

Title (en)  
Exercise machine and method for performing an exercise

Title (de)  
Übungsgerät und Verfahren zur Ausführung einer Übung

Title (fr)  
Machine d'exercice et procédé pour l'exécution d'un exercice

Publication  
**EP 2564904 A1 20130306 (EN)**

Application  
**EP 12178871 A 20120801**

Priority  
IT BO20110506 A 20110830

Abstract (en)  
A exercise machine comprises a frame (2), a hand or foot support element (6) for a user (100), rotatably connected to the frame (2), an electric motor (8) connected to the support element (6) to set the latter in rotation relative to the frame (2), and a brake (11) configured to be operatively applied to the support element (6). The machine also comprises a control unit (10) connected to the electric motor and to the brake (11) in order to drive them and an interface (9) connected to the control unit (10) and configured to allow the user (100) to select a first, active exercising mode and a second exercising mode where the motor (8) delivers a drive torque to move the support element (6) at a predetermined speed and in a predetermined direction as a function of a reference value set by the user (100) for the rotation speed of the support element (6). The interface (9) is configured to set a maximum value for the drive torque deliverable by the electric motor (8) during the exercise and the control unit (10) is programmed to drive the electric motor (8) during the exercise in order to vary the torque it delivers, within the limit of the maximum value set by the user (100), according to the action applied by the user (100) to the support element (6) and so as to keep the rotation speed of the support element (6) close to the set reference value irrespective of the direction of the action applied by the user (100).

IPC 8 full level  
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Citation (applicant)  
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