

Title (en)
DEVICE FOR PHYSICAL EXERCISE

Title (de)
VORRICHTUNG FÜR KÖRPERLICHE ÜBUNG

Title (fr)
DISPOSITIF D'EXERCICE PHYSIQUE

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Application
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Abstract (en)
[origin: WO2012110714A1] The invention relates to a physical exercise device which is to be entirely supported by the user and which is usable while walking or jogging. The device according to the invention is characterized in that it includes: for exercising the upper body, a belt (1), two side handles (2), and two resilient links (3), it being a given that each handle (2) is sized so as to contain, when the device is at rest, the entirety of each resilient link (3), the length and the resilient characteristics of which are such that the extension thereof out of the handle ensures the extension and 360° rotation in space of the upper limbs of the user; and, for exercising the lower body, a back roller (4) removably attached to the belt (1) and intended for rolling on a wall by bending and extending the lower limbs.

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