



## ***The In Bed and Chair Recovery Foundation***

**[www.workoutandrecovery.com](http://www.workoutandrecovery.com)**

***The In Bed and Chair Recovery Foundation's goal is to get 10,000 kids and veterans our system however we can this year! Help us help the millions disabled become ENABLED!***

### **ULTIMATE WORKOUT AND RECOVERY EXERCISE SYSTEM**

Steel-forged Aluminum Device MADE IN USA  
 2 thresholds to secure system in place to a bed, recliner, or wheelchair  
 8 resistance Cords with different resistance levels - 10 to 50 lbs.  
 8 Handles/Triple Cord Grips  
 1 Hand or Foot Cardio Pedaler  
 1 Pilates and Yoga Ball & Band Kit,  
 3 Rejuvenating Stress Balls,  
 1 Fun to Use Massage Roller,  
 1 Pair of Attractive Workout Gloves  
 6-8 Lock pins

\*accessories are subject to availability  
 \*Latex Free Version also available

- 100 DIFFERENT USES
- QUICK AND FUN WORKOUT
- EASY SETUP
- EASY TO ADJUST
- EASY TO STORE
- USE IN A RECLINER, BED OR WHEELCHAIR
- LOW IMPACT
- NO FREE WEIGHTS RISK
- EXPEDITED, MORE CREATIVE THERAPY SESSIONS
- VARIABLE RESISTANCE
- CARDIO AND MUCH MORE WHILE IN BED OR CHAIR!

\*The return on value or investment is immeasurable. Get to know us to learn why!



Roy Foreman, the IBCR Advisory Board Chief is regarded as a leading voice in the boxing industry for over 25 years. He managed his brother, George Foreman through his Championship titles. He hosted a show on Comcast for eight years and was a ringside announcer on HBO Sports. He promoted over 200 fights in the Americas and in Europe and was appointed by the US State Department as America's Ambassador for Sports. He served on the US Olympic Boxing Committee and as the Commissioner of Boxing for The People's Republic of China. Roy has been a board member and founder of numerous philanthropies and youth organizations and has his own brand of sports apparel "Foreman Gear." He helps select our donation recipients.



**Do you or someone you know need a donated unit? Please complete this form:**

**APPLICATION FOR DONATION OF THE ULTIMATE WORKOUT AND RECOVERY SYSTEM**



Last Name \_\_\_\_\_

First Name \_\_\_\_\_ M.I. \_\_\_\_\_

Address \_\_\_\_\_ Apt./Unit \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_

Phone \_\_\_\_\_ ( ) \_\_\_\_\_ E-Mail \_\_\_\_\_

Are you: (Please circle): a) Veteran/Wounded Warrior b) Caregiver c) Caregiver/parent of child under 18 d) disabled minor ages 7-18

Briefly explain why you need the IBCR Foundation to donate an Ultimate Workout and Recovery system:

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System can support 1000 pounds of pull down weight and users up to 1000 pounds as well. Children above the age of 12 may use the system with adult supervision only. Recommended that a therapist or trainer help install system correctly and securely before use. We recommend customers hire therapist or trainer for specific rehab and exercise programs and needs under their guidance. Physician *must be consulted* before use of this system. User assumes all risk.