

Title (en)
TRAINING METHOD AND DEVICE

Title (de)
TRAININGSVERFAHREN UND -VORRICHTUNG

Title (fr)
PROCÉDÉ ET DISPOSITIF D'ENTRAÎNEMENT

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Abstract (en)
The present invention is directed to a method and apparatus for adaptive training one or more muscle(s) and/or joint(s) of a trainee. The method comprises the step of automatically determining an individual resistance, resistance band, speed and/or speed band of a user during movement of the training device by the user and the further step of automatically adjusting the resistance, resistance band and/or speed band for an actual or a later movement by the user according to the determination step. According to a preferred embodiment the further movement of the user is monitored and the training resistance automatically adapted.

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