

Title (en)
ISOMETRIC EXERCISE BALL

Title (de)
BALL FÜR ISOMETRISCHE ÜBUNGEN

Title (fr)
BALLON POUR EXERCICES ISOMETRIQUES

Publication
EP 1066088 A1 20010110 (EN)

Application
EP 98918011 A 19980402

Priority
US 9806714 W 19980402

Abstract (en)
[origin: CA2326876C] A versatile bidirectional isometric exercise device is provided in the form of an inflatable flexible exercise ball, about 46 cm (18 inches) in diameter, fitted with a pair of looped handles, secured to diametrically opposite points of the ball, through which arms or legs can be placed for performing specialized exercises that use the ball in a tension mode. The ball is only partially inflated so as to provide soft compliant accommodation to various body surfaces, and can be utilized bidirectionally, i.e. either in compression or in tension, in conjunction with various body parts such as hands, legs, knees, feet, etc., for a broad array of isometric muscle exercises directed to overall body strengthening, particularly for persons prone to and/or desiring protection from the effects of osteoporosis. A sequence of recommended exercises may be depicted directly on the surface of the ball.

IPC 1-7
A63B 21/002; **A63B 21/008**

IPC 8 full level
A63B 21/002 (2006.01); **A63B 21/008** (2006.01)

IPC 8 main group level
A63B (2006.01)

CPC (source: KR)
A63B 21/00069 (2013.01); **A63B 21/0085** (2013.01); **A63B 21/4017** (2015.10); **A63B 39/00** (2013.01); **A63B 43/02** (2013.01)

Cited by
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AT E288780 T1 20050215; AU 7102198 A 19991025; AU 763402 B2 20030724; CA 2326876 A1 19991014; CA 2326876 C 20080122; CN 1182895 C 20050105; CN 1291110 A 20010411; DE 69829003 D1 20050317; DE 69829003 T2 20060323; EP 1066088 A1 20010110; EP 1066088 A4 20020904; EP 1066088 B1 20050209; HK 1034685 A1 20011102; KR 100512914 B1 20050906; KR 20010034733 A 20010425

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