

Title (en)
STATIC - DYNAMIC EXERCISE APPARATUS AND METHOD OF USING SAME

Title (de)
STATISCH-DYNAMISCHE ÜBUNGSVORRICHTUNG UND VERFAHREN ZUR VERWENDUNG DAVON

Title (fr)
APPAREIL D'EXERCICE STATIQUE - DYNAMIQUE ET SON PROCÉDÉ D'UTILISATION

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Application
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Abstract (en)
A static dynamic exercise apparatus is provided. A spatially displaceable object is coupled to a frame and coupled to a force applicator. A resistance system exerts a first level of resistance that prevents the movement of the object by the application of a user-applied force, thereby allowing a user to generate a static, or isometric, force on the force applicator and object. The resistance system may then be released, to allow movement of the object, thereby rapidly transmuting the static force into a dynamic movement. In various embodiments, the object is a plurality of weights, the force applicator is a weight lifting bar, and the resistance system is a pneumatically actuated piston that is capable of releasably holding the weights and weight bar to the frame.

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