

Title (en)
CORE MUSCLE TRAINING APPARATUS AND METHOD

Title (de)
KERNMUSKELTRAININGSVORRICHTUNG UND -VERFAHREN

Title (fr)
APPAREIL ET PROCÉDÉ D'ENTRAÎNEMENT DES MUSCLES CENTRAUX

Publication
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Application
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Abstract (en)

[origin: WO2015168802A1] A core muscle training apparatus and method is described. The apparatus comprises a harness that is worn by the user, to which a pair of resistance leads are connected at opposing sides of the user's waist approximately above the hips. A resistance force is applied through the resistance leads against an effort force exerted by the user in order to stimulate recruitment and activation of the targeted muscles. By adjusting the direction and the amount of resistance force applied to the resistance leads, the demand on the muscles being targeted can be controlled. The core muscle training apparatus according to embodiments of the present disclosure further offers versatility in the environment in which it can be used. The apparatus can be used, for example, when the user is in a static position or can be used during dynamic functional movements.

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Citation (search report)

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