

Title (en)
TRAINING APPARATUS FOR FORCE DEVELOPMENT.

Title (de)
KRAFTTRAININGSGERÄT.

Title (fr)
APPAREIL D'EXERCICE POUR LE DEVELOPPEMENT DE LA FORCE.

Publication
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Application
EP 80901716 A 19800918

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CH 889279 A 19791003

Abstract (en)
[origin: WO8100967A1] The training apparatus for force development is comprised of a cushion (6) hinged to a rotary lever (5). The lever may rotate on a link member (17) connected to one end of an arcuate arm (13). The other end of said arm (13) is connected to a hinged and lockable lever (10) projecting from the axis (2). The arcuate arm (13) carries a sliding piece (14) on which is fixed one end of a fluid string (16) of which the other end is hinged to the frame. The cushion (6) is intended to the training of the dorsal musculature of a person positionned in a ventral position on a rest surface (18) and lifting the cushion with the back against a resisting force. The hinged lever (10) is provided to vary the position of the first lever (5) so as to allow the individual adjustment of the starting angle of the user's body.

Abstract (fr)
L'appareil d'exercice pour le developpement de la force presente un coussin (6) de facon articulee a un levier rotatif (5). Ce levier peut tourner sur un organe de liaison (17) relie a une extremite d'un bras arque (13). L'autre extremite de ce bras (13) est reliee a un levier articule et blocable (10) faisant saillie de l'axe (2). Le bras arque (13) porte une piece coulissante (14) sur laquelle est fixee une extremite d'un ressort a fluide (16) dont l'autre extremite est articulee au cadre. Le coussin (6) sert a l'entrainement de la musculature dorsale d'une personne placee en position ventrale sur une surface de repos (18) et soulevant le coussin avec le dos contre une force de resistance. Le levier articule (10) sert a modifier la position du premier levier (5) de facon a permettre le reglage individuel de l'angle de depart du corps de l'utilisateur.

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