



Wheelchair User

"Use it or lose it" applies to people of all ability levels – imagine easily doing a cardio workout while in a wheelchair, or doing resistance and range of motion exercise while in bed, unattended. There are many proven psychological benefits from physical activity, regardless of the level of ability.

Athletes

Professional and amateur athletes can work out even with an injured or recovering limb. Our devices are zero impact, and can be used in a bed, chair, wheelchair; our travel device can be used on a bus, train, etc. Fitness enthusiasts, prevent joint strain! Give your hips, knees and ankles a break!

Veterans

At any level of function, veterans and their family/friends can benefit from the ability to work out anywhere, anytime, with our devices: choose the travel version, or the larger, but very portable full-size device. The full size device allows a cardio workout while in bed or chair, and virtually all muscle groups may be strengthened and toned-- while in bed or chair!



"You can use this from your bed, chair or even your car.
If I was injured I would want this in my bed!"
- Dr. Michael Roizen, World-Renowned Chief Wellness Physician at
The Cleveland Clinic Cleveland, Ohio

"Great gift for your loved one!"

Ask about our brand new 501C3 foundation
benefiting Wounded Warriors



YOUR health & YOUR recovery in YOUR hands

fstuckinbedfitnessllc 216.970.3711

EMAIL: info@workoutandrecovery.com



Chad Brock, Navy Veteran, Country Star,
Former WCW Wrestler, Father of Active Athletes

**GET STRONG, STAY STRONG
FROM CHAIR OR BED**

workoutandrecovery.com



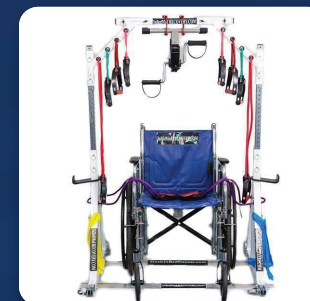
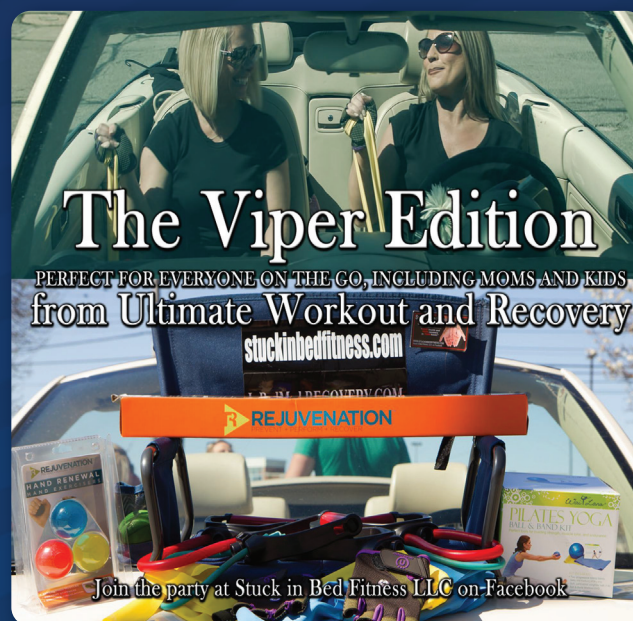
Attach to Bed

- 100 Different Exercises
- Quick Workout
- Easy To Setup
- Easy To Adjust
- Easy To Store
- Use In A Recliner
- Zero Impact
- No Free Weight Risks
- Can Use Unassisted
- Variable Resistance
- Cardio While In Bed!

"Brilliant! This device broadens and expands the horizon for the elderly while stuck in bed."

-Aliza F - Occupational Therapist from Cleveland, Ohio-

76 year old active senior, CEO, Gerald J. has been trained using this unique 100 use system for 7 months. "Amazing program! I feel like a new man. Lots of major exciting benefits for someone my age at my stage!"



PERSONAL TRAINER, ATHLETIC TRAINER, OT, PT, REHAB USES:

Offer a unique benefit -- distinguish your practice and clinic

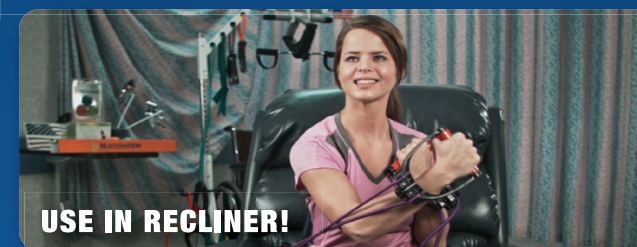
- Avoid transferring patients or clients.
- Avoid fall risks for patient or clients.
- Pre and Post bariatric surgery clients
- For short and long term rehab, for post-op, and injuries.
- Strength, range of motion, cardio conditioning.
- Zero Impact!
- Work out upper body or lower body or both.
- Getting into and out of bed safely.
- Easily assembled, portable, wheeled, fully adjustable.

DESIGNED IN THE USA TRADEMARKED PATENT PENDING

PLACE ORDER

workoutandrecovery.com

Ask for special Discounts



USE IN RECLINER!