

Title (en)
TRAINING APPARATUS

Title (de)
TRAININGSGERÄT

Title (fr)
APPAREIL D'ENTRAÎNEMENT

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Application
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Abstract (en)
[origin: WO2018227224A1] The invention relates to a training apparatus (10) for the simulation of rowing training, comprising a guide (2) which is arranged on a frame (5), - a rolling seat (1) which can be moved linearly back and forth on the guide (2), - a foot stretcher (8) which is arranged in the region of one end of the guide (2), - two handles (7a, 7b) which can be rotated independently of one another and which are each rotatably mounted on a rowlock shaft (3a, 3b), wherein the rowlock shafts (3a, 3b) are each arranged on one side of the guide (2) at a distance, in particular normal to the direction of movement of the guide (2) and/or the standing surface of the frame (5), from the guide (2), and - a drive mechanism (4) to which each rowlock shaft (3a, 3b) is connected in a force-transmitting manner, wherein the drive mechanism (4) has a gearing and a braking device (6), wherein the drive mechanism (4) is designed in such a way that, upon introduction of force to the handles (7a, 7b), power can be output to the braking device (6) via the drive mechanism (4). According to the invention, there is provision that the drive mechanism (4) has at least one freewheel (11), wherein the freewheel (11) is arranged between the rowlock shafts (3a, 3b) and the braking device (6) in such a way that the handles (7a, 7b) are pivotable independently of one another about the respective rowlock shaft (3a, 3b), and, upon actuation of the handles (7a, 7b) in a first direction about the axis of the respective rowlock shafts (3a, 3b), power can be channelled off to the braking device (6), and, upon actuation of the handles (7a, 7b) in a second direction, which is opposite to the first direction, about the axis of the respective rowlock shafts (3a, 3b), the handles (7a, 7b) can be guided back without power being supplied or channelled off to the braking device (6).

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