

Title (en)  
Upper torso exercise apparatus

Title (de)  
Oberkörper-Übungsvorrichtung

Title (fr)  
Appareil d'exercice du torse

Publication  
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Application  
**EP 09162336 A 20090609**

Priority  
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Abstract (en)  
An exercise apparatus (100) comprising a bench (110) and a dorsal support (120), the apparatus further comprising a movable upper torso support (200). The apparatus is suitable to support the lower torso of a human user by means of the bench (110) and the dorsal support (120) and that portions of the upper torso of the human user can be lifted relative to the lower torso by the movable upper torso support (200). In another aspect, the invention relates to a method of exercising the upper torso by providing an apparatus which supports the lower torso and which is suitable to guide a force exerted by a user's legs to the upper torso of a user and uses this force to induce a stretching motion of a portion of the upper torso relative to the lower torso of a user.

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