

Title (en)
LAT PULLDOWN EXERCISE MACHINE AND METHOD OF EXERCISE

Title (de)
ÜBUNGSGERÄT UND VERFAHREN ZUR DEHNUNG DER RÜCKENMUSKULATUR

Title (fr)
APPAREIL D'ENTRAÎNEMENT A L'EXTENSION DU GRAND DORSAL ET METHODE ASSOCIEE

Publication
EP 0812226 A1 19971217 (EN)

Application
EP 96911196 A 19960226

Priority
• US 9602069 W 19960226
• US 39667095 A 19950301
• US 40181695 A 19950310

Abstract (en)
[origin: WO9626766A1] An apparatus (1) and method for performing a lat pull down exercise are disclosed. A user support (11) and a primary hinge (30) are mounted to a frame (10). A secondary hinge (32, 34) is mounted to the primary hinge (30). An arm (60) mounted to the secondary hinge (32, 34) has a handle (61) adapted to be grasped by the user. The two hinges permit the user to displace the handle (61) in either or both the longitudinal and lateral directions. The resistance means may include an incremental weight stack (70) operably engaged to the handle (61) by belts (39, 40) directed by self-aligning pulleys (270). The arms (60) may be connected such that both handles (61) move the same longitudinal and/or lateral distance. To use the exercise machine, a user selects a weight for exercise, adjusts a knee pad (12) and sits on a seat (11), grasps the handle (61) and pulls downward toward his shoulder, moving the handle (61) longitudinally and laterally as he so chooses, overcoming the resistance.

IPC 1-7
A63B 21/062; **A63B 23/02**

IPC 8 full level
A63B 21/062 (2006.01); **A63B 23/12** (2006.01)

CPC (source: EP)
A63B 21/0628 (2015.10); **A63B 21/4045** (2015.10); **A63B 21/4047** (2015.10); **A63B 23/12** (2013.01); **A63B 23/1209** (2013.01); **A63B 21/4035** (2015.10); **A63B 23/03525** (2013.01); **A63B 23/03533** (2013.01); **A63B 23/1218** (2013.01); **A63B 23/1263** (2013.01); **A63B 2208/0233** (2013.01); **A63B 2225/30** (2013.01)

Designated contracting state (EPC)
AT BE CH DE DK ES FR GB GR IE IT LI NL PT SE

DOCDB simple family (publication)
WO 9626766 A1 19960906; EP 0812226 A1 19971217; EP 0812226 A4 20030102

DOCDB simple family (application)
US 9602069 W 19960226; EP 96911196 A 19960226