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(54) Title: EXERCISE APPARATUS

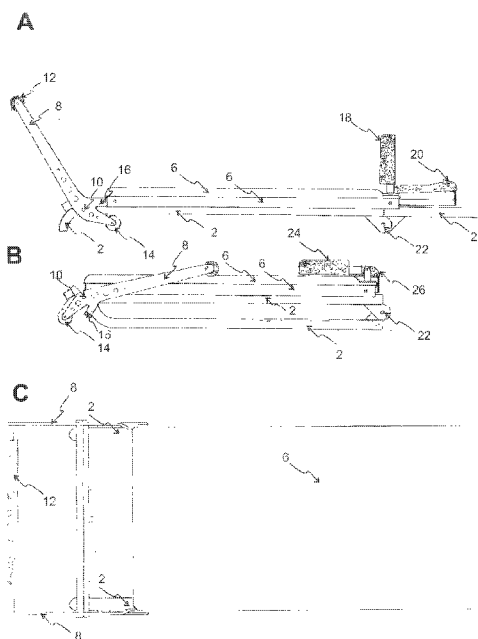


FIG 1

(57) Abstract: The present invention provides an exercise apparatus comprising a main frame, a carriage movable relative to the main frame, a user engagement member, and an arm, the user engagement member linked to the arm, the arm in turn linked to the main frame, wherein the linkage between the arm and the main frame is adapted or configured such that the user engagement member is capable of being moved from an operable position to a storable position.