

Title (en)
EXERCISE APPARATUS

Title (de)
ÜBUNGSGERÄT

Title (fr)
APPAREIL D'EXERCICE

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Application
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Abstract (en)
[origin: WO0010650A1] The invention relates to an exercise apparatus, designed specifically for co-ordinated exercise and muscle conditioning between two people. The said design has an overall length of between 400 mm and 580 mm allowing both users to hold the apparatus and exercise without collision or impaired movement. Handles (1 + 3) are ridged or semi ridged, molded from plastic, each having a weight of less than 300g. Said handle ends (1 + 3) are curved having a grip portion (5) and opposite end portions (7 + 9). The grip portion is generally circular in cross section and is slightly curved. The curvature is concave as viewed from the side 5 of the handles which face one and other in the illustration. This creates a comfortable hand grip. The opposite end portions are formed with a hook like configuration which provides a convenient abutment surface to allow the user to suspend said apparatus lightly in the grip for low impact sequences. Said handles (1 + 3), are colour coded to enable instruction to be related to both users in terms of forward and backward movement. Webbing (13-15) is colour coded to enable instruction to be related to the users in terms of left and right movement. Said handles (1 + 3) and webbing (13 + 15) colours combined will co-ordinate forward, back, left and right diagonal movement. Swivel points (19) allow the said apparatus to move freely in rotation during use. Link (23) is weighted from a range of 200g to 750g, 200g is required to balance of the said apparatus, whilst the increasing weight up to 750g is to attain muscle development and accommodate both male and female users. Said link attachment is conveniently in the form of a disc with apertures (23a + 23b) to facilitate fasteners 21.

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IPC 8 full level
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