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(54) Title: EXERCISE DEVICE HAVING INELASTIC STRAPS AND INTERCHANGEABLE PARTS

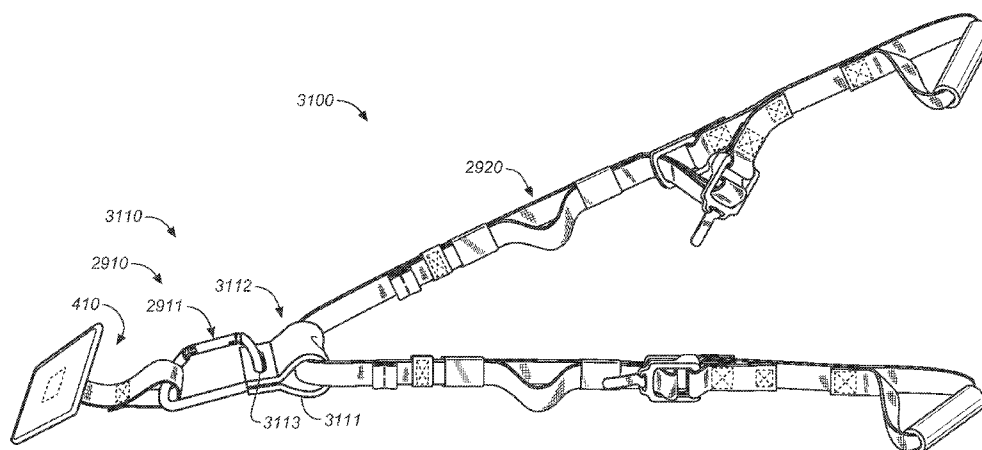


FIG. 31

(57) Abstract: An exercise device having an anchor with multiple components is described. In one embodiment, the anchor includes one or more interlocking components, such as rigid or flexible loops. Rigid loops such as gated rings may advantageously be used to connect the different components. Embodiments permit for replacing, interchanging, or adding components to an exercise device anchor.

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