

Title (en)

PLATE-LOADED SHOULDER PRESS EXERCISE MACHINE AND METHOD OF EXERCISE

Title (de)

PLATTENBELADENES ÜBUNGSGERÄT FÜR DIE SCHULTERMUSKULATUR UND ANWENDUNGSVERFAHREN

Title (fr)

APPAREIL D'EXERCICE DE DEVELOPPEMENT DES EPAULES CHARGE AVEC DES PLAQUES ET METHODE D'EXERCICE

Publication

EP 0956105 A1 19991117 (EN)

Application

EP 96907086 A 19960226

Priority

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- US 39667095 A 19950301
- US 40170795 A 19950310

Abstract (en)

[origin: WO9626765A1] 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. A means for resisting the displacement of the handle (61), preferably in both the lateral and longitudinal directions, is provided. The resistance means may include a post (62) attached to the arm (60) for mounting weight plates. 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, sits 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 21/06; **A63B 23/02**

IPC 8 full level

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CPC (source: EP)

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