

Title (en)

Energy absorbing exercising and training machine

Title (de)

Energiespeicherndes Übungsgerät

Title (fr)

Appareil d'entraînement et d'exercice à absorption d'énergie

Publication

EP 0411892 B1 19960320 (EN)

Application

EP 90308400 A 19900731

Priority

US 38811689 A 19890801

Abstract (en)

[origin: EP0411892A2] An energy-absorbing exercising and training machine for exercising a person's ability to accelerate a portion of his body through a path of motion comprises a flywheel (16) rotatably connected to a frame (12) by means of a pair of journal bearings (52). A harness assembly (20) is provided for connection to the portion of the person's body to be exercised. An over-running clutch (68) is provided for interconnecting the flywheel (16) and the harness assembly (20), allowing the flywheel (16) rigidly to engage with the harness assembly (20) on acceleration of the harness assembly (20) relative to the flywheel (16) in a first direction along the path of motion of the body portion being exercised. The clutch (68) also allows the flywheel (16) to disengage and freely rotate relative to the harness assembly (20) on deceleration of the harness assembly (20) relative to the flywheel (16).

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IPC 8 full level

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