

Title (en)

AN APPARATUS FOR EXERCISING UPPER AND LOWER BODY PORTIONS OF A USER

Title (de)

GERÄT ZUM TRAINIEREN DER OBEREN UND UNTEREN KÖRPERTEILE DES ANWENDERS

Title (fr)

APPAREIL D'EXERCICE DES PARTIES DU CORPS SUPERIEURE ET INFERIEURE D'UN UTILISATEUR

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Application

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Abstract (en)

[origin: WO2005107882A1] An exercise apparatus (1) for selectively exercising an upper or lower body portion. The apparatus includes a crank assembly (3) operatively connected to a resistance device (5) via a transmission means (7). The crank assembly is rotatable about a first axis and the resistance device provides a resistance force opposing the rotational movement of the crank assembly. The crank assembly includes actuating means for enabling the user to impart the rotational movement against the resistance force. The position of the first axis is moveable between at least a first position which facilitates actuation of the actuating means by the user's feet in order to provide lower body exercise and a second position which facilitates actuation of the actuating means by the user's hands in order to provide upper body exercise.

IPC 8 full level

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