CLAIMS:

1. A muscle activation system including:

an inclined platform for a user to stand on;

a rigid upper body user support frame arranged for attachment to and mounting on the inclined platform for partially surrounding and supporting the upper body of a user standing on, or supported by, the inclined platform;

a base arranged for coupling to the inclined platform, said coupling allowing relative orientation motion between the base and inclined platform;

the inclined platform adapted to undergo a precession like motion around a central point so as to circumferentially move a user's upper body, when supported by the rigid upper body user support frame, substantially through an arc around a central point.

2. A system as claimed in claim 1 further wherein:

said inclined platform includes a first circumferential rim;

said system further includes:

a roller bearing for rolling along the rim, the system being arranged for the roller bearing to be driven around the first circumferential rim in a substantially horizontal plane by a drive motor; and for the roller bearing to act to guide the portion of the first circumferential rim to which it is engaged in a first substantially horizontal level;

the system being arranged for the inclination of the platform thereby to be set by the roller bearing guide of the portion of the first circumferential rim and the coupling between the base and inclined platform.

3. A system as claimed in claim 1 arranged for said base to be coupled to the inclined platform by a universal joint.

4. A system as claimed in claim 3 wherein, during operation, the platform is substantially supported by said circumferential rim and said universal joint.

5. A system as claimed in claim 1 arranged for the inclination of the inclined platform to be altered though the raising or lowering of the coupling between the base and inclined platform.

6. A system as claimed in claim 1 wherein said platform is generally planar and arranged for a normal axis to the platform to undergo a rotation around a central point.

7. A system as claimed claim 1 wherein said rigid upper body user support frame is of a cage like structure having a plurality of hand holds for the user to hold onto during operation.

8. A system as claimed in claim 1 wherein said support frame includes a back support wherein, in use, the back support engages with the back of a user so as to force the user off a vertical axis position when using the system.

9. A muscle activation system including:

a platform for a user to stand on or sit on or lie on;

a support base for supporting the platform;

a flexible coupler, arranged to couple the platform to said support base, said coupling allowing relative orientation motion between the base and inclined platform;

a first electric drive unit arranged for location between the platform and support base, said drive unit including at least one engagement unit for engaging with the bottom surface of the platform and a corresponding surface of the support base to keep them at a predetermined orientation apart from one another, whilst the engagement unit rotates around the flexible coupler.

10. A muscle activation system as claimed in claim 9 wherein the at least one engagement unit includes a first bearing arranged to engage the bottom surface of the platform and a second bearing engaging the support base, the system being arranged for the first and second bearing to be rigidly interconnected.

11. A muscle activation system as claimed in claim 9 further comprising a flexible coupler elevation unit, for raising and lowering the vertical position of the flexible coupler.

12. A muscle activation unit as claimed in claim 9, further comprising:

a rigid upper body user support frame arranged for attachment to and mounting on the platform supporting at least the back of the upper body of a user standing or lying on the inclined platform.