

Title (en)
Gymnastic apparatus

Title (de)
Gymnastikgerät

Title (fr)
Appareil de gymnastique

Publication
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Application
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Priority
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Abstract (en)
[origin: US5997441A] The gymnastic equipment described herein is characterized by a rectangular platform which is preferably about 30-50 cm wide and about 75-150 cm long. Vertical supporting members are arranged at the four corners of the platform. A resilient elongated rope-like member is looped around the four supporting members and is height-adjustable. The height of the rope can be set so as to enable a combination of muscle exercises with simultaneous aerobic and/or choreographic workouts free of interruption. Particular skills for fixing the resilient rope on arms or legs are not necessary during the sequence of exercises. A securing device is attached to each supporting member to retain the member at the set height.

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