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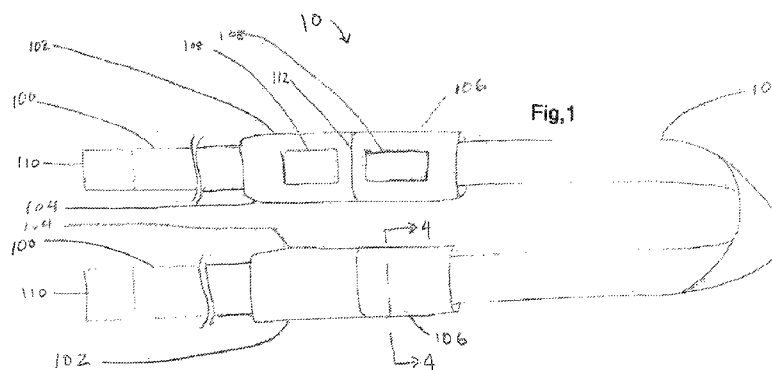
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(54) Title: A FITNESS DEVICE AND EXERCISE METHOD FOR GENERATING OPPOSING MUSCLE RESISTANCE



(57) Abstract: A fitness device contains a strap, a handle, and a plate. The strap is substantially inelastic and flexible. The plate is substantially rigid. The handle at least partially envelopes the strap. A method of exercising with such a fitness device is also described herein. Other fitness devices and other methods of use are also described herein.