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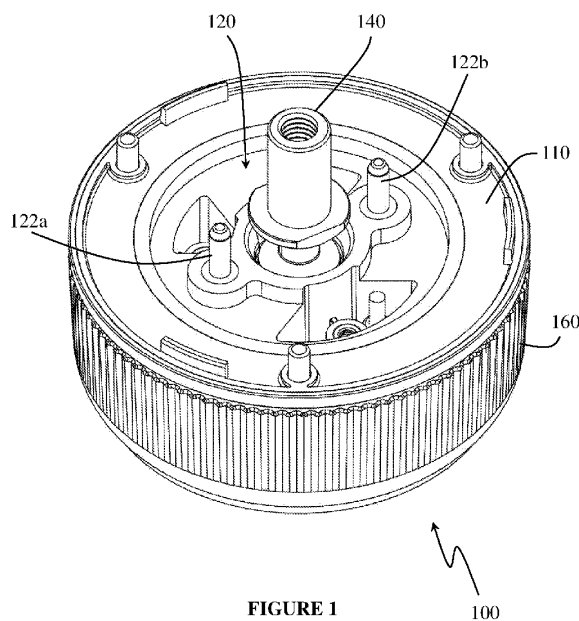


FIGURE 1

(57) Abstract: A locking mechanism for a resistance selection system of an exercise apparatus, comprising: a hub having a plurality of selectable positions; a core seated within, and rotatable relative to, the hub, the core comprising two force transmission members for effecting movement of a resistance selector and a retractable pin that is biased to engage one of the plurality of selectable positions; a lock member being slidably moveable within a central cavity of the core between a raised state, in which the lock member abuts one end of the pin to prevent the pin from retracting so as to restrict relative movement between the core and the hub, and a depressed state, in which the lock member does not prevent the pin from retracting; and a key moveable relative to the central cavity, and configured to actuate the lock member into the depressed state when the exercise apparatus is in a rest position, thereby permitting rotation of the core relative to the hub to enable resistance selection.

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