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Gvoich

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(54) **RESISTANCE TRAINING APPARATUS**

(71) Applicant: **GVOICH FITNESS SYSTEMS**, Baton Rouge, LA (US)

(72) Inventor: **William Gvoich**, Baton Rouge, LA (US)

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(52) **U.S. Cl.**

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(58) **Field of Classification Search**

USPC 482/1–148; 267/69, 73, 74, 153

See application file for complete search history.

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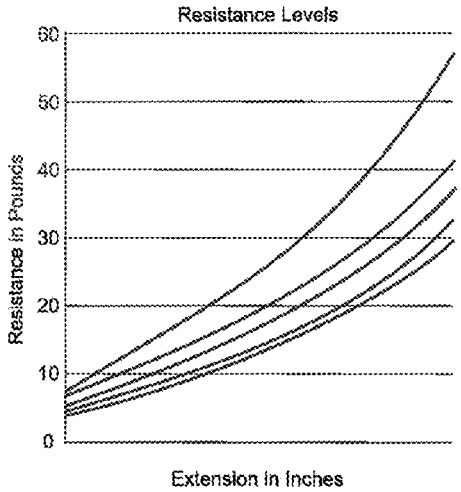
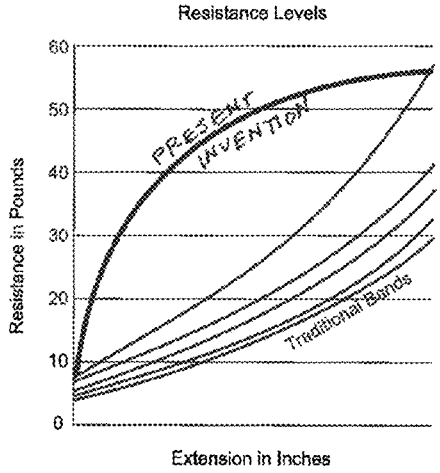
Primary Examiner — Stephen Crow

(74) *Attorney, Agent, or Firm* — Ted M. Anthony

(57) **ABSTRACT**

A resistance training apparatus provides an elastic member for use in exercise strength training and fitness conditioning. The resistance training apparatus beneficially provides a user with a more consistent and even resistance tension throughout an exercise movement. The resistance training apparatus also provides for a greater training effect on an engaged muscle or muscle group.

6 Claims, 4 Drawing Sheets