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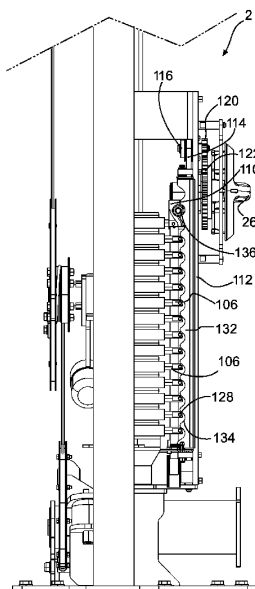


FIG. 14

(57) Abstract: Weight lifting machine includes adjustable weight assembly having a plurality of individual weights, a weight displacement mechanism which displaces one or more of the weights in a direction against a resistive force and a weight selection mechanism arranged to selectively engage one or more of the individual weights with said weight displacement mechanism. A handle applies a force to a horizontal bar connected to the handle which is connected to the weight displacement to move the weight displacement mechanism. The weight assembly further comprises a housing enclosing the individual weights, the weight displacement mechanism and the weight selection mechanism such that a user is prevented from coming into contact with any moving parts arranged in the housing and a displaceable selector handle arranged on an outer portion of the housing and arranged to operate the weight selection mechanism. Furthermore, the horizontal bar is arranged outside the housing.

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