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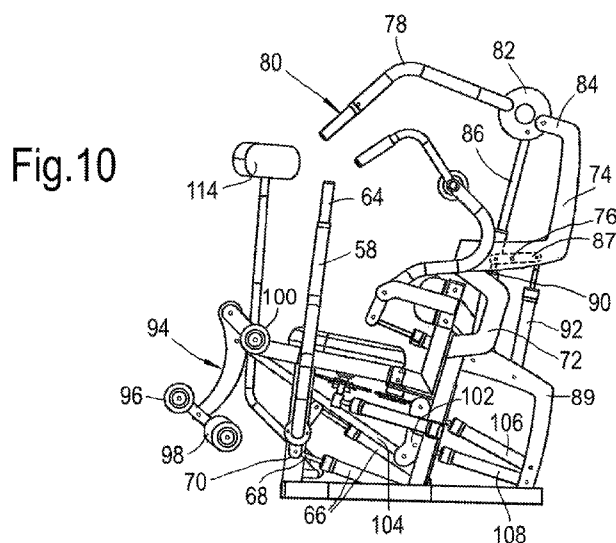
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(54) Title: EXERCISE MACHINES



(57) Abstract: Disclosed is an exercise machine comprising an operating member arranged to be movable in a generally horizontal arc about a generally vertical axis against resistance and in a generally vertical arc about a generally horizontal axis against resistance to provide both rotational reciprocal movement for rotary torso and abdominal crunch exercises. The resistance may be provided by unidirectional adjustable hydraulic struts. An embodiment comprises five separate exercising modules arranged and configured to respectively exercise torso, abdominal, chest, shoulder and leg muscle groups, the muscle group exercising modules being disposed to be operated by a user from a single seated position.

