

Title (en)
Muscular strength training appliance

Title (de)
Muskelkrafttrainingsgerät

Title (fr)
Appareil de musculation

Publication
EP 0730886 A1 19960911 (EN)

Application
EP 96301330 A 19960227

Priority
JP 7049995 A 19950306

Abstract (en)
A muscular strength training appliance (1) comprises a pair of parallel longer gripping bars (2a, 2b) of the same length and a pair of parallel shorter gripping bars (3a, 3b) of the same length, wherein the pair of longer gripping bars (2a, 2b) and the pair of shorter gripping bars (3a, 3b) are assembled in a rectangular frame structure. Desirably, the pair of longer gripping bars and the pair of shorter gripping bars are bars each made of wood material and having a circular cross section. When the muscular strength training appliance (1) is held by gripping the parallel longer or shorter bars with the hands respectively to secure the coordinate movements of the left and right arms through the muscular strength training appliance (1). In this state, when the muscular strength training appliance (1) is turned or moved, the body bends, stretches and twists automatically. <IMAGE>

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