

Title (en)
Exercise apparatus

Title (de)
Übungsgerät

Title (fr)
Appareil d'exercice

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Application
EP 10166577 A 20100618

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Abstract (en)
The present invention provides for an exercise apparatus comprising a pair of support-plates such as foot plates arranged for reciprocal motion along adjacent and parallel paths of travel which can be defined by an associated, and preferably gently concave, track serving to present a support surface for supporting the said support-plates and along-which the support-plates move during the reciprocal motion; the support surface further serving to define the paths of travel, and wherein the support surface further defines, at least in part, a slope for the paths of travel and wherein weight means can be provided to be moved by way of the footplate and so as to offer resistance to the movement of plates over the said track.

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