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- (54) Title: RESISTANCE-GENERATING DEVICE, EXERCISE APPARATUS, AND METHOD

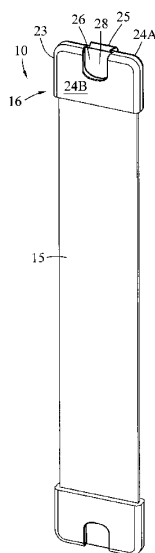


FIG. 2A

(57) Abstract: A resistance-generating includes an elongated resilient body having opposed ends. A first mounting member is attached to the resilient body at one of the ends, and a second mounting member attached to the other end. The first and second mounting members are made of an inelastic material. At least one of the first and second mounting members is removably mountable to a corresponding one of the first and second mounting members of another device. The first mounting member is removably mountable to a first structure and the second mounting member is removably mountable to a second structure being displaceable relative to the first structure. The resilient body generates resistance upon being elastically deformed by displacement of the second mounting member mounted to the second structure relative to the first mounting member mounted to the first structure.