



(12) **EUROPEAN PATENT APPLICATION**

(88) Date of publication A3:
02.06.1999 Bulletin 1999/22

(51) Int Cl.⁶: **A63B 23/12, A63B 21/08**

(43) Date of publication A2:
09.09.1998 Bulletin 1998/37

(21) Application number: **98300996.0**

(22) Date of filing: **11.02.1998**

(84) Designated Contracting States:
**AT BE CH DE DK ES FI FR GB GR IE IT LI LU MC
NL PT SE**
Designated Extension States:
AL LT LV MK RO SI

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(30) Priority: **26.02.1997 US 806192**

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(54) **Rear deltoid exercise machine and method of exercise**

(57) An apparatus and a method for performing a rear deltoid exercise are disclosed. A user support is mounted to a frame. An arm is pivotally mounted to the frame at a point proximate the user support. A handle (70) is mounted to the arm at a point distal to the user support. The handle is adapted to be grasped and displaced by the user. A means for resisting the displacement of the handle (70) is provided. The resistance means may include a lever (30) adapted to support re-

movable weights mounted to the frame and operably engaged to the arm. A second handle and arm may be provided for the other hand of a user. The handles (70) may be connected to the arms by means of an intermediate link, thereby allowing for variations in user arm size and range of motion. To use the exercise machine, a user selects a weight for exercise, sits on the user support, grasps the handle (70) and displaces the handle laterally through an arc having its center proximate the user's shoulder, overcoming the resistance.

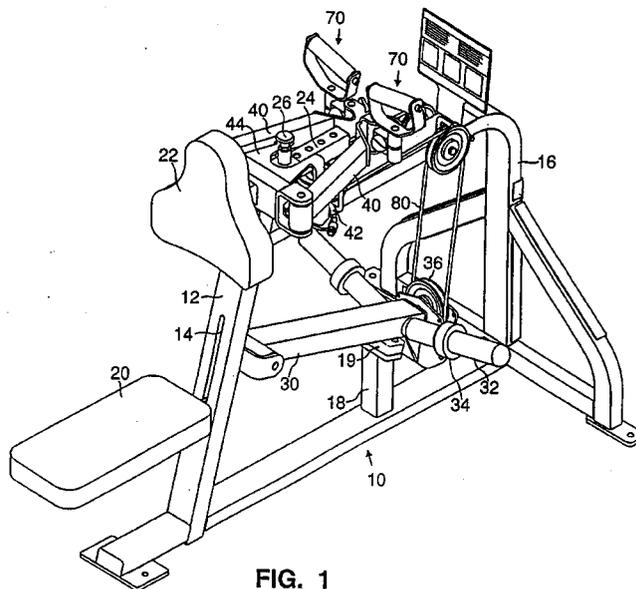


FIG. 1



European Patent
Office

EUROPEAN SEARCH REPORT

Application Number
EP 98 30 0996

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Category	Citation of document with indication, where appropriate, of relevant passages	Relevant to claim	CLASSIFICATION OF THE APPLICATION (Int.Cl.6)
X A	US 5 190 509 A (DAVISON JR.) 2 March 1993 * column 4, line 12 - line 21; figures 1,2,4 *	23-26 1-3,6-8, 11,12, 16-18	A63B23/12 A63B21/08
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The present search report has been drawn up for all claims			
Place of search THE HAGUE		Date of completion of the search 7 April 1999	Examiner Calamida, G
CATEGORY OF CITED DOCUMENTS 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 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	

EPO FORM 1503 03 82 (P04C01)

**ANNEX TO THE EUROPEAN SEARCH REPORT
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