

Title (en)
TRAINING MODULE

Title (de)
TRAININGSMODUL

Title (fr)
MODULE D'ENTRAÎNEMENT

Publication
EP 3162412 A3 20170719 (EN)

Application
EP 16196305 A 20161028

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NL 2015675 A 20151028

Abstract (en)
[origin: EP3162412A2] The invention relates to a training module for exercising a body, specifically suited for exercising the central core stability in combination with increasing the strength of shoulder, elbow and hand joints as part of a personal training routine or as an exercise to prevent or recover from joint or movement problems. The training module thereto comprises: at least one elongated guide; a coupling, at one end thereof connected to the guide, which coupling is configured for rotatably connecting the guide to a support surface; at least one handle, moveably connected to the guide, wherein the at least one handle is moveable in at least a lengthwise direction of the guide.

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Citation (search report)
• [X] US 3662602 A 19720516 - WEISS MARCEL
• [X] US 4193593 A 19800318 - WILSON BRADFORD W [US]

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NL2024437B1; WO2018215673A1

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