

Title (en)  
METHOD FOR CONDUCTING A TARGETED TRAINING AND A CORRESPONDING TRAINING DEVICE

Title (de)  
VERFAHREN FÜR EIN GEZIELTES TRAINING UND TRAININGSGERÄT

Title (fr)  
METHODE D'ENTRAINEMENT CIBLE ET DISPOSITIF D'ENTRAINEMENT

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Application  
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Abstract (en)  
[origin: WO03084616A1] The invention relates to a method and a training device for carrying out the method according to which the body area is twisted from the shoulder girdle of the person in a direction opposite that of the pelvic girdle whereby resulting in a relative twisting between the affected vertebrae of the vertebral column.

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