

(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property
Organization
International Bureau

(43) International Publication Date
28 December 2017 (28.12.2017)



(10) International Publication Number
WO 2017/219065 A1

- (51) **International Patent Classification:**
A63B 22/18 (2006.01) *A63B 22/16* (2006.01)
- (21) **International Application Number:**
PCT/AU2017/050197
- (22) **International Filing Date:**
07 March 2017 (07.03.2017)
- (25) **Filing Language:** English
- (26) **Publication Language:** English
- (30) **Priority Data:**
2016902438 21 June 2016 (21.06.2016) AU
- (71) **Applicant: IQINVESTMENTS CORPORATION PTY LTD** [AU/AU]; c/o HLB Mann Judd (Wollongong) Pty Ltd, 65 Kembla Street, Wollongong, New South Wales 2500 (AU).
- (72) **Inventor: REDMOND, Geoffrey**; 7 Jibbon Street, Cronulla, New South Wales 2230 (AU).

HR, HU, ID, IL, IN, IR, IS, JP, KE, KG, KH, KN, KP, KR, KW, KZ, LA, LC, LK, LR, LS, LU, LY, MA, MD, ME, MG, MK, MN, MW, MX, MY, MZ, NA, NG, NI, NO, NZ, OM, PA, PE, PG, PH, PL, PT, QA, RO, RS, RU, RW, SA, SC, SD, SE, SG, SK, SL, SM, ST, SV, SY, TH, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, ZA, ZM, ZW.

(84) **Designated States** (*unless otherwise indicated, for every kind of regional protection available*): ARIPO (BW, GH, GM, KE, LR, LS, MW, MZ, NA, RW, SD, SL, ST, SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, RU, TJ, TM), European (AL, AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HR, HU, IE, IS, IT, LT, LU, LV, MC, MK, MT, NL, NO, PL, PT, RO, RS, SE, SI, SK, SM, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, KM, ML, MR, NE, SN, TD, TG).

Declarations under Rule 4.17:

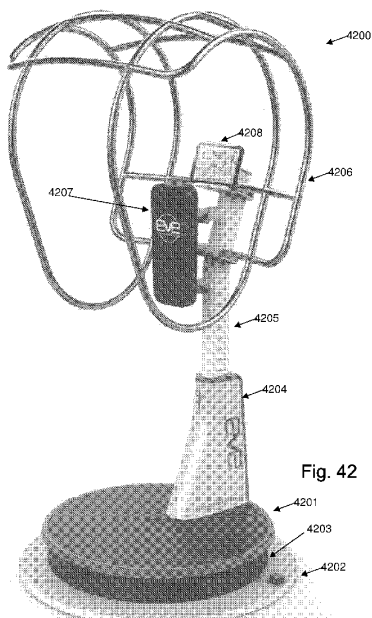
— *of inventorship (Rule 4.17(iv))*

Published:

— *with international search report (Art. 21(3))*

- (74) **Agent: SHELSTON IP PTY LTD**; Level 21, 60 Margaret Street, Sydney, New South Wales 2000 (AU).
- (81) **Designated States** (*unless otherwise indicated, for every kind of national protection available*): AE, AG, AL, AM, AO, AT, AU, AZ, BA, BB, BG, BH, BN, BR, BW, BY, BZ, CA, CH, CL, CN, CO, CR, CU, CZ, DE, DJ, DK, DM, DO, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, GT, HN,

(54) **Title: MUSCLE ACTIVATION ASSEMBLY SYSTEM AND METHOD**



(57) **Abstract:** A muscle activation system including: an inclined platform for a user to stand on; a rigid upper body user support frame attached to the inclined platform for supporting the upper body of a user standing on the inclined platform; a base, coupled to the inclined platform, the coupling allowing relative orientation motion between the base and inclined platform. The 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.

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