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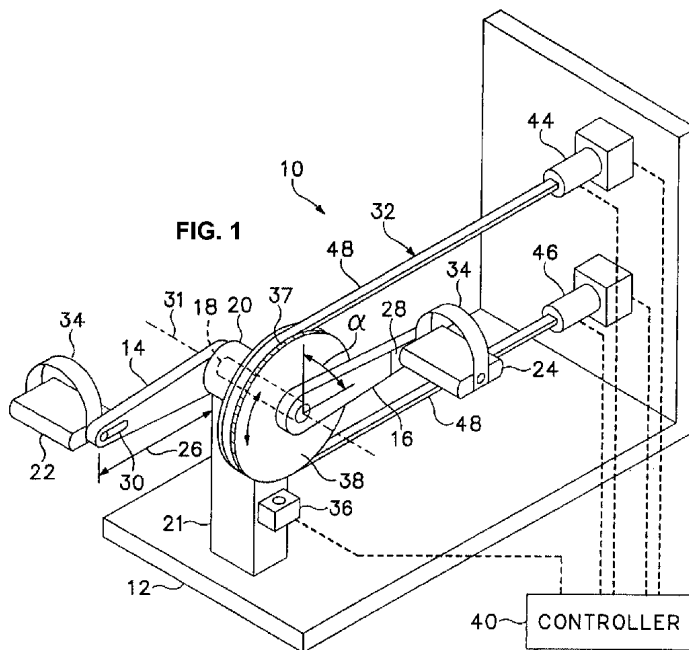
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(54) Title: EXERCISE MACHINE AND METHOD FOR USE IN TRAINING SELECTED MUSCLE GROUPS



(57) Abstract: An exercise machine (10, 60, 90, 120, 150) and a method for its use in training selected muscle groups by controlled use of brakes to resist crank movement adjustably at specific and adjustable controlled positions in the rotation of a crank (14, 16, 14', 16', 102, 104, 120, 122, 152, 154). A control system (40, 140, 140') may be incorporated to cause brake mechanisms (32, 80, 82, 96, 128, 129, 156) to apply varying amounts of resistance to a pair of pedal-driven cranks to simulate the efforts required to ride an actual bicycle over a course including various up-slopes and downslopes.

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INTERNATIONAL SEARCH REPORT

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A. CLASSIFICATION OF SUBJECT MATTER

IPC: A63B 21/00(2006.01)
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USPC: 482/63

According to International Patent Classification (IPC) or to both national classification and IPC

B. FIELDS SEARCHED

Minimum documentation searched (classification system followed by classification symbols)
U.S. : 482/63

Documentation searched other than minimum documentation to the extent that such documents are included in the fields searched

Electronic data base consulted during the international search (name of data base and, where practicable, search terms used)

C. DOCUMENTS CONSIDERED TO BE RELEVANT

Category *	Citation of document, with indication, where appropriate, of the relevant passages	Relevant to claim No.
A	US 5,374,227 A (WEBB) 20 December 1994 (20.12.1994), see entire document.	1-32
A	US 5,240,417 A (SMITHSON et al) 31 August 1993 (31.08.1993), see entire document.	1-32

Further documents are listed in the continuation of Box C. See patent family annex.

* Special categories of cited documents:	
"A" document defining the general state of the art which is not considered to be of particular relevance	"T" later document published after the international filing date or priority date and not in conflict with the application but cited to understand the principle or theory underlying the invention
"E" earlier application or patent published on or after the international filing date	"X" document of particular relevance; the claimed invention cannot be considered novel or cannot be considered to involve an inventive step when the document is taken alone
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"O" document referring to an oral disclosure, use, exhibition or other means	"&" document member of the same patent family
"P" document published prior to the international filing date but later than the priority date claimed	

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