

EXERCISE UNIT

Abstract of the Disclosure

An exercise device having a footrest including a plurality of angled surfaces for placement of the user's feet and a pair of rotatable arms extending from the sides of the footrest. A handle is positioned over the arms and is resistively connected to the exercise device by an elastic cord releasably attached to the handles and extending through the arms and the footrest.

GSL/dg

This Sheet Has Been Replaced



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