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(54) Title: AN APPARATUS FOR PHYSICAL EXERCISES

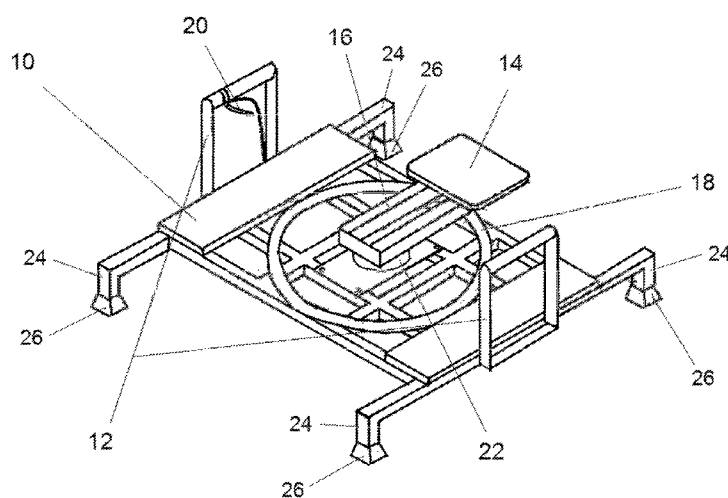


Figure 1

(57) Abstract: An apparatus for performing abdominal exercises, the apparatus comprising a frame (10) for providing a stable base for operation of the apparatus, a seat (14) for a user to rest onto, a resistance adjustment means (20) for adjusting level of resistance for operation of the apparatus and a joint mechanism (22) for bearing loads and providing rotational movement, wherein the resistance adjustment means (20) is operable to resist movement of the joint mechanism (22) located at centre point of the frame (10), characterized in that an arm (16) connected to the joint mechanism (22) located at centre point of the frame (10) is rotatable at centre point of the frame (10) by means of the joint mechanism (22) and the seat (14) is linearly connected to the arm (16) and is linearly traversable about the arm (16) and the seat (14) is further rotatably connected to the arm (16).

