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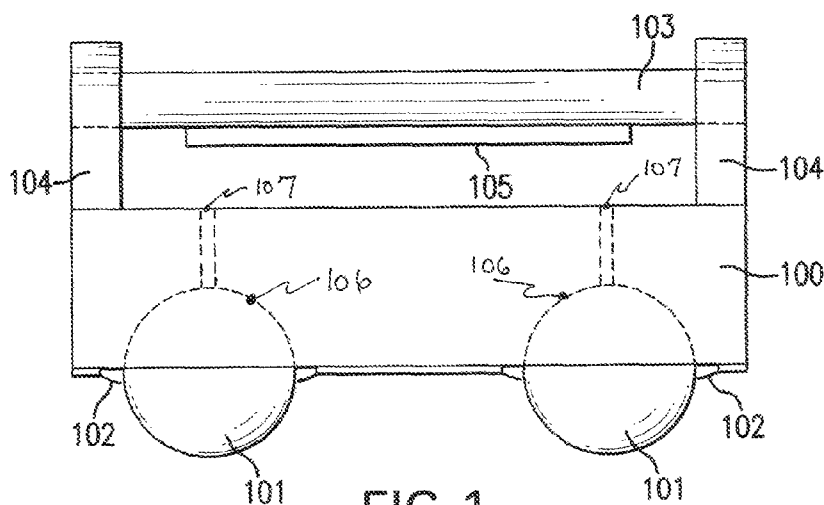


FIG. 1

(57) Abstract: The present invention relates to an apparatus, method and system for a human individual to exercise his body in a novel manner wherein the user, when he is in the prone position, is able to move his arms, while holding the instant apparatus placed on a relatively flat surface, in all three planes of human motion simultaneously; i.e. sagittal, frontal and transverse planes.