

Title (en)  
BODYBUILDING APPARATUS

Title (de)  
BODYBUILDING-VORRICHTUNG

Title (fr)  
APPAREIL DE MUSCULATION

Publication  
**EP 2150320 A1 20100210 (FR)**

Application  
**EP 08805616 A 20080528**

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Abstract (en)  
[origin: WO2009004161A1] The invention relates to a bodybuilding and/or re-education apparatus that comprises rotating a crank (1) with one or both hands for displacing and driving a mechanical assembly (2) (5) with adjustable torque (10) of the stationary bicycle type and for toning all the muscles in a single motion based on the body position of the user. The apparatus of the invention includes a crank adjustable to a man's height (h) through a mechanical means (5) mounted on a mechanical assembly (2) from a stationary bicycle. The lever arm (6) of the crank (1) is telescopic and has an adjustable length for making circles with greater or smaller radii. As soon as the operator actuates the crank, whether on the side or facing the mechanism, the rotation axis (3) moves (?h) in a continuous manner from A to B or B to A, forcing the operator to constantly change the bearing position of his feet (26) on the ground or on a stand with an inclinable plane (27). The apparatus of the invention can be used particularly in gymnasiums and the home for a major and original bodybuilding contribution.

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