

Title (en)
Exercise apparatus

Title (de)
Übungsgerät

Title (fr)
Appareil d'exercice

Publication
EP 1955736 A1 20080813 (EN)

Application
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Priority
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Abstract (en)
The present invention provides for exercise apparatus for exercising the core muscles of the human body and comprising an elongate member having a central portion with an engagement formation for locating the said central portion on the rear neck region of a user, first and second laterally extending portions each arranged for engagement by raised respective upper limbs of the user, the first and second laterally extending portions being movable in a resilient manner relative to the said central portion so that the said first and second laterally extending portions can flex relative to the said central portion, and so as to facilitate lifting of a user's ribcage and in particular twisting of the trunk/torso thereby working the core muscles through twisting (rotational), side bending (lateral) and forward bending (flexion) movement of the apparatus about the core axis.

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Citation (search report)
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