

Eight simple steps to better health.



1

Hamstrings



2

Quadriceps



3

Upper Back



4

Shoulders



5

Chest



6

Triceps



7

Biceps



8

Abdominals

Develop a more toned and youthful looking body with the Nordic Fitness Chair Basic 8 exercise program. Fifteen minutes every other day is all it takes for better health. Look and feel better than you have in years. Call now. Try the Nordic Fitness Chair™ at home for 30 days. It's brought to you by NordicTrack®, a name you've grown to trust in fitness.

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