

Title (en)  
ROTATOR CUFF MUSCLES TRAININGS APPARATUS

Title (de)  
GERÄT ZUM TRAINIEREN DER ROTATIONSMUSKULATUR

Title (fr)  
APPAREIL PERMETTANT D'EXERCER LES MUSCLES ROTATEURS

Publication  
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Application  
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Abstract (en)  
[origin: WO0158535A1] An apparatus (1) for personal exercise comprises a kinematic chain (2) devised to transmit motion from a drive shaft (3) to a driven shaft (4); resistive means (99) to generate a resisting torque on the driven shaft (4), which are provided with a discoidal element (5) able to rotate simultaneously with the driven shaft (4), with a pendulum (6) able to oscillate transversely to the axis of rotation (4a) of the driven shaft (4) and connectable to the discoidal element (5) itself, as well as with elastic means (98). Effector means (97) are provided for applying to the drive shaft (3) a driving torque opposing the resisting torque. The pendulum (6) and the elastic means (98) can be associated to the discoidal element (5) directly, in parallel to each other, as well as removably, to generate a resultant resisting torque whose intensity can be varied according to the configuration of the pendulum (6); to the deformability of the elastic means (98); or to any combination of said parameters. A machine (30a) integrating the apparatus (1) is also part of the invention.

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