**Title:** DEVICE AND METHOD FOR TRAINING ABDOMINAL MUSCLES

**Abstract:** A device and method are disclosed for training the abdominal muscles of a user in an upright position. The device and method are configured to lead the upper torso of the user while bending along a preferred path, so that the backbone is bent in a proper manner causing a proper training of the abdominal muscles.
INTERNATIONAL SEARCH REPORT

A. CLASSIFICATION OF SUBJECT MATTER
   IPC(8) - A63B 26/00 (2009.01)
   USPC - 482/140

According to International Patent Classification (IPC) or to both national classification and IPC

B. FIELDS SEARCHED

Documentation searched other than minimum documentation to the extent that such documents are included in the fields searched
USPC-482/94, 99, 100

Electronically data base consulted during the international search (name of data base and, where practicable, search terms used)
   Dialog Classic (EPO, WIPO, US Patents, Biotech, Medline, etc.); WEST (PGPB, USPT, etc.); Google Patents
   column, insert, hole, bend, spring, pivot, vertical, support, unit, adjust, downward, counter, force, device, assembly, abdominal,
   attachment, building, collection, connecting, construction, erection

C. DOCUMENTS CONSIDERED TO BE RELEVANT

<table>
<thead>
<tr>
<th>Category*</th>
<th>Citation of document, with indication, where appropriate, of the relevant passages</th>
<th>Relevant to claim No.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>-col 4, In 9; col 5, In 41-45; col 3, In 23-61; col 5, In 2-20; col 3, In 56-61; col 4, In 64 to col 9, In 8; col 5, In 66 to col 6, In 2; col 7, In 1-5, In 23-61; col 5, In 2-20; figs 1-3, item 17; figs 1, 3, item 3; figs 1-4, item 6; figs 1-2, items 1, 3, 4, 6; figs 1, 3</td>
<td>6-21</td>
</tr>
<tr>
<td>Y</td>
<td>US 2007/0032356 A1 (RIEF) 08 February 2007 (08.02.2007) para [0051]-[0054]. and figs 1, 3 &amp; 10a-10b</td>
<td>6-15</td>
</tr>
<tr>
<td>Y</td>
<td>US 6,422,980 B1 (SIMONSON) 23 July 2002 (23.07.2002) col 4, In 7-10, col 3, In 7-14, 29-38; col 5, In 29-31; col 3, In 11-14, 39-41; fig 1, 4-item 24, figs 1-3, items 22, 24, 100; figs 1-3, fig 1-3, item 22; figs 1-2</td>
<td>21</td>
</tr>
</tbody>
</table>

Further documents are listed in the continuation of Box C.

Date of the actual completion of the international search 01 May 2009 (01.05.2009)

Date of mailing of the international search report 18 MAY 2009

Name and mailing address of the ISA/US
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   PCT OSP: 571-272-7774

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