

Title (en)
EXERCISE DEVICE

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Application
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Abstract (en)
[origin: WO8903708A1] An exercise device for exercising the adductor and abductor muscles of the thigh portion of the legs, in which a cross member (10) is provided which can be placed above or below the thighs or knees to extend across the thighs or knees. End members (11, 12) are provided to extend down the outside of the legs so that the device can then be used either for exercising in which the legs move outwardly or to be placed between the thighs or knees to provide resistance to inward movement of the thighs. In a preferred form of the invention there is provided means (16, 17, 21) for adjusting the spacing or tension between the end members (11, 12) which can be spring loaded (18) so as to provide greater resistance as the device is moved inwardly or outwardly.

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