Title (en)
TRAINING APPARATUS

Publication
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Application
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Priority
DE 3618954 A 19860605

Abstract (en)
[origin: EP0248249A2] The training apparatus has a spring arrangement. It is proposed that, after a certain first path (13), a movable part (7), which is loaded by a first spring arrangement, carries along a second spring arrangement (12) over a stop so that, in a further deflection path of the movable part (7), the summated spring forces of both spring elements (10, 12) have to be overcome by the exercising person. Thus, corresponding to a dynamic force, the training of a fast sequence of movement is enhanced with intense muscle tension at the end of the sequence of movement. <IMAGE>

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IPC 8 full level
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CPC (source: EP)
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US7762937B2; EP1681079A4; CN107715409A; CN111991753A; CN110772750A; CN111603726A; EP1385581A4; CN108771835A; WO2004110563A1; WO2006090135A1; US9415257B2; US10166425B2; US10874893B2

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