

Title (en)  
MULTIFUNCTIONAL PHYSICAL EXERCISING APPARATUS AND PROCESS FOR CONTROLLING IT

Publication  
**EP 0329748 B1 19911023 (FR)**

Application  
**EP 88907341 A 19880823**

Priority  
FR 8712224 A 19870831

Abstract (en)  
[origin: WO8901769A1] A physical exercising apparatus comprises an exercising element (100) displaced by a user, a motor device (120) which controls the movement of the exercising element by applying to it a counter-reaction force, control means (300, 310, 320) which pilot the motor device according to a predetermined sequence which associates each position reached by the exercising element with a value of the rate of displacement and/or a value of the counter-reaction force. The process for controlling the apparatus comprises cycles which consist in provoking, during displacement of the exercising element according to the initial predetermined sequence, an abrupt forward and/or backward movement between 0.1 and 5 degrees, and then in continuing the displacement of the element according to the initial displacement sequence. The apparatus thereby permits an excitation of the gamma innervation loop during the exercises.

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