

Title (en)

POLE INTENDED TO BE USED AS TRAINING EQUIPMENT DURING WALKING

Title (de)

STOCK ZUR VERWENDUNG ALS TRAININGSVORRICHTUNG WÄHREND DES GEHENS

Title (fr)

CANNE DESTINÉE À ÊTRE UTILISÉE COMME ÉQUIPEMENT D'ENTRAÎNEMENT PENDANT LA MARCHÉ

Publication

**EP 2811856 A4 20151014 (EN)**

Application

**EP 13746194 A 20130103**

Priority

- SE 1250091 A 20120208
- SE 2013050001 W 20130103

Abstract (en)

[origin: WO2013119165A1] The invention concerns a pole, intended to be used as training equipment during Nordic pole walking on a surface, comprising an outer tube (1) and an inner tube (2) that can be displaced telescopically one inside the other, a handle (3) at the top of the outer tube and a wrist attachment (4), a spring means (12) that allows the inner tube to slide, under a predetermined resistance to motion, inside the outer tube to a compressed condition when the pole makes contact with the surface. In order to offer resistance to motion that allows the muscles of the user to work through a significant area of motion, the spring means comprises an extended elastic element (12) that is so united with the telescopically opposing ends of the outer tube (1) and the inner tube (2) that the elastic element is placed under tension in its tensile direction when the ends of the tubes of the outer tube and the inner tube are inserted one inside the other.

IPC 8 full level

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CPC (source: EP SE US)

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