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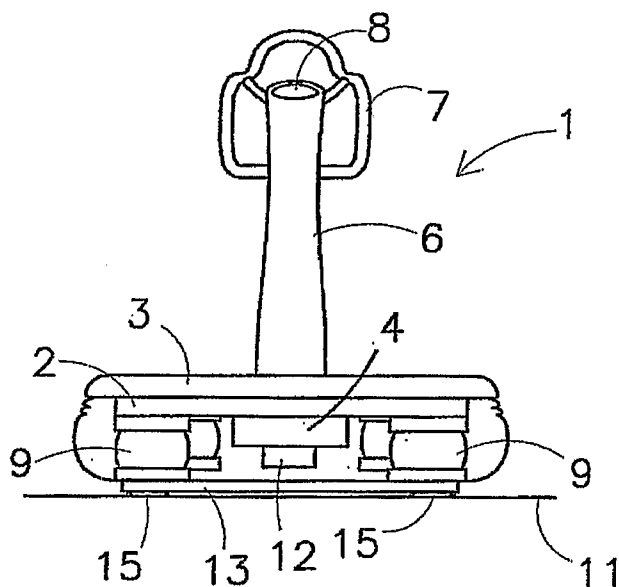
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(54) Title: **FITNESS MACHINE HAVING A VIBRATION ABSORBING SUPPORT**



(57) Abstract: The present invention relates to a fitness machine (1) for training the body, comprising a frame (2) with a vibration element (3), a vibration generator (4) operatively connected to the vibration element (3). The vibration element (3) is supported by vibration absorbing frame supports (9). Adjusting an absorption level of the frame supports (9) enables to set the vibration absorption in such a way that vibrations of the vibration element (3) are damped to a selected degree, as a result of which a training load desired by the user can be obtained.