

Title (en)  
SPORTS DEVICE FOR MUSCLE TRAINING

Publication  
**EP 0449837 B1 19930811 (DE)**

Application  
**EP 89910855 A 19890927**

Priority  
DE 3843404 A 19881223

Abstract (en)  
[origin: WO9007361A1] With existing fitness equipment, the rotational movement of the seat or upper part is not initiated in the region of the abdominal muscles, or only partly so, and as a result muscles other than the abdominal muscles are induced to contract. The muscle-training device proposed by the invention is designed to enable the abdominal muscles to be developed in optimum fashion, independently of other muscles. To this end, the lower part (10) and the upper part (20) of the device are designed so that they can be counterrotated back and forth with respect to the frame (30), both being acted on by counterrotatory torques. This arrangement makes the device particularly suitable for bodybuilding, fitness training and rehabilitation work.

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**A63B 23/02**

IPC 8 full level  
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