

Title (en)
TRAINING DEVICE

Title (de)
TRAININGSGERÄT

Title (fr)
APPAREIL D ENTRAÎNEMENT

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Application
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Abstract (en)
[origin: WO2011018192A1] The invention relates to a training device comprising two handles (2), between which a flywheel (6) is suspended on a rope (4). By twisting the rope and repeatedly pulling on the handles (2), the flywheel (6) is caused to rotate about the axis of rotation (10) thereof. The rope (4) is passed through two passages (8) through the flywheel (6). The passages (8) run obliquely with respect to the axis of rotation (10). The friction between the rope and a wall of the passages when the training device is in use is thereby increased and the flywheel (6) is prevented from sliding down the rope (4) when the training device is being used vertically.

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