

Title (en)

EXERCISING IMPLEMENT FOR PERFORMING MUSCULAR STRETCHING EXERCISES AND RESPIRATION EXERCISES

Title (de)

TRAININGSGERÄT FÜR ATMUNGS- UND STRECKÜBUNGEN DER MUSKULATUR

Title (fr)

APPAREIL D'EXERCICE PERMETTANT D'EFFECTUER DES EXERCICES D'ETIREMENT MUSCULAIRE ET RESPIRATOIRES

Publication

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Application

**EP 98937766 A 19980729**

Priority

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- IT MI971866 A 19970801

Abstract (en)

[origin: WO9906120A1] The present invention relates to an improved exercises implement for performing muscular stretching exercises and respiration exercises, of the type comprising a bench provided with coupling rods and floor resting bars, including a back and a bottom portion, provided for defining a seating region and a support for a user legs. The back and bottom portion are pivoted, at their adjoining sides, to said floor bearing bars, in order to controllably turn about a horizontal rotary axis, to change the opening angle of the back with respect to the bottom portion as well as to change the slanting of the back and bottom portion with respect to the floor. The implement comprises moreover safety means, each including a spring and a control lever, for preventing the back and bottom portion from turning about said rotary axis, and including sliding rods which can be gripped by the user in order to perform stretching exercises on the muscles pertaining to the rear muscular chain.

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IPC 8 full level

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