

**Product Code . JL-PE-3818**

## Exercise Chair



### Description

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#### Exercise Chair

The chair with two stabilizing straps, three handles two foot straps, ropes with pulleys and overhead pulley system can be used for variety of exercises involving.

Reciprocal Motion for Elbow, Shoulder, Knees and Hips.

Active Quadriceps and Hamstrings Stretching; Resistive and Assistive exercises.

The set of Ten locking weights provides graded resistance for all exercises. Spray enamel finish.

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