

Title (en)
A MULTI-PURPOSE TRANSPORTABLE EXERCISE DEVICE FOR TRAINING OF BALANCE, STRENGTH AND FLEXIBILITY

Title (de)
TRANSPORTIERFÄHIGE MEHRZWECKÜBUNGSVORRICHTUNG ZUM TRAINIEREN VON GLEICHGEWICHT, KRAFT UND GELENKIGKEIT

Title (fr)
DISPOSITIF D'EXERCICE TRANSPORTABLE MULTIFONCTION D'ENTRAÎNEMENT DE L'ÉQUILIBRE, DE LA FORCE ET DE LA SOUPLESSE

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Application
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Abstract (en)
The present invention belongs to the field medical devices, more precisely to the field of exercise devices and relates to a multi-purpose transportable device for training of muscle strength, postural balance and muscle flexibility in the human body. The device comprises:- a base plate comprising:- two rotating surfaces, wherein rotation is enabled by suitable bearings,- a locking mechanism for locking the position of rotating surfaces,- bottom attachment sites for attaching a fulcrum element for balance training,- side attachment sites for attaching a belt or elastic band for strength training,- the fulcrum element that may be a cylindrical element, a cylindrical element, composed of two half-cylindrical elements, or a half-spherical element, and/or- a set of belts and/or elastic bands with different levels of stiffness. The elements are used alone or in combination, and enable a span of exercises comparable to about 10 single-product solutions.

IPC 8 full level
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