

Title (en)  
WALKING POLE FOR TRAINING

Title (de)  
GEHSTOCK ZUM TRAINIEREN

Title (fr)  
BÂTON DE MARCHE POUR ENTRAINEMENT

Publication  
**EP 3203870 A1 20170816 (EN)**

Application  
**EP 15848703 A 20151006**

Priority  
• SE 1451188 A 20141007  
• SE 2015051058 W 20151006

Abstract (en)  
[origin: WO2016056982A1] Walking pole (1) for training intended to be used in connection with walking or running comprising at least one first portion (2, 3') and at least one second portion (3, 2'), which are movably provided mutually in their axial directions, at least one energy accumulating/energy releasing unit or an elastic band (5, 5') connected between the first portion and the second portion and a grip portion or a handle (4, 4'), whereby energy is accumulated in the energy accumulating/energy releasing unit or band (5, 5') when the portions (2, 3) are moved against each other axially and that the energy is released from the band when the portions are moved mutually in the opposite axial direction of the portions, the band (5, 5') being fixed by means of a connection portion (10, 10') at the end of the first portion faced against the second portion, whereby a sleeve portion (11) has a part with greater diameter (D) which is so dimensioned, that by pushing it over the end edge of the first portion with the band, which is placed between the end portion of the second portion and the connection portion, by means of clamp effect locks said band at the end of the first portion, whereby the band is moved a distance about the end edge of the first portion.

IPC 8 full level  
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CPC (source: EP SE)  
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