

Title (en)
TRAINING GEAR

Title (de)
TRAININGSVORRICHTUNG

Title (fr)
EXERCISEUR

Publication
EP 2170467 A2 20100407 (DE)

Application
EP 08756811 A 20080610

Priority
• AT 2008000201 W 20080610
• AT 8982007 A 20070611

Abstract (en)
[origin: WO2008151338A2] Disclosed is a training gear (10) for activating the forces of a training person's arms on the pedal crank drive (3) of a stationary treadmill (1). In said training gear (10), a training pole (40) for transmitting the forces of the arms is movably mounted on each pedal unit (20) of the treadmill (1) in order to be able to also intensively train the upper body in addition to the lower body and the legs. The training gear (10) is characterized in that each training pole (40) is mounted on the respective pedal unit (20) by means of a universal joint (30) which allows the training pole (40) to be swiveled at least in lateral directions (62, 63), forward directions (64), and rearward directions (65) about the area of the universal joint (30). Furthermore, at least one revolving joint (50) is provided between the pedal unit (20) and the upper end of the training pole (40), said revolving joint (50) allowing rotational movements in both directions of rotation (60, 61) about the central longitudinal axis (46) while obtaining a rigid, non-positive connection for the part of the training pole (40) that is held by the training person's respective hand.

IPC 8 full level
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Citation (search report)
See references of WO 2008151338A2

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Designated extension state (EPC)
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