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(54) Title: EXERCISE DEVICE HAVING A DOOR ANCHOR

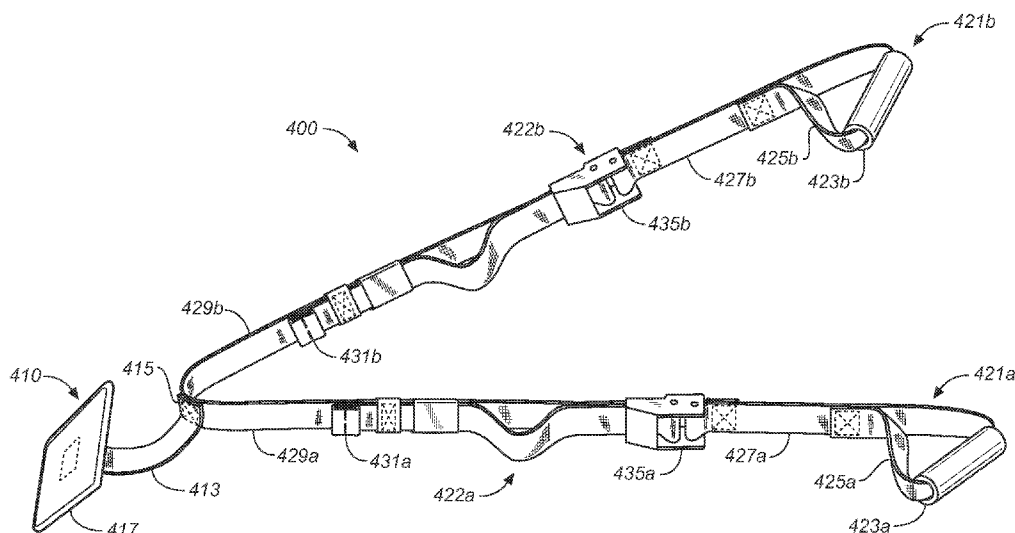


FIG. 4

(57) Abstract: An exercise device having a door anchor is described. The anchor is fixed to a pair of elongated members each having a grip. The anchor stands off from the door by 1 to 18 inches before attaching to the elongated members. In one embodiment, the exercise device is sewn together. In another embodiment, a ring holds the various components together.