

Title (en)
EXERCISE MACHINE AND METHOD FOR PERFORMING EXERCISES

Title (de)
ÜBUNGSMASCHINE UND VERFAHREN ZUR AUSFÜHRUNG VON ÜBUNGEN

Title (fr)
MACHINE D'ENTRAÎNEMENT ET PROCÉDÉ POUR FAIRE DES EXERCICES

Publication
EP 3597275 A4 20201230 (EN)

Application
EP 17900646 A 20171205

Priority
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Abstract (en)
[origin: EP3597275A1] A method to perform exercises on an exercise machine consisting of at least four steps, wherein in one of said steps a working load is set using a securing device to adjust the load, which separates a weight into a working part and a non-working part, after which the weight is raised upward by means of pulling on a cable of a cable pulley system connected to the weight. In the next step, exercise is carried out, and in the last step the exercise ends and the cable is released to simultaneously displace the working part of the weight downward. To start exercise using means for automatic displacement of the weight, the cable is loosened and the initial position of the weight is set by automatically displacing the weight upward, and then the cable is tightened while the user holds the working load, wherein the non-working part of the weight simultaneously moves downward by means of the means for automatic displacement of the weight, and in the final stage the non-working part of the weight is displaced upward by means of the means for automatic displacement of the weight, wherein the working part of the weight is subsequently held and the cable tension is simultaneously released.

IPC 8 full level
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Citation (search report)
• [X] US 2014274566 A1 20140918 - DRAPER MICHAEL [US], et al
• [X] US 2006229164 A1 20061012 - EINAV OMER [IL]
• See also references of WO 2018169439A1

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CN112169270A

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