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(54) **Title:** FILLABLE RUCK PLATE

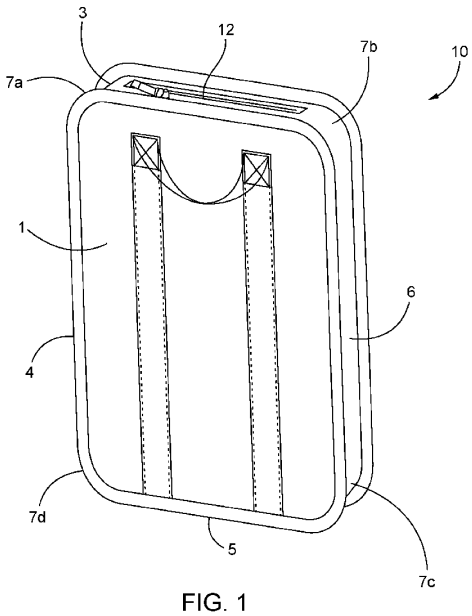


FIG. 1

(57) **Abstract:** A fillable ruck plate having an adjustable weight. The fillable ruck plate has an interior that is adapted to be filled with different types of solid material. The interior can have chambers formed with dividers that are each adapted to receive fill. The fillable ruck plate can have its overall weight adjusted.

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