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(54) **TRAINING METHOD AND DEVICE**

(57) 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.

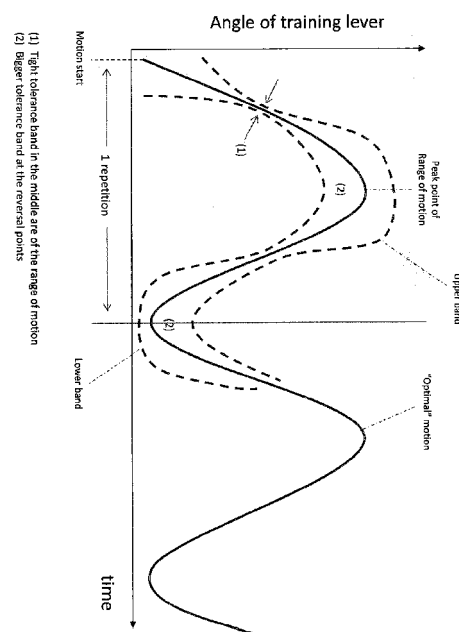


FIG. 6

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Application Number

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Place of search Munich	Date of completion of the search 30 October 2023	Examiner Teissier, Sara
CATEGORY OF CITED DOCUMENTS X : particularly relevant if taken alone Y : particularly relevant if combined with another document of the same category A : technological background O : non-written disclosure P : intermediate document T : theory or principle underlying the invention E : earlier patent document, but published on, or after the filing date D : document cited in the application L : document cited for other reasons & : member of the same patent family, corresponding document		

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