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(54) Title: COMBINATION GRIP FOR AN EXERCISE DEVICE

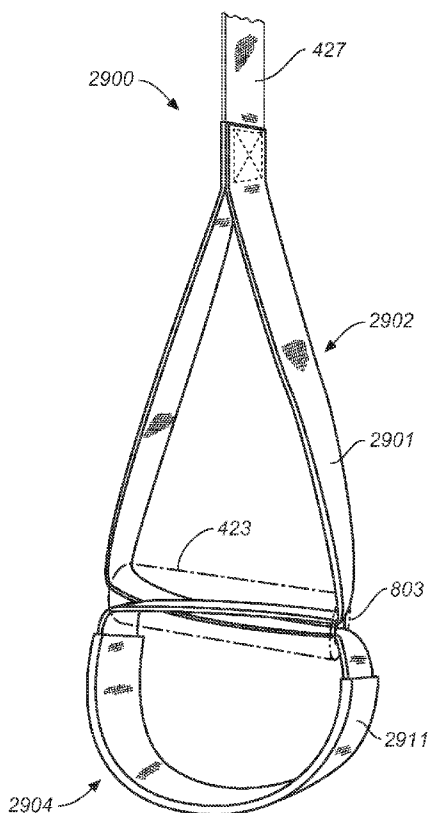


FIG. 30B

(57) Abstract: An exercise device having many advantageous features is described, including the ability to provide a combination of grips to the user, and the ability to easily mount the device to a wall. One exercise device described is an inelastic resistance device having a combination grip that includes hand grips and a loop. The hand grip and loop may be used as a foot grip, or alternatively, just the hand grip can be used by the hand. The selection of a specific accessory grip allows the user to exercise by specific body parts and provides for a greater number of possible exercises.



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