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(71) Applicant: **BAFTEX OY** [FI/FI]; Punatulkuntie 5 B 11,
02660 Espoo (FI).

(72) Inventor: **KÄRNÄ, Ahto**; Punatulkuntie 5 B 11, 02660 Es-
poo (FI).

(74) Agent: **HEINONEN & CO, ATTORNEYS-AT-LAW,**
LTD; Fabianinkatu 29 B, 00100 Helsinki (FI).

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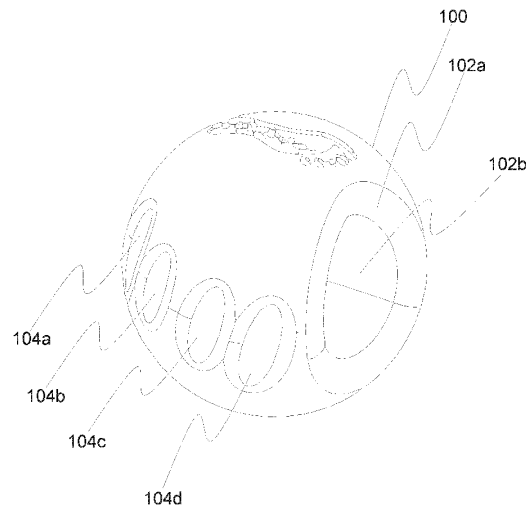


Fig. 1

(57) Abstract: A fitness and therapeutic apparatus comprising an elastic body, said body further comprising at least partly ball-like shape and at least one recess wherein the recess enables insertion of at least one toe or part of foot.

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