

Title (en)
AN EXERCISE TRAINING APPARATUS

Title (de)
LEIBESÜBUNGSTRAINIERVORRICHTUNG

Title (fr)
EXERCISEUR

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Application
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Abstract (en)
[origin: WO2004096381A1] The present invention relates to an exercise training apparatus and more specifically to a martial arts/boxing training apparatus which overcomes the problems associated with existing devices in that it provides the user with the ability to hone in on skills such as speed, power, accuracy and blocking, and also simulate the unpredictable nature of a real-life sparring partner. The apparatus includes a base plate for mounting the apparatus to a surface, a support member, and one or more padded balls that are adapted to move about the support member through connecting arms whose height is adjustable. In one form of the invention, the arms are rigid structures which rotate in a horizontal plane about the support member whereby the length of each arm is adjustable. This embodiment is especially useful when a user wishes to hone in on a particular skill which does not require the element of surprise. In a further form of the invention, the support member includes a flexible arm mounted thereto which is not only capable of rotational movement in a single plane, but is also capable of tiltable and pivotable motion relative to the support member which adds a further dimension to the training apparatus. This embodiment is especially useful when the unpredictable nature of a real-life sparring partner is required.

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Citation (search report)
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• See references of WO 2004096381A1

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