

Title (en)
Elastic exercise apparatus

Title (de)
Elastisches Übungsband

Title (fr)
Appareil d'exercice élastique

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Abstract (en)
[origin: WO03095034A2] The invention relates to an elastic exercise apparatus, wherein at least one elastic element is fixed or can be fixed between two handles. It is essential that clamp holding devices (3, 10, 40, 50) be used as handles, in which the at least one elastic element (2, 48) can be clamped and fixed or be fixed at a given length. Said clamp holding devices should preferably have loop, ring or bow-shaped holding elements (6, 7, 56). This makes it possible for a person working out to optimally use particularly stretch bands (2) with an even tension in a cramp-free manner and in the required length.

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