

Title (en)

PLATE-LOADED CHEST PRESS EXERCISE MACHINE AND METHOD OF EXERCISE

Title (de)

PLATTENBELADENES ÜBUNGSGERÄT FÜR DIE BRUSTMUSKULATUR UND ANWENDUNGSVERFAHREN

Title (fr)

APPAREIL DE MUSCULATION DU TORSE, CHARGE AVEC DES PLAQUES ET PROCEDE D'UTILISATION

Publication

**EP 0814878 A4 20030102 (EN)**

Application

**EP 96907085 A 19960226**

Priority

- US 9602372 W 19960226
- US 39667095 A 19950301
- US 40170895 A 19950310

Abstract (en)

[origin: WO9626770A1] 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 has a handle (61) adapted to be grasped by the user. The two hinges permit the user to displace the handle in either or both the longitudinal and lateral directions. A means for resisting the displacement of the handle, preferably in both the lateral and longitudinal directions, is provided. The resistance means may include a post (62) attached to the arm for mounting weight plates. The arms may be connected such that both handles move the same longitudinal and/or lateral distance. To use the exercise machine (1), a user selects a weight for exercise, lies on the user support, grasps the handle and pushes upward from his shoulders, moving the handle longitudinally and laterally as he so chooses, overcoming the resistance.

IPC 1-7

**A63B 23/12**

IPC 8 full level

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CPC (source: EP)

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Citation (search report)

- [A] US 5181896 A 19930126 - JONES GARY A [US]
- [DA] US 5044631 A 19910903 - JONES GARY A [US]
- [A] US 2356260 A 19440822 - MAXWELL WILLIAM H
- See references of WO 9626770A1

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