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(71) Applicant: **Douglas, D. Scott**
505 Hillcrest Drive, North

Clearwater, Pinellas, Florida(US)

(72) Inventor: **Douglas, D. Scott**
505 Hillcrest Drive, North, Clearwater
Pinellas, Florida(US)
Inventor: **Webb, John Douglas**
2101 Victoria Drive, Clearwater
Pinellas, Florida(US)

(74) Representative: **Gold, Tibor Zoltán et al**
T.Z.GOLD & COMPANY 9, Staple Inn
London WC1V 7QH(GB)

(54) **Energy absorbing exercising and training machine.**

(57) An energy-absorbing exercising and training machine for exercising a person's ability to accelerate a portion of his body through a path of motion comprises a flywheel (16) rotatably connected to a frame (12) by means of a pair of journal bearings (52). A harness assembly (20) is provided for connection to the portion of the person's body to be exercised. An over-running clutch (68) is provided for interconnecting the flywheel (16) and the harness assembly (20), allowing the flywheel (16) rigidly to engage with the harness assembly (20) on acceleration of the harness assembly (20) relative to the flywheel (16) in a first direction along the path of motion of the body portion being exercised. The clutch (68) also allows the flywheel (16) to disengage and freely rotate relative to the harness assembly (20) on deceleration of the harness assembly (20) relative to the flywheel (16).

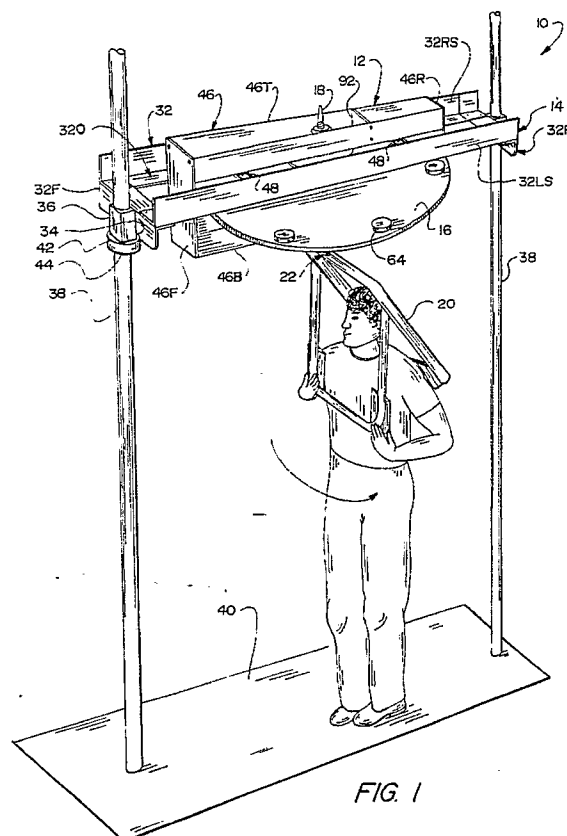


FIG. 1

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EUROPEAN SEARCH REPORT

Application Number

EP 90 30 8400

DOCUMENTS CONSIDERED TO BE RELEVANT			
Category	Citation of document with indication, where appropriate, of relevant passages	Relevant to claim	CLASSIFICATION OF THE APPLICATION (Int. Cl.5)
Y	US-A-4 077 626 (J NEWMAN) * figure 5 ** column 4, line 28 - line 46 * - - -	1-4	A 63 B 21/22 A 63 B 23/02
Y	US-A-4 296 924 (A ANZALDUA ET AL) * column 2, line 33 - column 3, line 26 ** figures 1-3 * - - -	1-4	
A	US-A-4 732 381 (R SKROWRONSKI) - - -	1	
A	US-A-4 305 579 (M RICE) - - - - -	1	
			TECHNICAL FIELDS SEARCHED (Int. Cl.5)
			A 63 B
The present search report has been drawn up for all claims			
Place of search The Hague		Date of completion of search 15 May 91	Examiner VEREECKE A.
<div>CATEGORY OF CITED DOCUMENTS</div> <div>X: particularly relevant if taken alone Y: particularly relevant if combined with another document of the same category A: technological background O: non-written disclosure P: intermediate document T: theory or principle underlying the invention</div> <div>E: earlier patent document, but published on, or after the filing date D: document cited in the application L: document cited for other reasons ----- &: member of the same patent family, corresponding document</div>			