

Title (en)
APPARATUS FOR BODY-BUILDING EXERCISES AND METHOD FOR OPERATING SAME

Title (de)
MUSKELKRÄFTIGENDES GERÄT UND DURCHFÜHRUNGSVERFAHREN

Title (fr)
APPAREIL POUR EXERCICES DE MUSCULATION ET PROCEDE POUR SA MISE EN UVRE

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Application
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Abstract (en)
[origin: FR2686259A1] An apparatus for body-building physical exercises and a method for implementing same. The telescopic apparatus (1, 21, 51, 71) comprises a chamber (6, 25, 54, 72) and a piston (4, 23, 53, 78) sliding therein, at least one device enabling the user to actuate the piston, and a tank (9, 26). The tank is connected to the chamber via a non-return valve which allows only a gas to pass from the chamber to the tank, and may be freely communicated with the chamber by means of a suitable device (11, 37, 37-1) when the desired pressure level is reached. Belts or cables (56-1, 69, 82) may be used to increase load and extend stroke length. The apparatus may be used for physical exercises with a gradual increase in load.

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