

Title (en)

TOTAL BODY STRENGTHENING AND TONING WORKSTATION AND METHOD OF USING SAME

Title (de)

TRAININGSSTATION ZUM KRÄFTIGEN UND TONISIEREN DES GANZEN KÖRPERS

Title (fr)

APPAREIL PERMETTANT DE TRAVAILLER LE RENFORCEMENT ET LA TONICITE DU CORPS ET PROCEDE D'UTILISATION ASSOCIE

Publication

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Application

EP 05803042 A 20051110

Priority

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Abstract (en)

[origin: WO2006056045A1] A stand-alone exercise apparatus includes a seat to support a user in a position thereon, and upper and lower body exercising assemblies which are configured for activation either sequentially or simultaneously to permit the concurrent exercising movement of his or her upper body area and lower body leg muscles, respectively, without necessitating that the user stop exercising when switching from upper body exercises to lower body exercises. The lower body exercising assembly includes a lower frame assembly which is operable to provide resistance exercise to the user's leg muscles, and which includes a selectively reciprocally movable pedal, platform or bar, which is coupled to a suitable resistance mechanism and which is engageable by the user's feet and/or legs as they are moved together in unified movement to effect leg extensions or curls. The upper body exercising assembly includes one or more reciprocally movable frame members, hand pulleys or swing arms coupled to a resistance mechanism, and which are engageable by the user's hands and/or arms. The resistance mechanisms used to provide the selected resistance to the upper and lower exercising assemblies are operable independently from each other, and enable the user to select the degree of resistance to each of the upper and lower body exercising assemblies separately.

IPC 8 full level

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Citation (search report)

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