

Title (en)

Back and gluteus maximus exerciser and method of using same.

Title (de)

Übungsgerät für den Rücken und den Gluteus maximus und Verfahren zur Anwendung desselben.

Title (fr)

Appareil et méthode d'exercice du dos et du gluteus maximus.

Publication

EP 0253905 A1 19880127 (EN)

Application

EP 86109419 A 19860710

Priority

EP 86109419 A 19860710

Abstract (en)

An exercise device is providing for suspending the body above a support surface while a person performs exercises designed to stretch and strengthen the full range of back extensor, abdominal and gluteus maximus muscles. The device includes a pelvic brace (80) which cooperates with a rotatable leg restraining member (42) to position the body, in a cantilevered fashion, above the support surface nearly horizontally and face down preparatory to exercising the back extensor and abdominal muscles. Alternatively, the device can be mounted differently to strengthen and tone the gluteus maximus muscles. Utilizing gravity traction, the exercise device tends to decompress the spinal column while the exercises are being performed.

IPC 1-7

A63B 23/02

IPC 8 full level

A61H 1/02 (2006.01)

CPC (source: EP)

A61H 1/0218 (2013.01); **A61H 2203/0493** (2013.01)

Citation (search report)

- [A] GB 2121304 A 19831221 - STRETCH FORMING CORP
- [A] US 1693810 A 19281204 - MELVILLE DANIELS, et al
- [A] US 4182511 A 19800108 - CAMP HOPE H JR [US]

Designated contracting state (EPC)

AT CH DE FR GB IT LI SE

DOCDB simple family (publication)

EP 0253905 A1 19880127

DOCDB simple family (application)

EP 86109419 A 19860710