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(54) Title: TRAINING DEVICE FOR CARRYING OUT BALANCE, MEDITATION AND/OR YOGA EXERCISES

(54) Bezeichnung: TRAININGSGERÄT ZUR DURCHFÜHRUNG VON GLEICHGEWICHTS-, MEDITATIONS- UND/ODER
YOGAÜBUNGEN

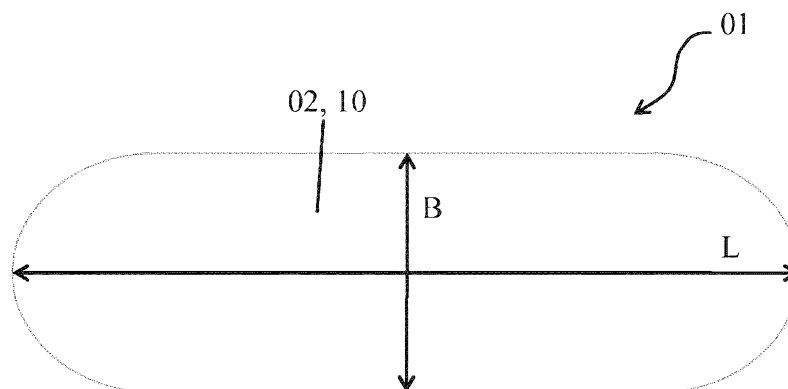


Fig. 1

(57) **Abstract:** The invention relates to a training device (01) for carrying out balance, meditation and/or yoga exercises, comprising a body (02) which has a planar top side (10) and a convex underside (20, 21), wherein said underside (20) is in contact with a floor and/or a horizontal surface, and the body (02) can be designed to be a single piece and can be moved about a plurality of spatial axes by means of said convex underside (20, 21).

(57) **Zusammenfassung:** Die Erfindung betrifft ein Trainingsgerät (01) zur Durchführung von Gleichgewichts-, Meditations- und/oder Yogaübungen mit einem Körper (02), welcher eine ebene Oberseite (10) und eine konvex ausgebildete Unterseite (20, 21) aufweist, wobei die Unterseite (20) mit einem Boden und/oder einer horizontalen Oberfläche in Kontakt steht, wobei der Körper (02) einteilig ausbildbar ist und mittels der konvex ausgebildeten Unterseite (20, 21) um mehrere räumliche Achsen bewegbar ist.



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Training device for performing balance, meditation and/or yoga exercises

5 The invention relates to a training device for performing balance, meditation and/or yoga exercises according to the preamble of claim 1.

Performing sport exercises and/or physical exercises to develop, improve, and/or strengthen the musculature, the circulation and/or the mobility of a user is steadily gaining popularity. Therefore, it is not surprising that a plurality of different training devices for performing such exercises is known from the state of the art.

The training devices known from the state of the art are characterized by a multi-part design comprising a base plate, on which a user is situated for performing the exercises, and a convex support disposed underneath the base plate. The training device is in contact with a floor and/or a horizontal surface by means of the support. In addition, the support is designed in such a manner that, while the user is performing the exercises, the entire training device is essentially deflected in one direction, making it thereby possible to develop, improve and/or strengthen the musculature, the circulation and/or the mobility of the user. The type of deflection is predetermined by the shape and/or the position of the support underneath the base plate of the training device. In this context, for example, the yoga exercise board according to the patent specification US 8,734,308 B1 is to be mentioned. However, such training devices have the disadvantage that a deflection is only possible around one spatial axis.

Furthermore, training devices having a two-part design are known from the state of the art, said training devices comprising a base plate and a convex support disposed underneath the base plate, and enabling a deflection of the training device around several spatial axes while the user is performing the exercises. However, such training devices have the disadvantage that, due to the shape and/or size of their base plate, they are

not suitable for meditation and/or yoga exercises, especially since these exercises require a base plate of a corresponding dimension. Moreover, the angle of the deflection of such training devices is often so steep or so flat that they are not suitable for meditation and/or yoga exercises.

5 Furthermore, for performing sport exercises and/or physical exercises, disposing several supports on the bottom side of a base plate for an essentially free movement of the training device is known from the state of the art. Such an embodiment of a training device has also proven to be disadvantageous, since the deflection of the training board around several
10 spatial axes required for performing balance, meditation and/or yoga exercises is either too flat or too steep.

Thus, there is a great demand for a training device for the reliable and targeted development, improvement and/or strengthening of the musculature, the mobility, the circulation and/or the movement
15 coordination, the desired goals being able to be reached by means of said training device while, at the same time, a maximum training effect can be achieved. Furthermore, it is desirable that the training device is easy to transport, to set up and/or to maintain. In addition, the training device should have a sturdy design and a size which makes it possible to perform
20 exercises, in particular balance, meditation and/or yoga exercises, in all conceivable positions. Moreover, the training device should be inexpensive to manufacture, long-lasting and easy to use. The object of the invention is therefore to provide a training device for performing balance, meditation and/or yoga exercises in order to overcome the above
25 mentioned difficulties and, especially, in order to improve the usability on the part of a user and the training effect to be achieved.

This object is attained in a surprisingly simple but effective way by a training device for performing balance, meditation and/or yoga exercises according to the teaching of the independent claim 1.

30 According to the invention, a training device for performing balance, meditation and/or yoga exercises is proposed, said training device having a

body which comprises a planar upper side and a convex bottom side. The bottom side is in contact with a floor and/or a horizontal surface. The training device is characterized in that the body can be formed in one piece and is movable around several spatial axes due to the convex bottom side.

The training device according to the invention is based on the fundamental idea that, for performing balance, meditation and/or yoga exercises, a user is partially or completely situated on the planar upper side of the body, for example by standing, lying, kneeling, sitting and/or supporting himself on the upper side. While the user is actively performing the exercises, the convex bottom side of the body causes the training device to move around several spatial axes, the movement being such that the musculature, the reactivity of the musculature, the speed and/or the intensity of muscle contraction, the joints, the circulation, the mobility and/or the movement coordination are optimally developed, improved and/or strengthened. This is due to the fact that the user is exerting a counterforce to the movement of the training device. At the same time, the training device is suitable for passively performing balance, meditation and/or yoga exercises which require a hold position and/or a rest position of the user. This is due to the fact that the training device makes it possible, because of the design of the convex bottom side, to hold the training device in a rest position while performing the exercises.

The term "training device" relates to a device and/or an aid for performing and/or training physical exercises. According to the invention, the training device has a body having a planar upper side for performing the exercises, the user being situated on said upper side. It is, for example, conceivable that the user stands, lies, kneels, sits and/or supports himself on the upper side so that the upper side constitutes a standing, lying, kneeling, sitting and/or supporting surface while the user is performing the exercises.

Furthermore, it has been found to be essential in the context of the invention that the body has a convex bottom side, the bottom side being in

contact with a floor and/or a horizontal surface. The convex design of the bottom side can have any shape which causes an instability of the training device when a user situated on the upper side uses the training device. This means that the convex bottom side of the body allows a movement and/or a tilting of the training device in all directions when a user is performing the exercises. Preferably, the training device is freely movable around several spatial axes. Even more preferably, the movability is a tilting movement, a rolling movement and/or a rocking movement of the training device.

10 In the context of the invention, it has been found to be essential that the movement of the training device around several spatial axes is not too strong so as to enable the user to passively perform exercises in a hold position and/or a rest position. At the same time, the movement of the training device around several spatial axes is to be not too weak so that a maximum training effect is achieved. This is known to a person skilled in the art. Preferably, the convex design is realized in such a manner that it allows to optimally develop, improve and/or strengthen the musculature, the reactivity of the musculature, the speed and/or the intensity of muscle contraction, the joints, the circulation, the mobility and/or the movement coordination of the user. Furthermore, the convex design is preferably realized in such a manner that it enables the user to hold the training device in a rest position while the user is performing the exercises. In this context the term “rest position” relates to a position of the training device, in which it is deflected in such a manner that the user does not perceive a noticeable and/or significant deflection of the training device.

The term “exercise” in the context of the invention relates to a sport exercise and/or a physical exercise of the user, such as balance, meditation, movement coordination, relaxation, gymnastic, rehabilitation, fitness and/or yoga exercises, by means of which a plurality of physical characteristics can be developed, improved and/or strengthened, such as the musculature, the reactivity of the musculature, the speed and/or the intensity of muscle contraction, the joints, the circulation, the mobility

and or the movement coordination. In this context, it is conceivable that the training device for performing exercises is employed by a user himself or together with an assisting person, such as a physician, a therapist and/or a trainer. With the help of an assisting person, the training device can, for example, be employed for therapeutic and/or fitness-oriented purposes, in which case the exercises can be performed in order to support the method of treatment, the therapy and/or the fitness of the user. Such exercises can preferably be performed actively and/or passively. The “active performance” relates, for example, to an exercise in which the user is moving his body, and a “passive performance” relates to an exercise in which the user is in a hold position and/or a rest position. This is known to a person skilled in the art. Such exercises are characterized by being holistic sport exercises and/or physical exercises which can be performed by the user in all conceivable positions. Such positions of the user can, for example, be realized by standing, for example on one hand or two hands and/or one foot or both feet, by lying, for example in the prone, lateral and/or supine position, by kneeling, by sitting, by supporting himself, for example doing push-ups, and/or a mixture thereof.

In order to achieve a maximum training effect and the desired goals in terms of the reliable and targeted development, improvement and/or strengthening of the musculature, the mobility, the circulation and/or the movement coordination it has been found to be essential for the training device to be correspondingly dimensioned. That means that the training device has a corresponding length, width and/or height to enable the user to perform holistic sport exercises and/or physical exercises in all conceivable positions, whether it be in a standing, lying, kneeling, sitting and/or supported position and/or a mixture thereof. Thus, the training device allows performing holistic exercises and/or individual exercises.

In the context of the invention, a human and/or an animal is conceivable as a user, wherein there is no limitation with regard to the height, age, weight and/or training condition of the user.

Furthermore, it has been found to be essential that the body of the training device is formed in one piece. This has the advantage that the training device is sturdy so that it is suitable for all users regardless of their height, age, weight and/or training condition. Moreover, a training device
5 formed in one piece is easy to transport and can be used directly without requiring installation and/or further preparations. As a result, a considerable amount of time is saved. Therefore, the training device according to the invention advantageously provides a reliable, easy to install and sturdy means to effectively and sustainably improve the
10 mobility, the circulation and/or the movement coordination and to develop, improve and/or strengthen the musculature and/or the joints.

Advantageous further developments of the invention, which can be realized individually or in combination with each other, are described in the dependent claims.

15 In a further development of the invention, it is conceivable that the upper side and/or the bottom side are/is designed to be non-slip, slip-proof and/or slip resistant, for example due to the selection of a corresponding material and/or by means of a coating. This embodiment provides a high level of safety during use of the training device, since a slipping off
20 and/or a shifting of the user and/or shifting of the device on the floor and/or the horizontal surface are/is reliably prevented. Furthermore, no additional safety means, such as a non-slip mat, are required so that the training device according to the invention can be used easily and directly.

In yet another development of the invention it is conceivable that the
25 upper side and/or the bottom side are/is designed to be antiviral, antibacterial and/or antimycotic, for example due to the selection of a corresponding material and/or by means of a coating. Thus, it is ensured that the training device meets the hygienic requirements and/or regulations without additional expenditures so that it can, for example, be used by
30 different users without hesitation.

It is furthermore conceivable that the convex design of the bottom side essentially extends across the entire length and/or essentially extends across the entire width of the body. In this context the term “essentially” means, if possible, almost completely or completely across the entire
 5 length and/or width of the bottom side. This embodiment is particularly advantageous since, in this way the movement of the training device around several spatial axes, in particular the tilting, rolling and/or rocking movement, is improved. The improvement of this movement leads to an enhancement of the training effect.

10 In yet another embodiment it is conceivable that the convex design has a radius of at least 1.00 m in the longitudinal direction of the body and/or a radius of at least 0.10 m in the transverse direction of the body. Preferably, the radius in the longitudinal direction of the body is at least 1.00 m, at least 1.50 m, at least 2.00 m, at least 2.50 m, at least 3.00 m, at
 15 least 3.50 m, at least 4.00 m, at least 4.50 m, at least 5.00 m, at least 5.50 m, at least 6.00 m, at least 6.50 m, at least 7.00 m, at least 7.50 m, at least 8.00 m, at least 8.50 m, at least 9.00 m, at least 9.50 m, at least 10.00 m, at least 10.50 m, at least 11.00 m, at least 11.50 m, at least 12.00 m, at least 12.50 m, at least 13.00 m, at least 13.50 m, at least
 20 14.00 m, at least 14.50 m, at least 15.00 m, at least 15.50 m, at least 16.00 m, at least 16.50 m, at least 17.00 m, at least 17.50 m, at least 18.00 m, at least 18.50 m, at least 19.00 m, at least 19.50 m, at least 20.00 m or more. Preferably, the radius in the transverse direction of the body is at least 0.10 m, at least 0.15 m, at least 0.20 m, at least 0.25 m, at
 25 least 0.30 m, at least 0.35 m, at least 0.40 m, at least 0.45 m, at least 0.50 m, at least 0.55 m, at least 0.60 m, at least 0.65 m, at least 0.70 m, at least 0.75 m, at least 0.80 m, at least 0.85 m, at least 0.90 m, at least 0.95 m, at least 1.00 m, at least 1.10 m, at least 1.20 m, at least 1.30 m, at least 1.40 m, at least 1.50 m, at least 1.60 m, at least 1.70 m, at least
 30 1.80 m, at least 1.90 m, at least 2.00 m, at least 2.10 m, at least 2.20 m, at least 2.30 m, at least 2.40 m, at least 2.50 m, at least 2.60 m, at least 2.70 m, at least 2.80 m, at least 2.90 m, at least 3.00 m, at least 3.10 m, at least 3.20 m, at least 3.30 m, at least 3.40 m, at least 3.50 m, at least

3.60 m, at least 3.70 m, at least 3.80 m, at least 3.90 m, at least 4.00 m or more. By means of this embodiment the best possible training effect can be achieved.

Alternatively, it is conceivable that the body is closed in order to thus
5 prevent a liquid from entering.

In yet another development it is conceivable that the body is made of wood, rubber, in particular hard rubber, metal, plastic, in particular a polymer, a composite and/or a foam, and/or a mixture thereof. In this way, it is possible to adapt the training device optimally to the different needs
10 of the user and/or the intended location of use.

In an alternative embodiment it is conceivable that the body is hollow in order to thus achieve that the training device has a lower weight while maintaining its sturdiness.

In yet another development of the invention it is conceivable that the body
15 is elongated, narrow and/or flat. This embodiment has the advantage that the training device is easy to transport and/or to store in case of non-use.

In an alternative further development of the invention it is conceivable that the body is at least 1.00 m to 2.00 m long, at least 0.30 m to 0.80 m wide and/or at least 0.03 m to 0.12 m high. Preferably, the body has a
20 length of at least 1.00 m, at least 1.05 m, at least 1.10 m, at least 1.15 m, at least 1.20 m, at least 1.25 m, at least 1.30 m, at least 1.35 m, at least 1.40 m, at least 1.45 m, at least 1.50 m, at least 1.55 m, at least 1.60 m, at least 1.65 m, at least 1.70 m, at least 1.75 m, at least 1.80 m, at least 1.85 m, at least 1.90 m, at least 1.95 m or 2.00 m. Furthermore, the body
25 preferably has a width of at least 0.30 m, at least 0.35 m, at least 0.40 m, at least 0.45 m, at least 0.50 m, at least 0.55 m, at least 0.60 m, at least 0.65 m, at least 0.70 m, at least 0.75 m or 0.80 m. In addition, the body preferably has a height of at least 0.030 m, at least 0.035 m, at least 0.040 m, at least 0.045 m, at least 0.050 m, at least 0.055 m, at least
30 0.060 m, at least 0.065 m, at least 0.070 m, at least 0.075 m, at least

0.080 m, at least 0.085 m, at least 0.090 m, at least 0.095 m, at least 0.100 m, at least 0.105 m, at least 0.110 m, at least 0.115 m or 0.120 m.

It is assumed that the definitions and implementations of the above mentioned terms are valid for all aspects described in the following in this
5 description, unless defined otherwise.

The subsequent description of the preferred exemplary embodiments in connection with the dependent claims provides further details, features and advantages of the invention. The respective features can be realized individually or as several features combined with each other. The
10 invention is not limited to the exemplary embodiments. The exemplary embodiments are schematically illustrated in the figures. Identical reference numerals in the individual figures denote elements which are identical or functionally identical or corresponding to each other in terms of their function.

15 Specifically, the figures illustrate the following:

Fig. 1 shows a top view of a training device according to the invention;

Fig. 2 shows a longitudinal section of a training device according to the invention;

Fig. 3 shows a cross-section of a training device according to the invention in full form (Fig. 3A) and as a hollow form (Fig. 3B);
20

Fig. 4 shows an isometric illustration of a convex bottom side of a training device according to the invention;

Fig. 5 shows an isometric illustration of a training device according to the invention as a hollow form.

25 **Figures 1 to 5** show a training device 01 according to the invention, which is suitable for performing balance, meditation and/or yoga exercises, in particular holistic exercises. Here, the training device 01 has a body 02 which comprises a planar upper side 10 and a convex bottom side 20, 21.

In order to be able to perform the exercises in the best possible manner, the training device 01 has a length L of 1.80 m, a width B of 0.45 m and a height H of 0.07 m.

As can be clearly seen in **Fig. 2**, **Fig. 3A**, **Fig. 3B** and **Fig. 4**, the convex
5 design 21 of the bottom side 20 essentially extends across the entire length L and essentially extends across the entire width B of the body 02. By means of this embodiment it is advantageously possible to achieve the best possible training effect for developing, improving and/or strengthening the circulation, the mobility and/or the movement coordination, and the
10 musculature, the speed and/or the intensity of muscle contraction, the reactivity of the musculature and/or the joints of a user.

The training device 01 according to the invention can be made of any desired material, such as wood, rubber, metal, plastic and/or a mixture thereof. In order to realize a good transportability, the body 02 of the
15 training device 01 can, depending on the selected material, be made as a solid body (Fig. 3A) or as a hollow body (Fig. 3B and Fig. 5).

Claims

1. A training device (01) for performing balance, meditation and/or yoga exercises having a body (02) which comprises a planar upper side (10) and a convex bottom side (20, 21), the bottom side (20) being in contact with a floor and/or a horizontal surface, characterized in that the body (02) is formed in one piece and is movable around several spatial axes due to the convex bottom side (20, 21).
2. The training device (01) according to claim 1, characterized in that the upper side (10) and/or the bottom side (20) are/is designed to be non-slip, slip-proof and/or slip resistant.
3. The training device (01) according to any one of the preceding claims, characterized in that the upper side (10) and/or the bottom side (20) are/is designed to be antiviral, antibacterial and/or antimycotic.
4. The training device (01) according to any one of the preceding claims, characterized in that the convex design (21) of the bottom side (20) essentially extends across the entire length (L) and/or essentially extends across the entire width (B) of the body (02).
5. The training device (01) according to any one of the preceding claims, characterized in that the convex design (21) has a radius of at least 1.00 m in the longitudinal direction of the body (02) and/or a radius of at least 0.10 m in the transverse direction of the body (02).
6. The training device (01) according to any one of the preceding claims, characterized in that the body (02) is closed.

7. The training device (01) according to any one of the preceding claims, characterized in that the body is made of wood, rubber, metal, plastic, in particular a polymer, a composite and/or a foam, and/or a mixture thereof.
- 5 8. The training device (01) according to any one of the preceding claims, characterized in that the body (02) is hollow.
9. The training device (01) according to any one of the preceding claims, characterized in that the body (02) is elongated, narrow and/or flat.
- 10 10. The training device (01) according to claim 9, characterized in that the body (02) is at least 1.00 m to 2.00 m long, at least 0.30 m to 0.80 m wide and/or at least 0.03 m to 0.12 m high.

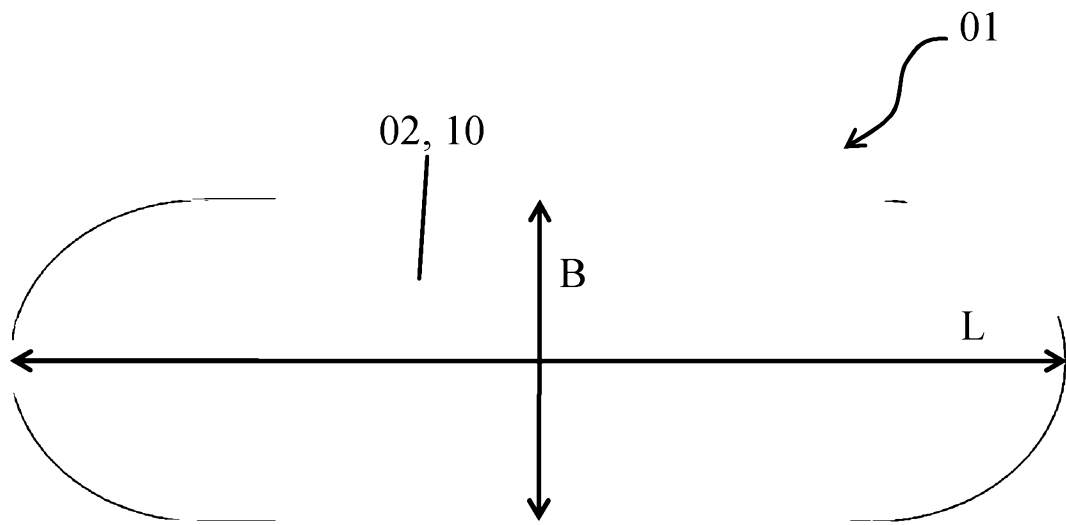


Fig. 1

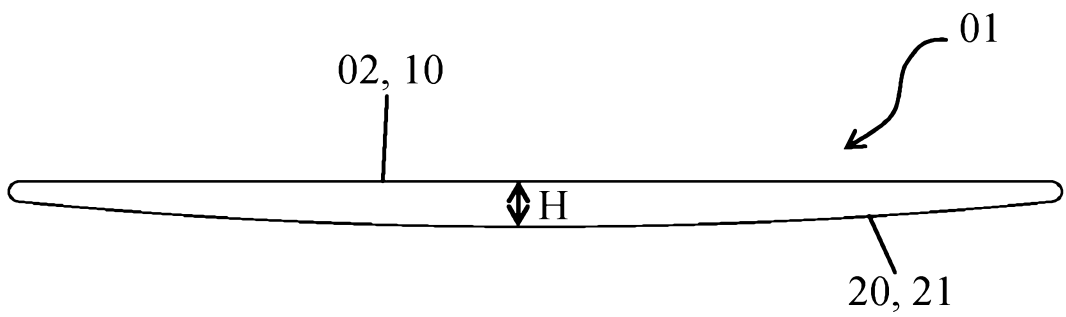


Fig. 2

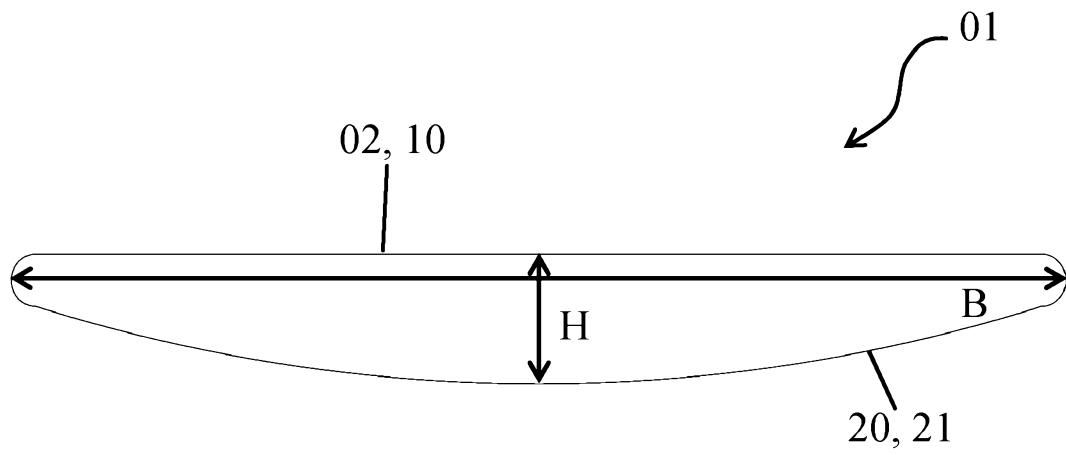


Fig. 3A

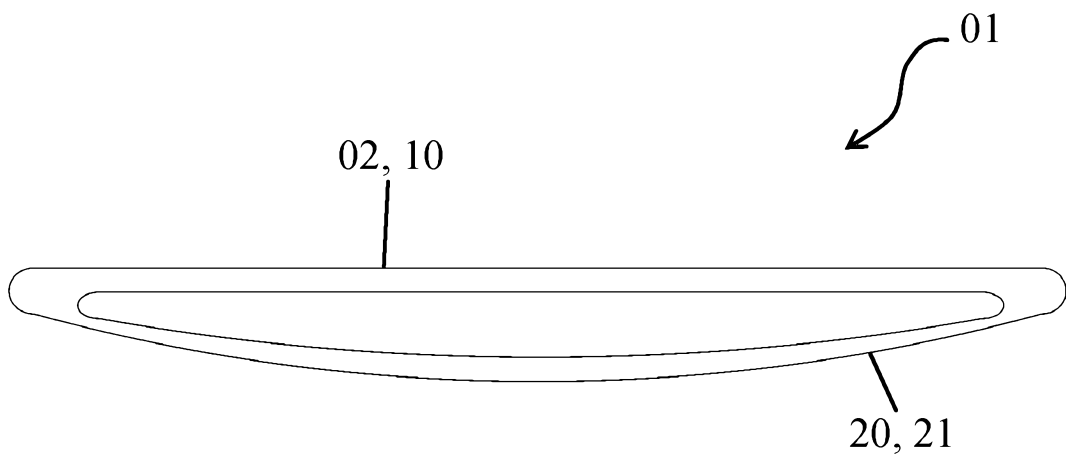


Fig. 3B

