

Title (en)
EXERCISE DEVICE

Title (de)
LEIBESÜBUNGSVORRICHTUNG

Title (fr)
DISPOSITIF D'EXERCICE

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Abstract (en)
[origin: WO2009127694A1] This invention relates to an exercise device (100) comprising a first and a second resting portion (101) for resting the exercise device (100) against a surface during use, a seating portion (102), and a supporting portion (103) for supporting at least a part of a back of a user during use of the exercise device (100) wherein characterized in that the, the first resting portion (101) is connected to the seating portion (102), which is connected to the supporting portion (103), which is connected to the second resting portion (101), and that the first and/or the second resting portion (101) is adapted to make the exercise device (100) unstable during use, whereby a user during use would need to keep the device in balance. In this way, a user is given a very efficient exercise or work-out of especially the abdominal and/or lower back muscles.

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