

Title (en)
Exercising device.

Title (de)
Trainingsgerät.

Title (fr)
Appareil d'exercice.

Publication
EP 0329608 A2 19890823 (DE)

Application
EP 89810098 A 19890206

Priority
CH 53888 A 19880215

Abstract (en)
The exercising device serves for the targeted training of individual groups of muscles. It preferably has two spring bodies which each have a gripping element at the end. The gripping elements of one spring body are arranged at the ends on a rod-shaped spring element and the gripping element of a second spring body, arranged at the ends on a rod-shaped spring element, is designed so as to be insertable in the gripping element of the first spring body. In this manner, the device can be loaded accordingly to tension and/or pressure. <IMAGE>

Abstract (de)
Das Trainingsgerät dient zur gezielten Ertüchtigung einzelner Muskelgruppen. Es weist vorzugsweise zwei Federkörper (1,2,3) auf, die je ein endständiges Griffelement (12,30) haben. Die Griffelemente eines Federkörpers sind endständig an einem stangenförmigen Federelement angeordnet und das endständige Griffelement eines zweiten Federkörpers an einem stangenförmigen Federelement ist in das Griffelement des ersten Federkörpers einsetzbar ausgestaltet. Auf diese Weise ist das Gerät je nach dem auf Zug und/oder Druck belastbar.

IPC 1-7
A63B 21/02; A63B 23/02

IPC 8 full level
A63B 21/045 (2006.01); **A63B 21/02** (2006.01); **A63B 21/05** (2006.01); **A63B 23/02** (2006.01); **A63B 23/12** (2006.01); **A63B 21/055** (2006.01)

CPC (source: EP US)
A63B 21/0004 (2013.01 - EP US); **A63B 21/00043** (2013.01 - EP US); **A63B 21/02** (2013.01 - EP US); **A63B 21/023** (2013.01 - EP US); **A63B 21/00061** (2013.01 - EP US); **A63B 21/00065** (2013.01 - EP US); **A63B 21/028** (2013.01 - EP US); **A63B 21/0428** (2013.01 - EP US); **A63B 21/05** (2013.01 - EP US); **A63B 21/055** (2013.01 - EP US)

Cited by
CN109621321A

Designated contracting state (EPC)
AT BE CH DE ES FR GB GR IT LI LU NL SE

DOCDB simple family (publication)
EP 0329608 A2 19890823; EP 0329608 A3 19900110; EP 0329608 B1 19931006; AT E95437 T1 19931015; CH 674945 A5 19900815; DE 58905797 D1 19931111; JP H027975 A 19900111; US 4946161 A 19900807

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