

Title (en)
TRAINING APPARATUS FOR THE TRUNK MUSCULATURE

Title (de)
TRAININGSGERÄT FÜR DIE RUMPFMUSKULATUR

Title (fr)
APPAREIL D'EXERCICE DE MUSCULATION DU TRONC

Publication
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Application
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Abstract (en)
[origin: WO2013064589A1] This invention relates to training apparatuses for the trunk musculature. The training apparatuses are characterized in particular in that the spinal erectors and the abdominal muscles can be trained. To this end, a frame has a sitting device with a seat for unrestrained sitting without contact with the floor, at least one backrest, a first fixing device for the pelvis, and at least one second fixing device for an arm or a hand. Furthermore, the seat including the coupled first fixing device is movable relative to the backrest including the second fixing device. The movable seat including the first fixing device and the backrest including the second fixing device advantageously result in the pelvis being movable while the upper body remains steady. The frame is configured so that the feet or the legs cannot support the upper body.

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