

Title (en)  
APPARATUS FOR TRAINING MUSCLES

Title (de)  
EINRICHTUNG ZUM TRAINIEREN DER MUSKULATUR

Title (fr)  
DISPOSITIF POUR EXERCER LES MUSCLES

Publication  
**EP 3229926 A1 20171018 (DE)**

Application  
**EP 14814816 A 20141212**

Priority  
EP 2014077606 W 20141212

Abstract (en)  
[origin: WO2016091330A1] An apparatus (1) for training muscles comprises a power arm (2) that can pivot about a pivot pin (5) located on a holding element (6). The first linkage point (7) at which a compression spring element (9) is linked to the power arm (2) can be adjusted along the power arm (2). In order to be able to do so, one end region (8) of the compression spring element (9) has a first joint surface (14), and a series of second joint surfaces (16) which are complementary to the first joint surface (14) is located across an adjustment zone (10) along the power arm (2). The first joint surface (14) can be operatively connected to one of the second joint surfaces (16), and the power arm (2) is pressed by another spring element (18) against the one end region (8) of the compression spring element (9) such that the two operatively connected joint surfaces remain in contact with each other. This makes it easy to adjust the force to be applied to the power arm.

IPC 8 full level  
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HK 1243024 A1 20180706; JP 2017536940 A 20171214; JP 6552623 B2 20190731; RU 2017124429 A 20190114; RU 2017124429 A3 20190114;  
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