

[54] EXERCISE AND TRAINING MACHINE WITH MICROCOMPUTER-ASSISTED TRAINING GUIDE

[58] Field of Search 272/73; 273/DIG. 28; 128/689

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[57] ABSTRACT

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An exercise management machine which measures the individual's pulse and is provided with an indicator to inform the user of an exercise program that is suited to the individual and/or an indicator to inform the individual of the results of exercise, and if possible, an indicator to instruct the user to train according to the prescribed program, from warming up, training to cooling down, and keeps the individual informed of his/her ongoing status.

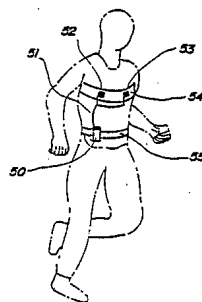
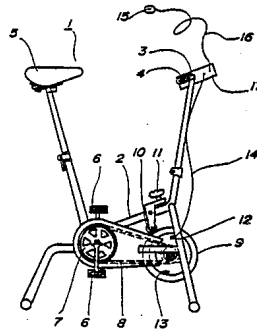
[30] Foreign Application Priority Data

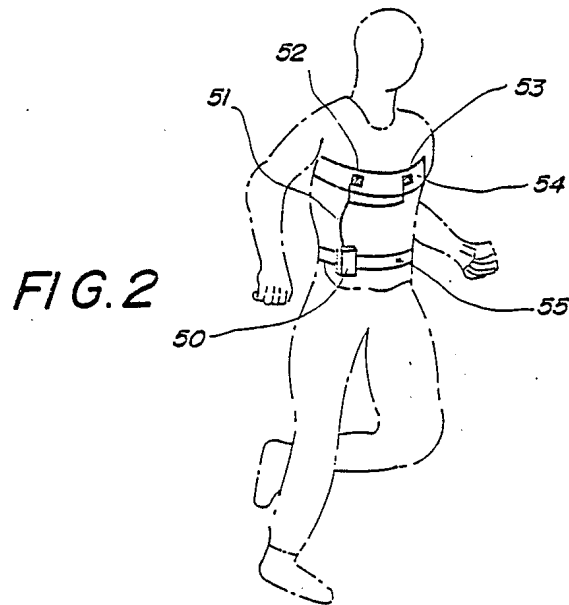
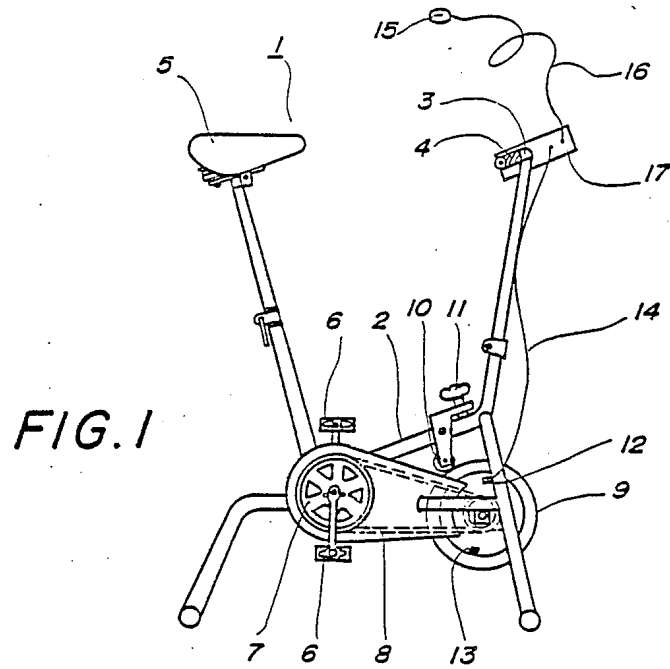
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[51] Int. Cl.⁴ A61B 5/04; A63B 21/00

[52] U.S. Cl. 272/73; 213/DIG. 28; 128/689

11 Claims, 21 Drawing Sheets





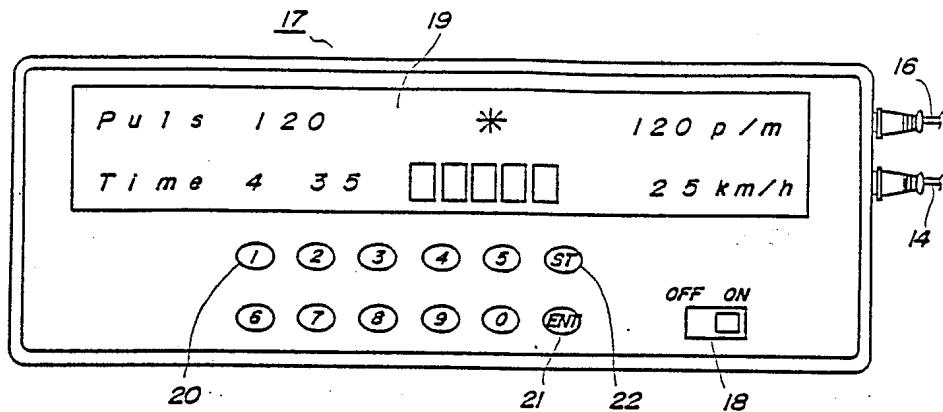


FIG. 3

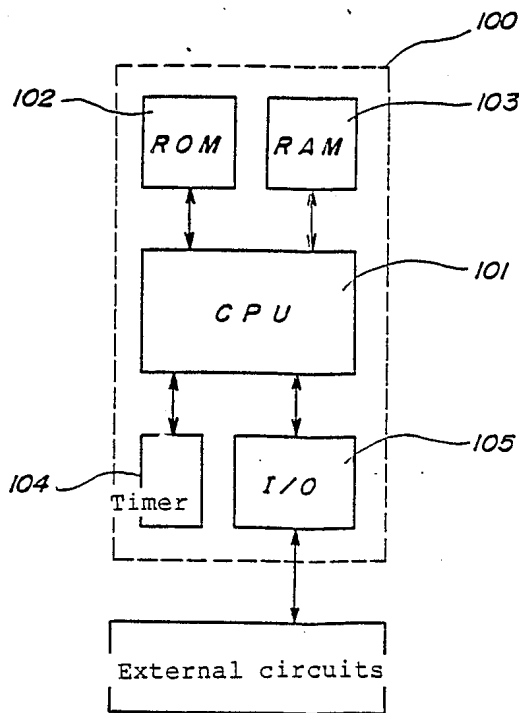


FIG. 5

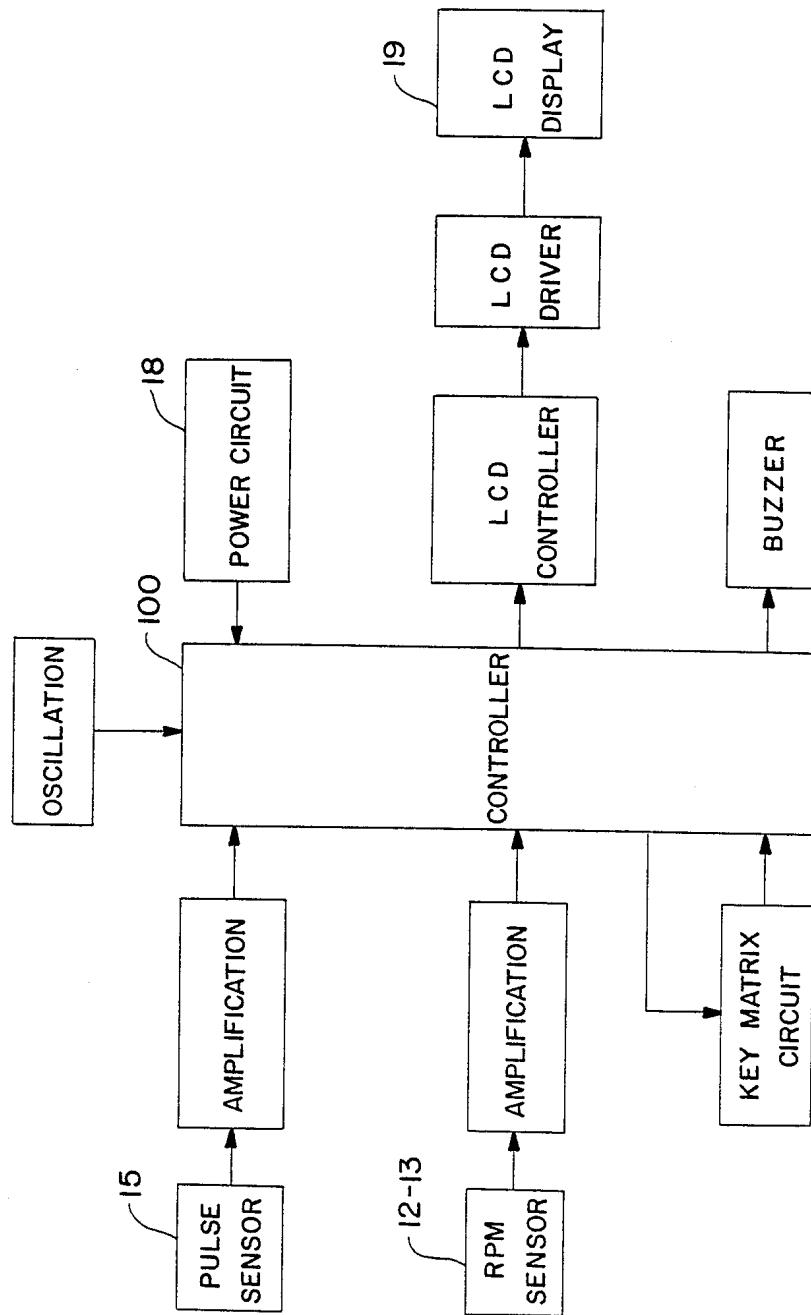


FIG. 4

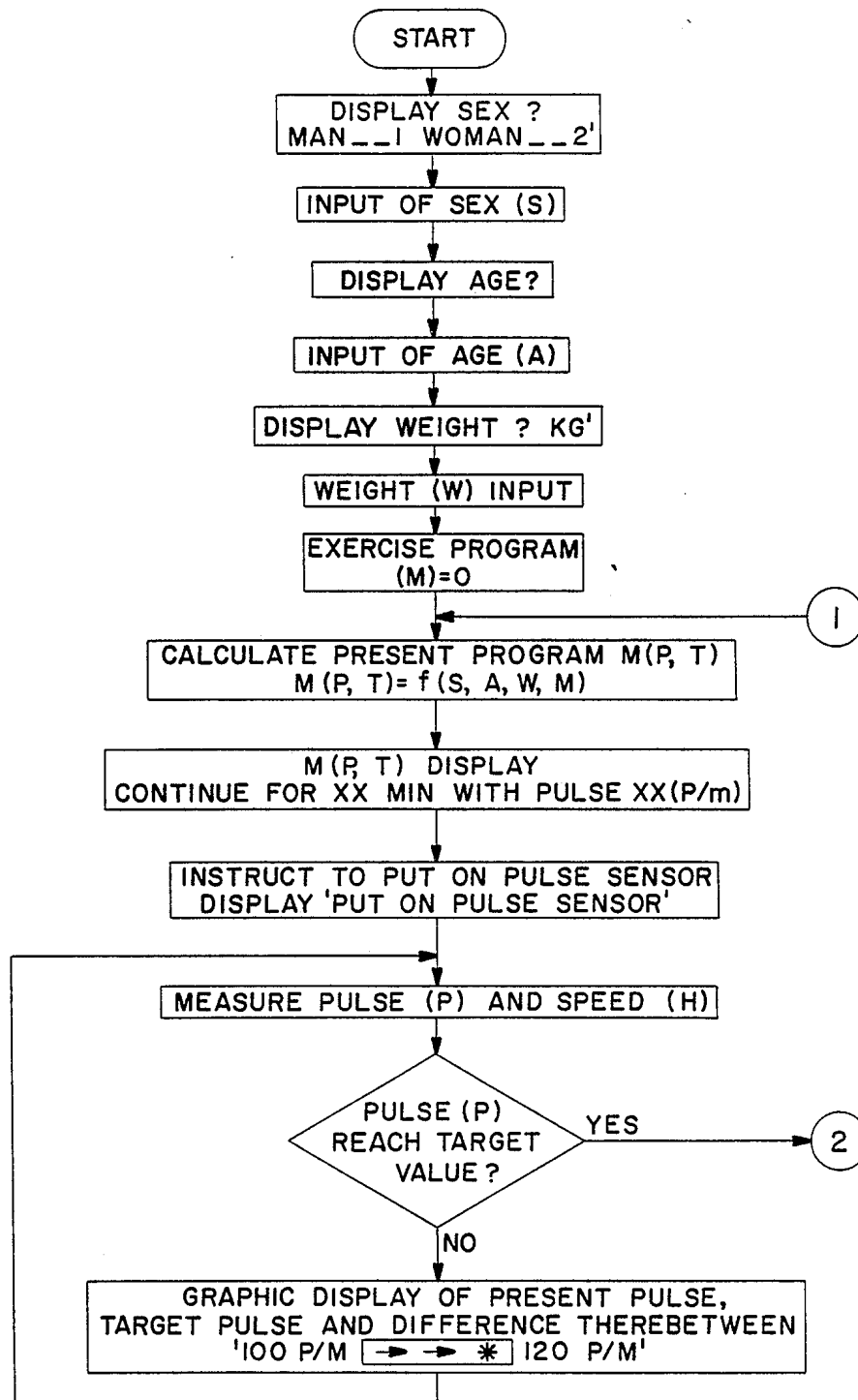


FIG. 6(a)

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