

Title (en)

EXERCISE AUGMENTING SELF-CONTAINED ELECTRO-STIMULATOR AND METHOD

Title (de)

IN SICH GESCHLOSSENER ELEKTROSTIMULATOR UND VERFAHREN ZUR ÜBUNGSERHÖHUNG

Title (fr)

SIMULATEUR ELECTRIQUE AUTONOME ET PROCEDE PERMETTANT D'ACCROITRE L'EXERCICE MUSCULAIRE

Publication

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Application

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Abstract (en)

[origin: WO2006121463A2] Exercise augmented by a self-contained electro-stimulator, and a method of augmenting exercise with electro-stimulation. The apparatus and the method rely upon electrical charges being applied to selected muscles of the arms or legs and, for that matter, the abdomen or even other portions of the body, by means of a belt or similar device worn about the selected portion of the body during exercising. The electrical charges cause further contraction of the muscles which increases the amount of the electrical stimulation, and in like manner, release of the muscles reduces the electrical stimulation. Unique size adjustable electrodes are provided. A unique approach to altering the number of electrodes used is disclosed. Further, a gripping device is disclosed and allows for electrical stimulus to electrically augment hand, wrist and forearm exercises. In addition, a disposable electrode is further provided.

IPC 8 full level

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Citation (search report)

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