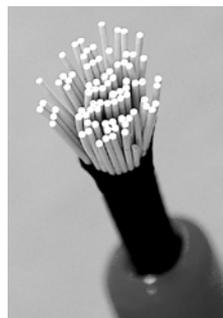
Your Resistance Chair® comes equipped with four of the “Level 5” cables. As you progress with your fitness program, you can add resistance by moving to higher level cables, which are optional accessories. Each level represents an increase in resistance of approximately 2.5 pounds, or 1.4 kilos, in comparison to the previous level. The graph below summarizes the color of the cable anchor lock associated with each resistance level.

Anchor Lock Color	Blue	Black	Gray	Yellow	Red	Green
Resistance Level	4	5	6	7	8	9

You can either upgrade to four new cables, or try increasing resistance on either the two upper cables or the two lower cables. In fact, many people find that they eventually use higher level cables on the upper activity bays in comparison to the cables used on the lower activity bays. The diagram below shows the various parts of the Resistance Anchor Cable™ exercise cables. Refer to the following page for instruction on how to install and change cables in the Resistance Chair® exercise system.



Multi-band cable construction guarantees added safety and reliability in comparison to “single-band” cables. A tough polyester sheath surrounds the bands to produce smooth and quiet operation.



## Important Safety Precautions

**CAUTION:** Consult with your doctor before beginning this, or any other, exercise program: Your physician can help you to establish the target heart rate range for your age and physical condition, and can determine if certain exercises or types of equipment are not appropriate due to any special health conditions that may affect you. This is especially important for pregnant women, people over the age of 35, or people with pre-existing health problems or impairments.

**Start slowly and progress gradually:** As you begin your workout program, progress at a comfortable pace and perform all the exercises at a steady tempo.

**Monitor your heart rate while exercising:** Keep your heart rate within your target rate zone and stop the exercise routine if your heart rate exceeds the maximum target heart rate recommended by your physician.

**Do not over-exert yourself:** With this, or any other, exercise program, you must learn to distinguish between feelings of fatigue, which are a natural part of exercising, and real pain. If you experience any pain or tightness in your chest, an irregular heartbeat, or shortness of breath, stop exercising immediately and consult with your physician before continuing.

**Use care when handling the equipment:** Use your Resistance Chair® exercise system on a solid, flat surface and check to make sure the resistance cables are in good condition before beginning your workout.

**Wear appropriate clothing when exercising:** Your workout clothing should be comfortable, loose-fitting, and lightweight. Wear athletic shoes, such as running shoes or tennis shoes, and do not use the Resistance Chair® system with bare feet.

**Check the Anchor Locks:** Make sure the anchor locks are completely locked on to the anchor base and the color tab is securely enclosed in the anchor assembly before using the Resistance Anchor Cable™ exercise cable.

**Weight Limitation:** The Resistance Chair® system has been engineered and tested to withstand a maximum weight of 400 lbs. Do not exceed this maximum weight load when using the product.

**Children should be supervised at all times when using the Resistance Chair® exercise system.**

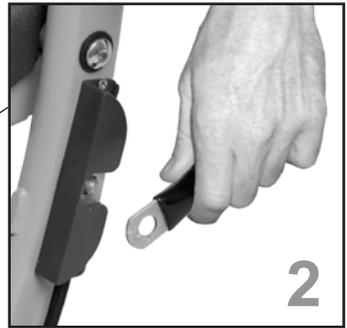
## Securing the Resistance Anchor Cable™ Lock

Follow the directions presented below to change or install new Resistance Anchor Cable™ exercise cables in your Resistance Chair® system.



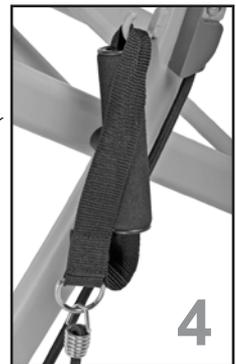
Insert the cable anchor lock through the activity bay opening and around the pulley so the anchor lock comes out and extends toward the anchor assembly at the center of the chair. For the top activity bay, insert the cable from the top. For the bottom activity bay, insert the cable from the bottom.

Once you pass the cable through the activity bay, connect the anchor lock to the anchor in the center of the anchor assembly and snap the cable into the plastic channel of the anchor assembly.



This photo shows how both cables appear when they have been properly secured in the anchor assembly. Note that the plastic-covered cable ends lock into the anchor assembly to keep the cable firmly in place during use.

The Resistance Chair® exercise system includes a Handle Prop adjacent to the anchor assembly. This Handle Prop allows you to keep the lower cables within easy reach when not in use.



## Important Safety Precautions

Before you begin using your Resistance Chair® exercise system, make sure the Chair is on a solid, level surface, and always make sure to fasten the cable anchor lock securely onto the anchor assembly base before putting any tension on the Resistance Anchor Cable™ exercise cables.

The photo at right shows how the Resistance Anchor Cable™ exercise cables appear when they are properly locked into the anchor assembly base. Note that the colored end cover of each cable snaps firmly into the base and prevents the cable from slipping out during use.



**Remember to always keep your wrists locked firmly during the exercises.** Do not flex your wrists. Refer to the photo below for the correct wrist position:



INCORRECT



CORRECT



INCORRECT

## Using the Health Step

When attached to the back of the Resistance Chair® exercise system, the Health Step provides a platform for step and leg exercises. You can also attach the Health Step to the front of the chair, where it can improve stability and balance for some shorter users during strength exercises. We recommend that you perform stretching exercises without the Health Step attached to the front of the chair in order to develop the core muscles required for maintaining correct posture. Using the Health Step at the front of the Chair during strength exercises is a personal choice and we suggest that you make your own decision regarding the Health Step placement.



## Creating Your Exercise Routine

Once you learn the various exercises that are possible with the Resistance Chair® system, the next step is to put these exercises together into a complete workout session. Presented below are some pointers for you to consider when developing your exercise routine.

**Proper Technique:** Maintain proper technique when using the Resistance Chair® exercise system in order to prevent injury and to ensure that the resistance affects the target muscles with each exercise. The following tips are important to remember in regard to technique:

- ◆ Keep your wrists locked and avoid flexing the wrists during exercises.
- ◆ Keep your back straight and try not to slouch.
- ◆ Use a smooth, full range of motion.
- ◆ Move slowly through the exercises.
- ◆ Be careful not to clinch your teeth, as the enamel can crack.
- ◆ Remember to breathe with each repetition.

**Repetition and Sets:** A repetition (also referred to as a “rep”) is a single pulling movement on the resistance cable. A group of repetitions is referred to as a “set”. Your workout routines will generally be comprised of 2 to 3 sets of each exercise, and each set includes 8 to 15 repetitions.

**Alternate the Target Muscle Groups:** In order to give your muscles time to recover between sets, alternate between shoulder, chest, and back routines throughout your workout. And do the arm exercises last, since your tricep and bicep muscles are involved to a lesser degree in virtually all of the exercises, so you will find it best not to tire these arm muscles early in your session. Following is an example routine that alternates between the major muscle groups:

**Strength Workout:** Complete 8 to 15 repetitions of each of the following exercises, in the following order: chest press, ab crunch, high kick, front raises, incline press, and front step.

Rest for 30 to 60 seconds between each set, then repeat this sequence two times, so that you have done three sets of each exercise.

**IMPORTANT:** We strongly recommend that you consult with a physician before beginning this, or any, exercise program. Also we advise that you enlist the help of your physician and personal trainer to develop a customized workout regimen that considers your specific physical condition and fitness goals.

## Care and Storage of Your Resistance Chair® System

We have designed the Resistance Chair® exercise system for easy storage and to require very little maintenance. To ensure a long and trouble-free lifespan for your Resistance Chair® system, please adhere to the following guidelines:

- ✓ Keep the unit clean by wiping away sweat and dust with a soft cloth after every use.
- ✓ Store the Chair in a cool, dry place to ensure that moisture does not collect on any of its surfaces.
- ✓ Store the Resistance Anchor Cable™ exercise cables in such a way that there are no kinks and do not store the cables in direct sunlight.

### Warranty Registration

Thank you for purchasing our product. Please visit our web site to register your purchase.

[www.vqacregistration.com](http://www.vqacregistration.com)

### Medical Protocols and Guidelines

VQ ActionCare has prepared medical protocols to assist physical therapists and other healthcare providers with using the Resistance Chair system for rehabilitation of specific injuries. These medical protocols and guidelines may or may not be approved in your local market. Please contact the VQ ActionCare distributor in your market for additional information at the following web site address:

[www.vqacregistration.com](http://www.vqacregistration.com)

## Accessories and Replacements

We offer accessories engineered specifically to compliment the Resistance Chair® exercise system and expand upon the basic system to create a complete home gym.



### Resistance Anchor Cable™

Exercise cables for use with Resistance Chair® exercise system. All cables are black and end covers are color-coded to identify resistance levels. Each level represents an increase in resistance of approximately 2.5 pounds, or 1.4 kilos, above the previous level. Sold in pairs. (Please Note: The Resistance Chair® comes with “Level 5” cables installed as standard equipment.)

<u>Color</u>	<u>Level No.</u>	<u>Model No.</u>
Blue	4	CFA-104
Black	5	CFA-105
Gray	6	CFA-106
Yellow	7	CFA-107
Red	8	CFA-108
Green	9	CFA-109
“Value Pack”	4,6,7,8,9	CFA-155



### Health Step™

Foot support attachment for improved posture. Also attaches to back of Resistance Chair® for use in step exercises. Included with Resistance Chair® exercise system. Model No. CFA-120.



### PostureProp™

Back support prevents rocking motion and ensures proper posture for strength exercises. Included with Resistance Chair® exercise system. Model No. CFA-126.



Close-up view of Mini-Bike



### **Mini-Bike Cycles**

We offer varying exercise bikes that each snap on to the front crossbar of the Resistance Chair® to provide cardio and leg exercise. Each model is designed for the needs of specific users. All models include LCD display and adjust for resistance level and leg length.

**Short-Stroke™** - 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. Model No. CFC-170.

**Smooth Rider™** - Designed for a smooth cardio workout. The special magnetic resistance system provides the smoothest and quietest ride possible. The 10" range of motion lets you stretch out and get the most out of your routine. Model No. CFC-175.

### ◀ **Freedom Flex™ Shoulder Stretcher**

Optional accessory that attaches to the Resistance Chair® and allows you to stretch your shoulder joints. Excellent for improving and maintaining range of motion in the shoulder joint. Model No. CFC-140.



## **Ordering Accessories and Replacements**

To receive current pricing or to order any of these items, visit the VQ ActionCare distributor for your area at [www.vqacregistration.com](http://www.vqacregistration.com).



[www.VQActionCare.com](http://www.VQActionCare.com)

Copyright ©2008 VQ ActionCare, LLC. All rights reserved. No part of this document may be reproduced or utilized in any form or by any means electronic, mechanical, or otherwise without the expressed written consent of the copyright holder. Resistance Chair<sup>®</sup>, Freedom Flex<sup>™</sup>, PostureProp<sup>™</sup>, and Health Step<sup>™</sup>, are trademarks of VQ ActionCare, LLC. Resistance Chair<sup>®</sup> U.S. Patent No. 7,322,907. Resistance Anchor Cables<sup>™</sup>, PostureProp<sup>™</sup>, and Health Step<sup>™</sup> are patent pending.