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Birt

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(54) **WEIGHT DEVICE FOR A PHYSICAL FITNESS ROUTINE**

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(58) **Field of Classification Search**

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See application file for complete search history.

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(65) **Prior Publication Data**

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(57) **ABSTRACT**

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A versatile weight device for physical fitness routines is disclosed which comprises a plate having a generally H-shaped body having a first leg having an end having a hand grip portion, a second leg having an end having a hand grip portion, a third leg having an end having a hand grip portion, a fourth leg having an end having a hand grip portion, a first handle spanning between the first leg and the fourth leg, a second handle spanning between the second leg and the third leg, a central bore, a first cutout section formed between the first leg, the first handle, and the fourth leg, a second cutout section formed between the first leg and the second leg, a third cutout section formed between the second leg, the second handle, and the third leg, and a fourth cutout section formed between the third leg and the fourth leg.

19 Claims, 11 Drawing Sheets

