

Title (en)

PORTABLE TRAINING DEVICE, IN PARTICULAR FOR ARM EXERCISES

Title (de)

TRAGBARES TRAININGSGERÄT, INSBESONDERE FÜR ARMÜBUNGEN

Title (fr)

APPAREIL D'EXERCICE PORTABLE NOTAMMENT DESTINÉ À DES EXERCICES DES BRAS

Publication

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Application

**EP 11748457 A 20110701**

Priority

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- IB 2011052925 W 20110701

Abstract (en)

[origin: WO2012001670A2] The invention relates to a training device for fixing in the area of the human waist, consisting of a belt-like element (2) and of at least one force element arranged on the belt-like element (2), wherein the force element is coupled at least indirectly to a grip element, and the force element has the property of providing a resistance force (tensile force) against the pull of the grip element. According to the invention, provision is made that the force element (4; 104; 204) is additionally designed such that it also provides an opposing force (pressure force) when the grip element (4.3; 104.3; 204.3) is moved again in the direction of the force element.

IPC 8 full level

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