

Title (en)

EXERCISE DEVICE

Title (de)

TRAININGSGERÄT

Title (fr)

APPAREIL D'ENTRAÎNEMENT

Publication

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Application

EP 10715513 A 20100303

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Abstract (en)

[origin: WO2010102931A1] The invention relates to an exercise device comprising a foot plate that is mounted to carry out a wobbling movement. According to the invention, the foot plate is connected to a supporting device that is designed to surround the pelvic area of a user's body, the user's body being supported in the supporting device in all transversal directions transversally to the surface normal of the contact surface on the foot plate. The upper body of the user can therefore be inclined in all directions in relation to the substantially fixed pelvic area, thus allowing a plurality of muscles to be effectively exercised using a simple sequence of movements.

IPC 8 full level

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