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(71) Applicant: **BALANCED BODY, INC.** [US/US]: 5909 88th Street, Sacramento, California 95828 (US).

(72) Inventors: **ENDELMAN, Ken**; 5909 88th Street, Sacramento, California 95828 (US). **LIU, Yunhui**; 5909 88th Street, Sacramento, California 95828 (US). **SINGH, Harbir**; 5909 88th Street, Sacramento, California 95828 (US).

(74) Agent: **WAHL, John R.** et al.; 1144 15th Street, Suite 3300, Denver, Colorado 80202 (US).

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(54) Title: CHAIR EXERCISE APPARATUS

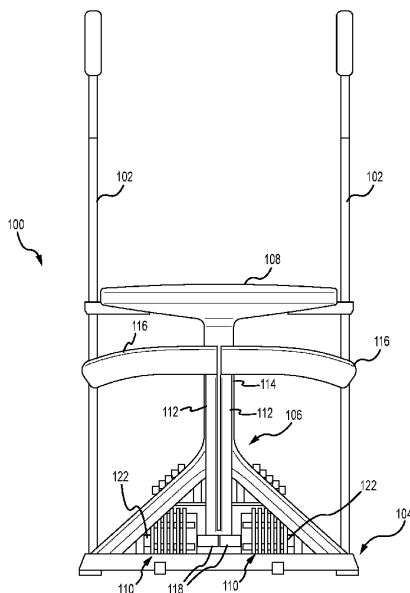


FIG. 1

(57) Abstract: A Pilates chair exercise apparatus has a frame configured to rest on a horizontal surface, an inverted Y shaped seat support member fastened to an upper portion of the frame, a seat fastened to an upper end of the seat support, and a pair of parallel arms each having a proximal end fastened to the frame and a foot support fastened to a distal end of each of the arms, wherein each arm is biased away from the frame. One foot support carries a retractable member therein configured to engage a portion of a corresponding opposite foot support to selectively lock the foot support and the corresponding opposite foot support together.

WO 2024/249101 A1