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It is a device shaped chair with a long backrest, two posts at the sides with handles and a foot bound with two springs for resistance. It is an excellent device to strengthen the "powerhouse", hips, buttocks, legs, knees, feet, Achilles tendon, arms, and enhance control and balance.?

**Title** : The Chairs  
**Author** : Javier Pérez Pont & Esperanza Aparicio Romero  
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