

Title (en)  
FITNESS-TRAINING APPARATUS

Publication  
**EP 0338262 A3 19910116 (DE)**

Application  
**EP 89104980 A 19890320**

Priority  
DE 3812699 A 19880416

Abstract (en)  
[origin: EP0338262A2] The fitness training apparatus has a seat surface (11) and two levers (13) which are provided with handles (15) and can be swivelled in each case about an axis counter to a resistance. The handles (15) have at least one further degree of freedom of movement, in that they can be moved counter to a resistance. In addition to the swivel movement about a transverse axis, the handles (13) can thus be swivelled in each case about a longitudinal axis and/or can be moved in the longitudinal direction of the levers. In this manner, a multiplicity of individual muscles and muscle groups can be exercised. By adjusting the resistances, different loads can be applied. This allows the apparatus to be used also as a strength training apparatus. <IMAGE>

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**A63B 21/00**

IPC 8 full level  
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Citation (search report)

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**EP 0338262 A2 19891025**; **EP 0338262 A3 19910116**; **EP 0338262 B1 19940914**; DE 3812699 A1 19891026; DE 3812699 C2 19940908; DE 58908340 D1 19941020; JP H0213480 A 19900117; JP H0412995 B2 19920306; NO 891473 D0 19890410; NO 891473 L 19891017; US 4934695 A 19900619

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