

Title (en)  
PRE-SKI TESTING AND EXERCISING APPARATUS

Publication  
**EP 0153590 A3 19860813 (EN)**

Application  
**EP 85100770 A 19850125**

Priority  
US 57472484 A 19840127

Abstract (en)  
[origin: EP0153590A2] Pre-ski testing and exercising apparatus comprising a pair of elongated members which may be actual or simulated skis, and which are clamped by appropriate clamping devices to a pair of rigid cross bars, each of which is supported by a pair of rocker blocks. The apparatus allows the user forceably to rock the skis, or simulated skis, forward or backwards, or from side-to-side. Also, one of the cross bars, usually the rear cross bar, may be positioned relatively higher on its rocker blocks than the forward cross bar so as to tilt the skis, or simulated skis slightly forward, even while at rest. The apparatus of the invention prevents the skis, or simulated skis, from rotating freely about their longitudinal axis, and from moving freely independently of one another. The user stands on the skis, or simulated skis, in ski boots held in bindings, and performs various exercises by attempting to rotate the skis, or simulated skis, or by rocking them forward or backwards, or from side-to-side, so as to produce various muscle actions experienced in, and necessary for common skiing maneuvers. The apparatus also enables the user to test his ski boots for proper size and adjustment.

IPC 1-7  
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IPC 8 full level  
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CPC (source: EP)  
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Citation (search report)  
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