

FIG. 1 (Prior Art)

FITNESS DEVICE AND METHODS OF MAKING AND USING Inventor: Matthew John Poprocki Attorney Docket No. POP 2201 USPA1

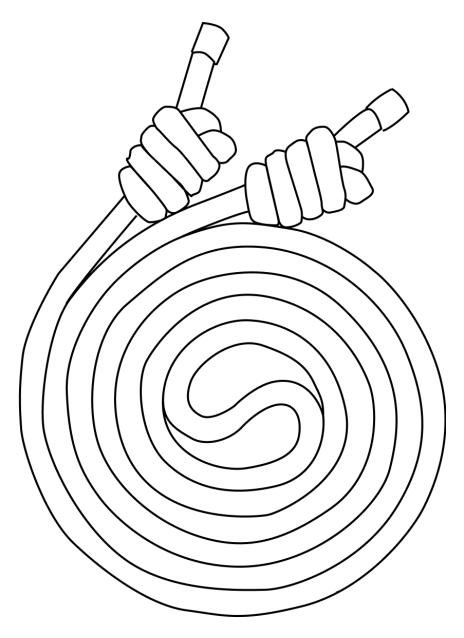


FIG. 2 (Prior Art)

FITNESS DEVICE AND METHODS OF MAKING AND USING Inventor: Matthew John Poprocki Attorney Docket No. POP 2201 USPA1

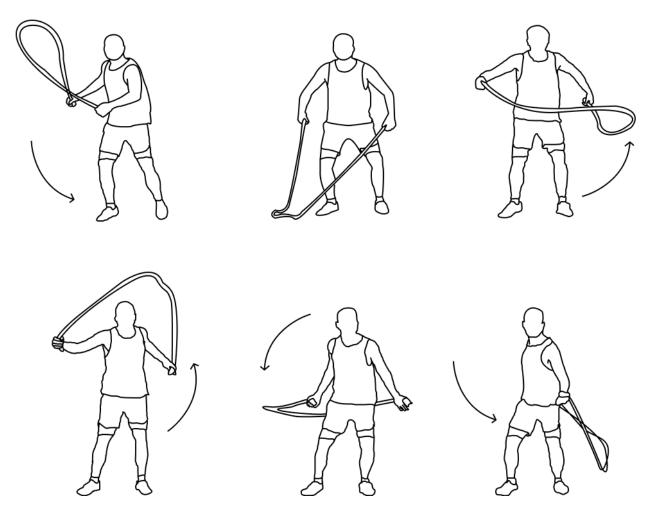


FIG. 3 (Prior Art)

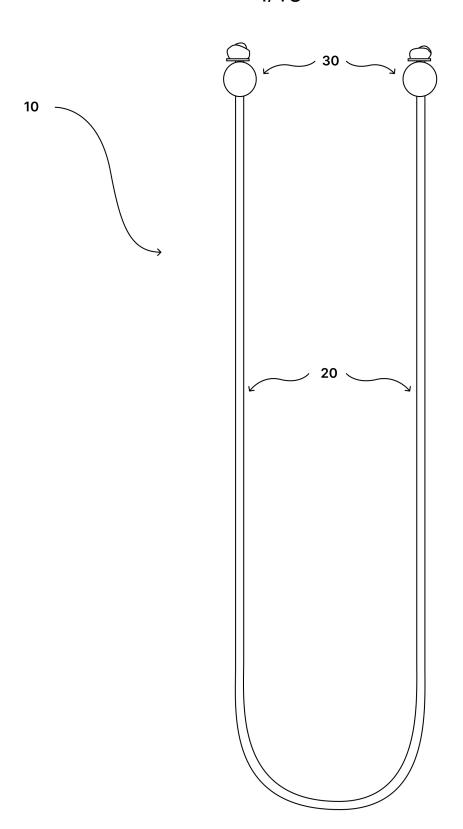
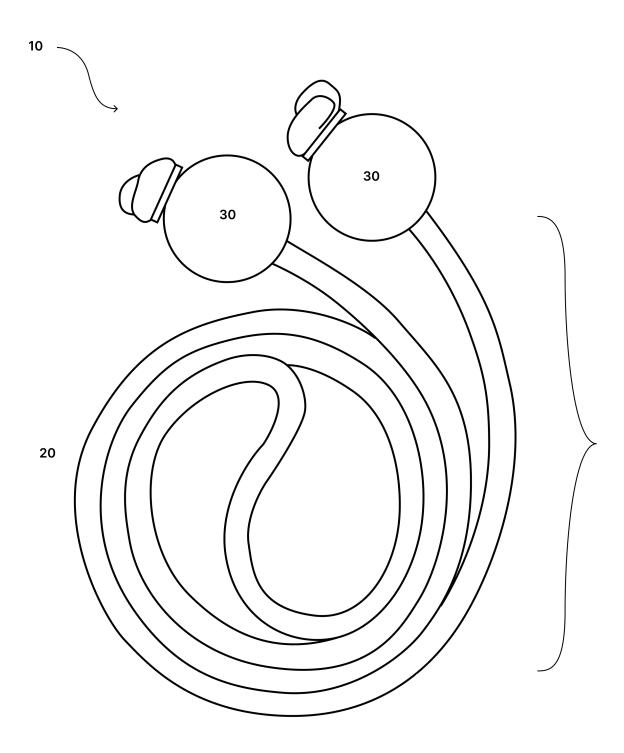
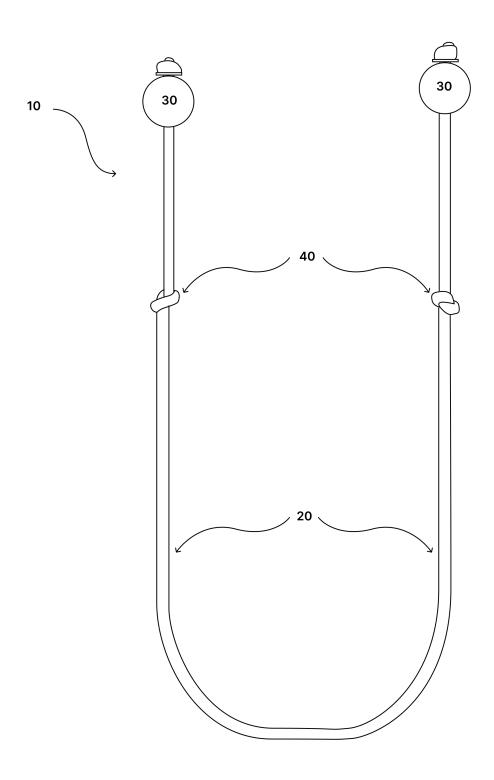
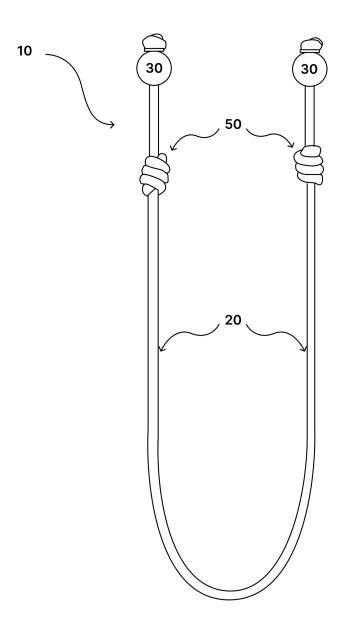


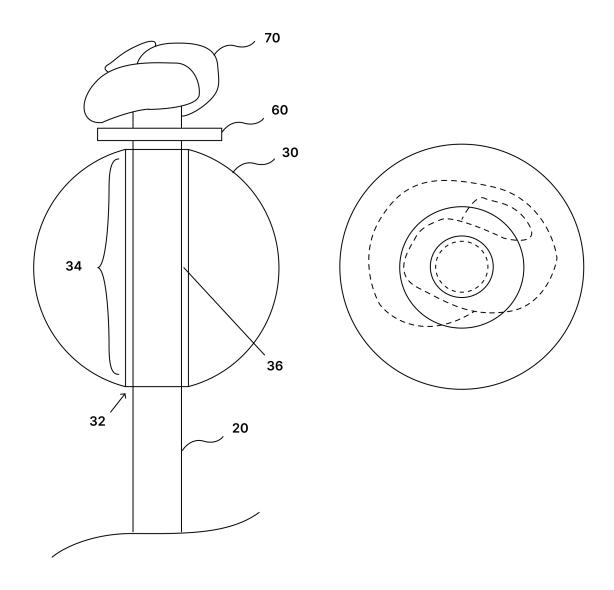
FIG. 4

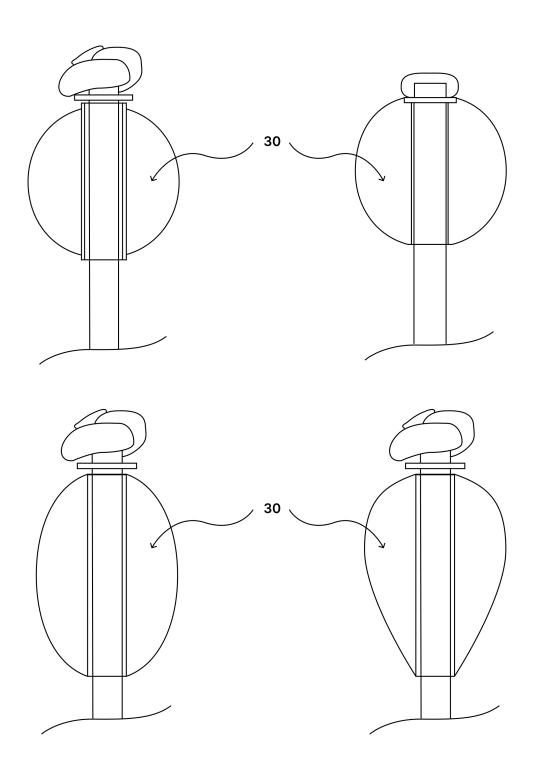






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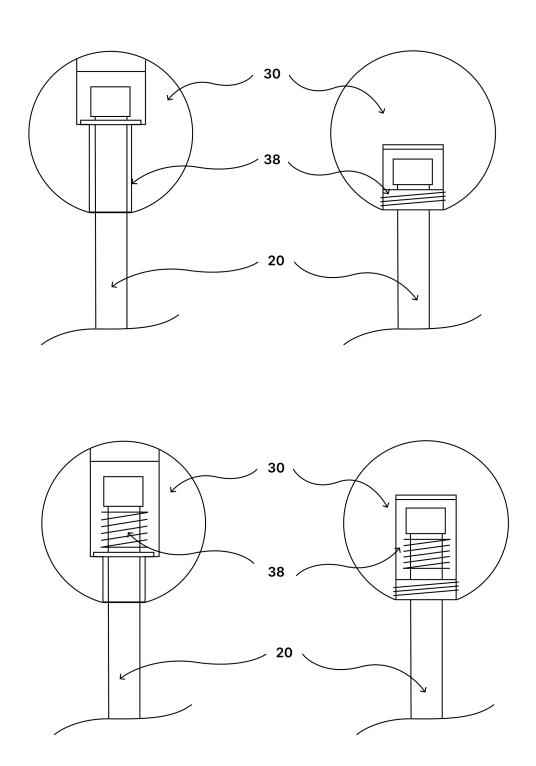


FIG. 10

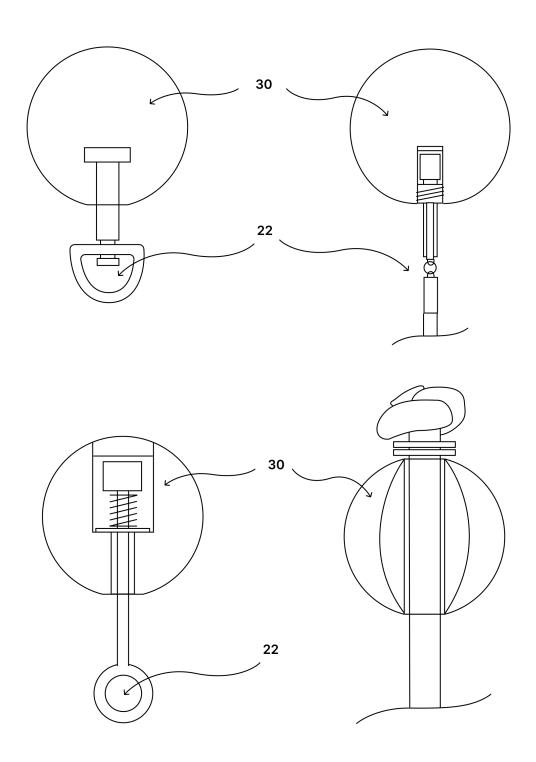


FIG. 11

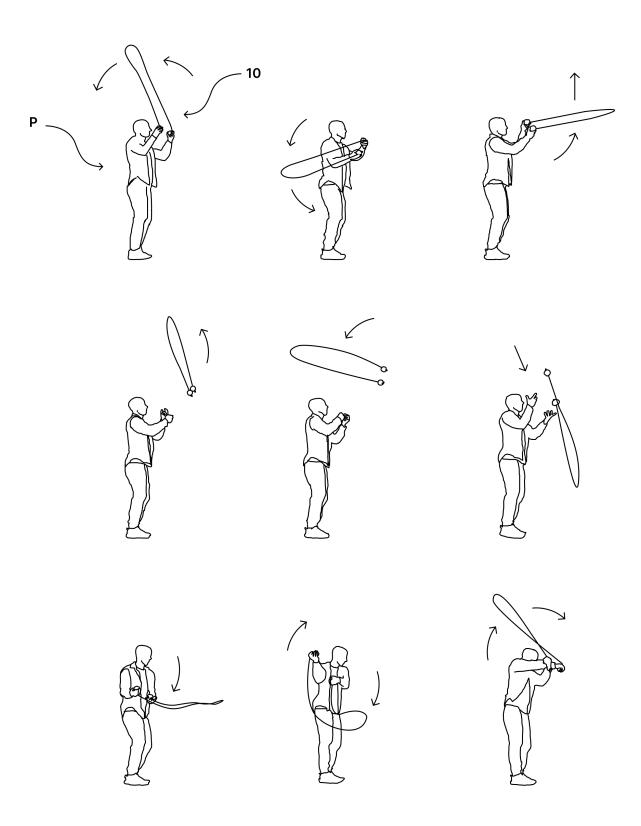
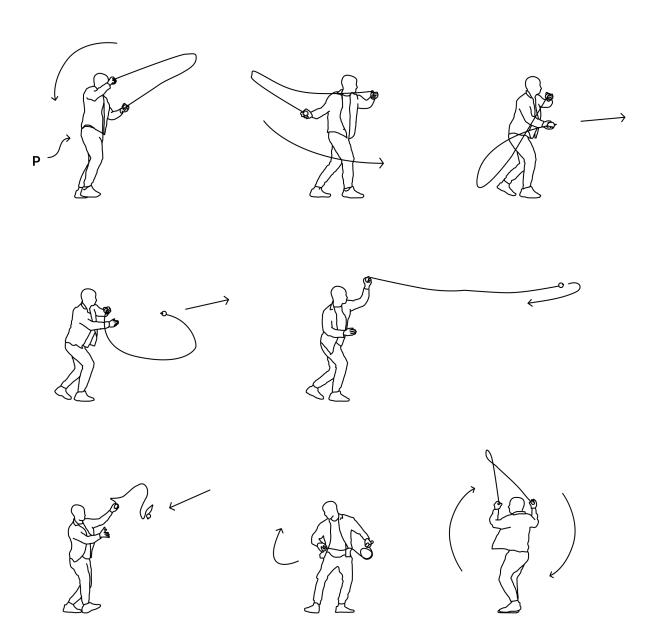
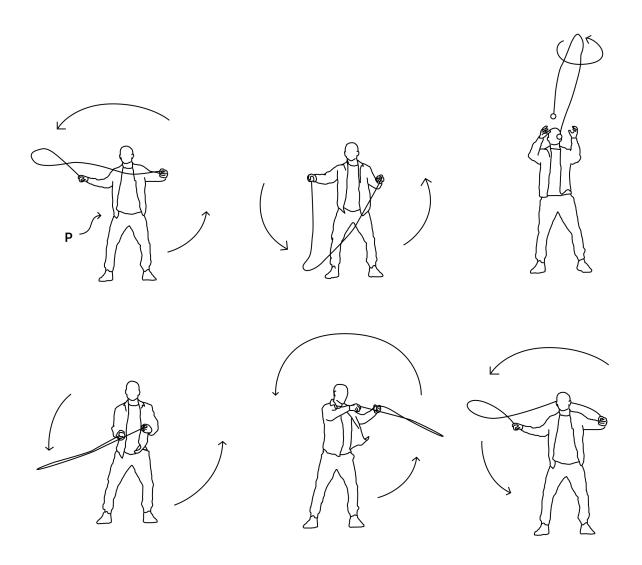


FIG. 12





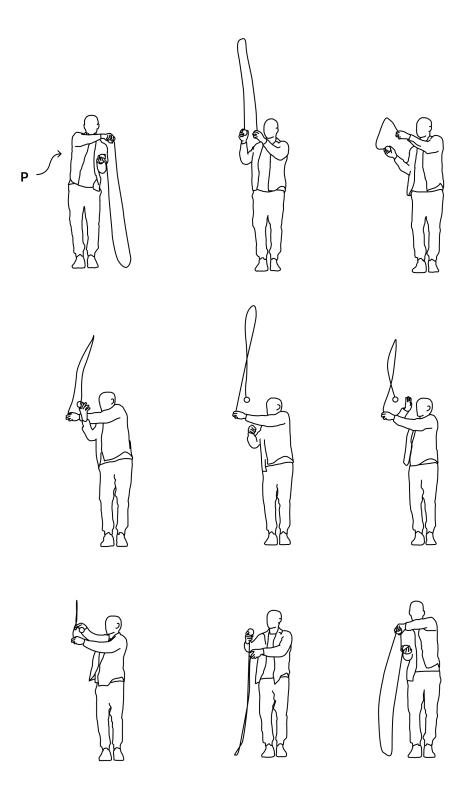
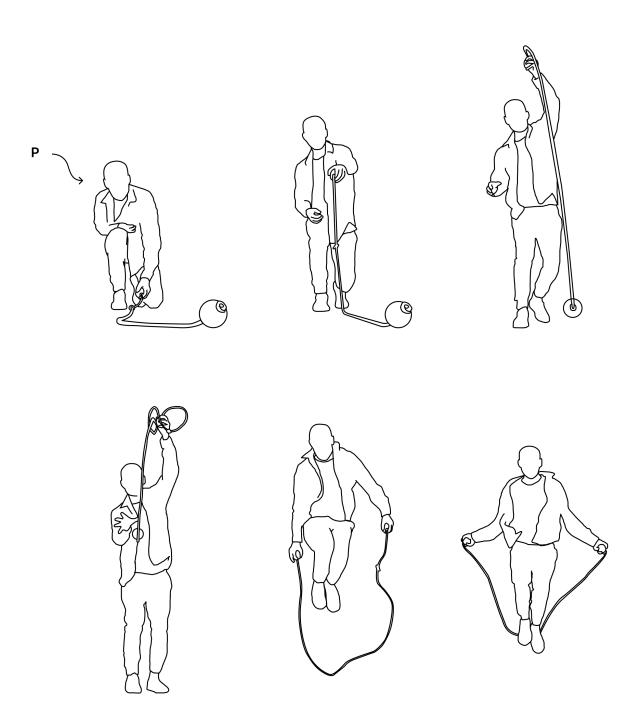


FIG. 15



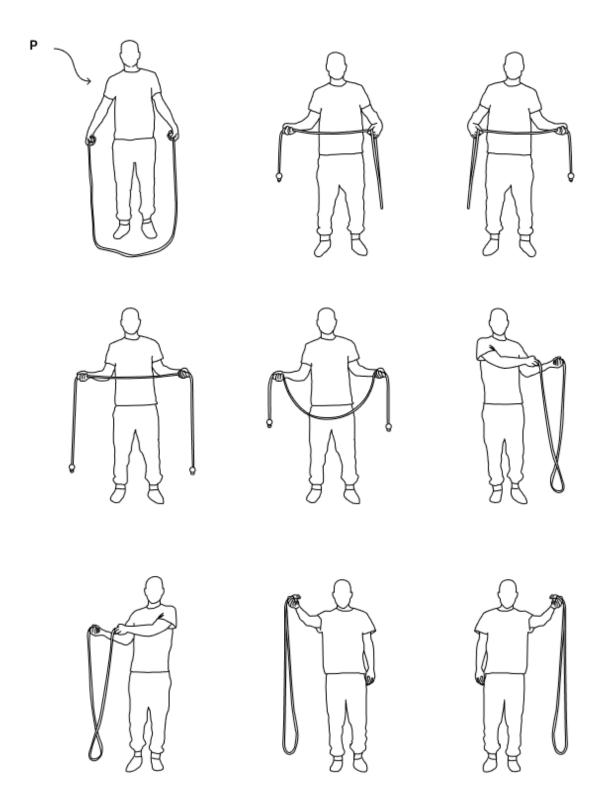


FIG. 17

