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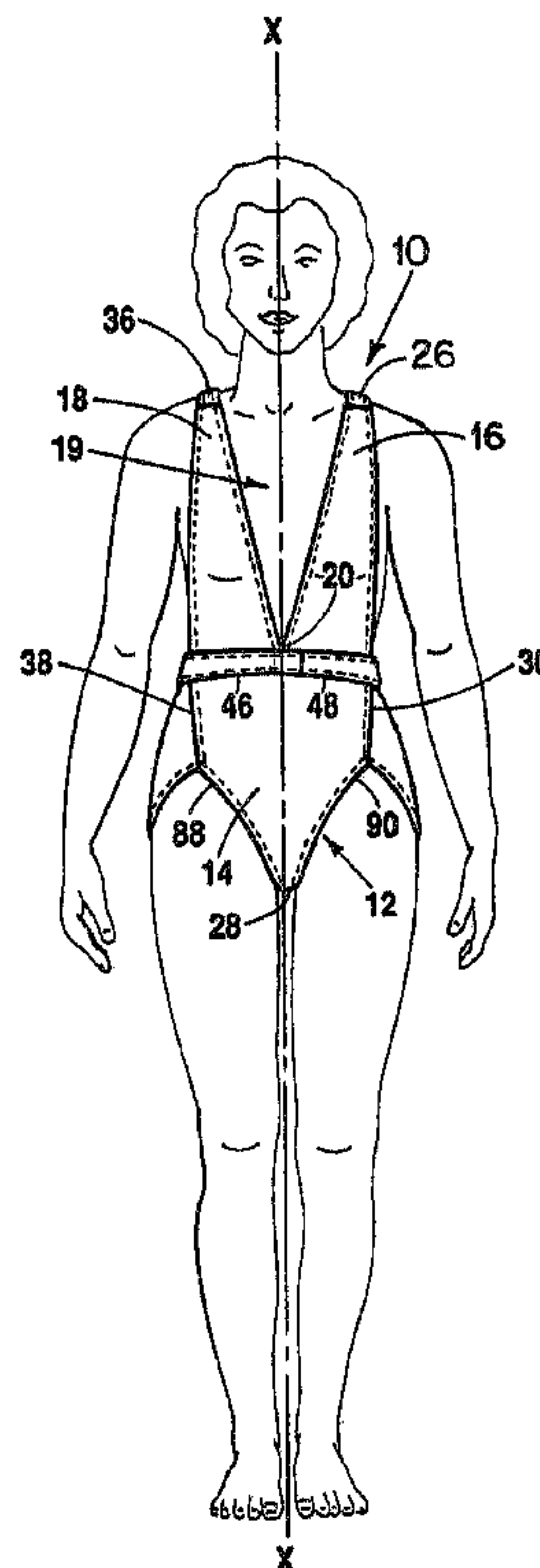
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(54) Titre : VETEMENT D'ENTRAINEMENT

(54) Title: EXERCISE GARMENT



(57) **Abrégé/Abstract:**

A support garment (10) for use during exercise or physical activity. A front panel (12) is connected to a left rear panel (22) and a right rear panel (32). A left front panel strap (16) is adapted to be connected to a left rear panel strap (26); and a right front panel strap (22) is adapted to be connected to a right rear panel strap (36). A belt (42) is connected to the rear of the garment at approximately the center thereof (36). The garment enables the wearer's shoulders to provide support to the lower back and gluteal/pelvic area by pulling upward from the shoulders. The two ends (46 and 48) of the belt (42) are pulled forward and upward and fastened at approximately the waist of the wearer.



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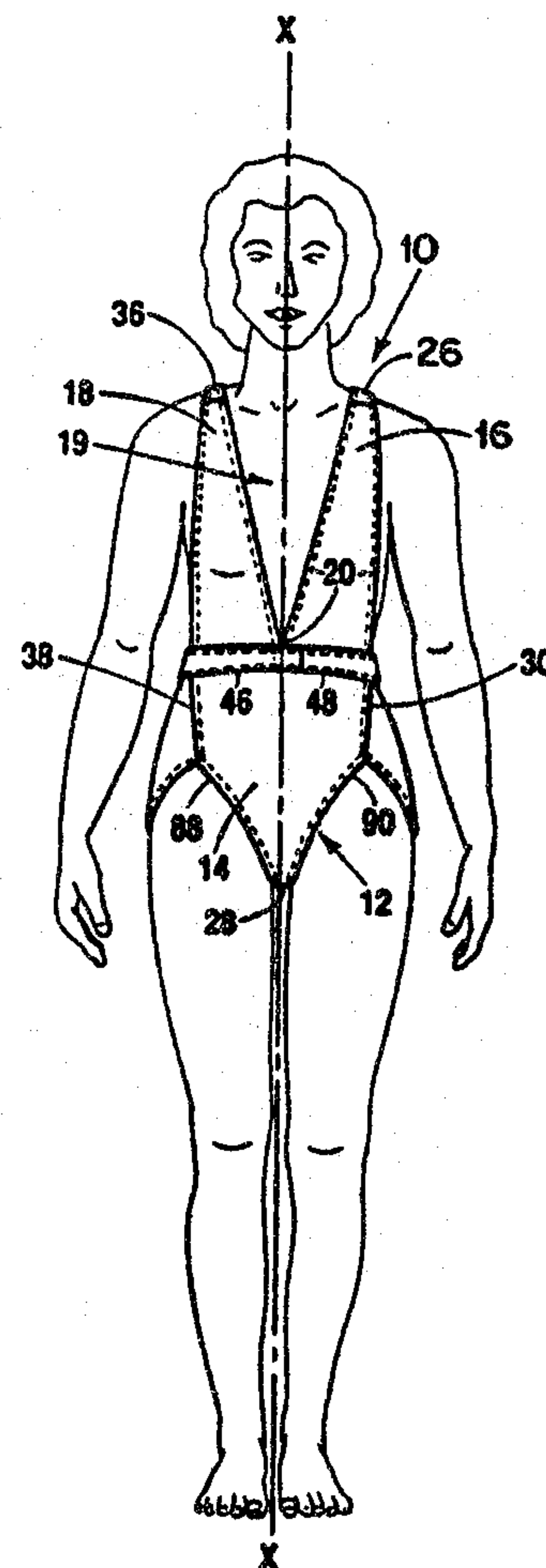
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(54) Title: EXERCISE GARMENT

(57) Abstract

A support garment (10) for use during exercise or physical activity. A front panel (12) is connected to a left rear panel (22) and a right rear panel (32). A left front panel strap (16) is adapted to be connected to a left rear panel strap (26), and a right front panel strap (22) is adapted to be connected to a right rear panel strap (36). A belt (42) is connected to the rear of the garment at approximately the center thereof (36). The garment enables the wearer's shoulders to provide support to the lower back and gluteal/pelvic area by pulling upward from the shoulders. The two ends (46 and 48) of the belt (42) are pulled forward and upward and fastened at approximately the waist of the wearer.



1 **Exercise Garment**

2 **Field of**

3 **The Invention**

4 The present invention relates to the field of exercise apparel. More
5 particularly, the present invention relates to a support garment for use during exercise
6 to reduce the resulting stress on the lower back and pelvic area.

7 **Background of**

8 **The Invention**

9 The biomechanics of exercise typically result in increased stresses on the lower
10 back and buttocks or gluteal region. This is particularly true for female runners and
11 aerobic exercisers. The result of such increased stress is typically lower back pain
12 and potential pelvic stress fractures.

13 Prior efforts at alleviating the biomechanical stresses associated with the
14 female body have typically focused on support of the abdomen of expectant mothers
15 and/or breasts of the female aerobic exerciser. Examples of such maternity garments
16 are shown in U.S. Patent No. 4,746,318 and U.S. Patent No. 4,789,372. However,
17 these garments are not directed to the support of the lower back and gluteal/pelvic
18 region.

1 **Summary of**

2 **The Invention**

3 Accordingly, the present invention provides a support garment especially
4 adapted for use by females during exercise or physical activity. The garment enables
5 the shoulders to provide support to the lower back and gluteal/pelvic region or area
6 by pulling up from the shoulders, thereby lifting the seat area and relieving the lower
7 back and pelvic region from gravity pull during exercise.

8 The exercise garment of the present invention comprises a left rear panel and
9 a right rear panel having a left rear panel strap and a right rear panel strap,
10 respectively. A front panel is connected to the rear panels at a crotch area and at a
11 left and right side, the left and right side connections being forward of a coronal plane
12 of the wearer during use of the garment. The front panel also has a left front panel
13 strap and a right front panel strap adapted to be connected to the left rear panel strap
14 and the right rear panel strap, respectively, at the shoulders. The straps are adjustable
15 and provide support for the lower back and gluteal/pelvic region or area during use.
16 The garment further comprises a belt connected to the rear panels at a seam which
17 lies in approximately the median sagittal plane of the wearer during use. The belt has
18 left and right ends adapted to be pulled forward and upward and fastened at the waist
19 during usage of the garment. The belt provides additional support to the lower back
20 and gluteal region.

21 The exercise garment of the present invention further provides a method for
22 supporting the lower back and pelvic region of a person during exercise comprising
23 the steps of positioning a garment panel about the gluteal region or buttocks area of
24 the person, pulling the garment panel upward from the shoulders of the person, and
25 fastening a belt about the waist of the person, the belt being connected to
26 approximately the center of the garment panel. The fastening step comprises the steps
27 of pulling the belt upward and forward about the waist of the person and securing
28 opposite ends of the belt at a desired adjustable tightness about the waist of the
29 person.

1 **Brief Description**
2 **of the Drawings**

3 FIG. 1 is a frontal or ventral view of the exercise garment of the present
4 invention as worn by a person.

5 FIG. 2 is a rear or dorsal view of the exercise garment of the present invention
6 as worn by a person.

7 FIG. 3 is a right side view of the exercise garment of the present invention as
8 worn by a person.

9 FIG. 4 is a left side view of the exercise garment of the present invention as
10 worn by a person.

11 FIG. 5 is a plan view of the inside of the front panel of the exercise garment
12 of the present invention.

13 FIG. 6 is a plan view of the inside of the right rear panel of the exercise
14 garment of the present invention.

15 FIG. 7 is a plan view of the inside of the left rear panel of the exercise
16 garment of the present invention.

17 FIG. 8 is a plan view of the inside of the belt of the exercise garment of the
18 present invention.

19 FIG. 9 is a perspective view of the adjustable ends of the exercise garment
20 belt.

1 **Detailed Description**
2 **of the Preferred Embodiment**

3 Referring to FIG. 1, the exercise garment of the present invention is identified
4 by the number 10. The garment 10 is shown as worn by a person having a median
5 sagittal plane X-X which divides the body into right and left halves. Garment 10
6 comprises a front panel 12 having a lower midsection area 14, a left front panel strap
7 16 and a right front panel strap 18. Panel 12 provides or defines a generally V-
8 shaped ventral opening or open area 19 which extends from approximately the waist
9 to the shoulders of the wearer. During usage of the garment 10, the apex 20 of
10 opening 19 lies approximately within plane X-X.

11 Referring to FIG. 1 and FIG. 2, the exercise garment 10 will be described in
12 greater detail. The garment 10 further comprises a left rear panel 22 having a lower
13 buttocks area 24 and a left rear panel strap 26. Left rear panel 22 is connected to
14 front panel 12 at crotch seam 28 and at side seam 30. Referring again to FIG. 2, the
15 exercise garment 10 further comprises a right rear panel 32 having a lower buttocks
16 area 34 and a right rear panel strap 36. Right rear panel 32 is connected to front
17 panel 12 at crotch seam 28 and at side seam 38. Left rear panel 22 and right rear
18 panel 32 are also sewn together at seam 40. When panel 22 and panel 32 are sewn
19 together, they define a rear panel having a center line at approximately seam 40. Left
20 rear panel 22 and right rear panel 32 provide or define a generally V-shaped dorsal
21 opening or open area 39 which extends from approximately the wearer's lower back
22 to the shoulders. During usage of the garment 10, seam 40 and the apex 41 of
23 opening 39 lie approximately within plane X-X.

24 Referring to FIGS. 1-4, the exercise garment 10 further comprises a belt 42
25 which is sewn to left rear panel 22 and right rear panel 32 at seam 40. Belt 42 is
26 generally V-shaped and has a rear area 44, a right end or strap 46 and a left end or
27 strap 48. Belt 42 is attached at seam 40 at a position which is generally below the
28 natural horizontal waistline of the wearer during usage of the garment 10. Belt 42 is
29 angled upward from its attachment at seam 40. Straps 46 and 48 are adapted to be
30 adjustably fastened together during usage of the garment 10 as described in greater
31 detail hereinbelow.

1 Referring to FIG. 3 and FIG. 4, the garment 10 is shown as worn by a person
2 having a coronal plane Y-Y extending through the longitudinal center line or axis of
3 the person perpendicular to the sagittal plane. Plane Y-Y divides the body into
4 anterior (ventral) and posterior (dorsal) sections. Further, it is to be understood that
5 during usage of the garment 10 side seams 30 and 38 are on the anterior or ventral
6 side of plane Y-Y.

7 Referring to FIG. 5, the front panel 12 will be described in greater detail.
8 Panel 12 has a lowermost edge 28a which is sewn to panels 22 and 32 in a zig zag
9 stitch to form crotch seam 28. Panel 12 has a left side edge 30a which is sewn to left
10 rear panel 22 at seam 30 and a right side edge 38a which is sewn to right rear panel
11 32 at seam 38. Straps 16 and 18 intersect at apex 20. Left strap 16 tapers from edge
12 30a and apex 20 to left upper edge 50. Right strap 18 tapers from edge 38a and apex
13 20 to right upper edge 52. A rectangular patch of hooks or loops 56 of hook and loop
14 fastener means, such as VELCROTM, is sewn to strap 16 adjacent to edge 50. Likewise,
15 a rectangular patch of hooks or loops 58 of hook and loop fastener means, such as
16 VELCRO, is sewn to strap 18 adjacent to edge 52. Elastic 60 is sewn along the sides
17 of strap 16 from edge 30a and apex 20 to edge 50 in a zig zag stitch and such sides
18 of strap 16 are folded over and hemmed in a zig zag stitch. Likewise, elastic 60 is
19 sewn along the sides of strap 18 from edge 38a and apex 20 to edge 52 in a zig zag
20 stitch and such sides of strap 18 are folded over and hemmed in a zig zag stitch.
21 Elastic 60 is also sewn along the sides of area 14 from edge 28a to edges 30a and 38a
22 in a zig zag stitch and such sides of area 14 are folded over and hemmed in a zig zag
23 stitch.

24 Referring to FIG. 6 and FIG. 7, rear panels 22 and 32 will be described in
25 greater detail. Left rear panel 22 has a side edge 40a and right rear panel 32 has a
26 side edge 40b. Edges 40a and 40b are sewn together in a zig zag stitch to form seam
27 40. Panel 22 has a side edge 30b which is sewn to edge 30a in a zig zag stitch to
28 form seam 30. Panel 32 has a side edge 38b which is sewn to edge 38a in a zig zag
29 stitch to form seam 38. Panel 22 has an upper edge 62 and is tapered from side edges
30 30b and 40a to edge 62. Strap 32 has an upper edge 64 and is tapered from side
31 edges 38b and 40b to edge 64. A rectangular patch of hooks or loops 66 of hook and
32 loop fastener means, such as VELCRO, is sewn to strap 26 adjacent to edge 62.

1 Hooks or loops 66 are adapted for mating engagement with hooks or loops 56 such
2 that if 66 is hooks, 56 is loops and vice versa. Likewise, a rectangular patch of hooks
3 or loops 68 of hook and loop fastener means, such as VELCRO, is sewn to strap 36
4 adjacent to edge 64. Hooks or loops 68 are adapted for mating engagement with
5 hooks or loops 58 such that if 68 is hooks, 58 is loops and vice versa. Elastic 60 is
6 sewn in a zig zag stitch along the sides of strap 26 from edges 30b and 40a to edge
7 62 and such sides of strap 26 are folded over and hemmed in a zig zag stitch.
8 Likewise, elastic 60 is sewn in a zig zag stitch along the sides of strap 36 from edges
9 38b and 40b to edge 64 and such sides of strap 36 are folded over and hemmed in a
10 zig zag stitch. Elastic 60 is also sewn in a zig zag stitch along the lowermost edge
11 of panel 22 from edge 30b to edge 40b and such lowermost edge of panel 22 is folded
12 over and hemmed in a zig zag stitch. Likewise, elastic 60 is sewn in a zig zag stitch
13 along the lowermost edge of panel 32 from edge 38b to edge 40b and such lowermost
14 edge of panel 32 is folded over and hemmed in a zig zag stitch. Panels 22 and 32 are
15 also provided with ease tucks 72 and 74, respectively.

16 Referring to FIG. 8 and FIG. 9, the belt 42 will be described in greater detail.
17 Belt 42 is generally V-shaped and hemmed in a zig zag stitch at 76 along its upper
18 and lower edges. A pair of hooks 78 are sewn to strap 46 adjacent edge 80. A first
19 pair of eyes 82 are sewn to strap 48 adjacent to edge 84 and a second pair of eyes 86
20 are sewn to strap 48 adjacent to eyes 82. Hooks 78 are adapted for releasable
21 engagement with each pair of eyes 82 and 86 to permit adjustment of the belt 42 to
22 the desired tightness. Belt 42 is sewn to rear panels 22 and 32 at seam 40 at
23 approximately the center of belt 42, as illustrated in FIG. 8 by hidden line 40.

24 The garment 10 is adapted to be worn under or as the clothing of a person
25 during exercise. The person simply inserts their right leg through the right leg hole
26 88 defined by front panel 12 and rear panel 32 and their left leg through the left leg
27 hole 90 defined by front panel 12 and rear panel 22. Lower buttocks area 24 is
28 positioned about the left buttocks or gluteal region and lower buttocks area 34 is
29 positioned about the right buttocks or gluteal region. Straps 16, 18, 26, and 36 are
30 thereafter pulled up to the shoulders of the person. Strap 36 is pulled forward so as
31 to overlap strap 18 and press thereagainst so that hook and loop fastener means 58
32 and 68 are in releasable mating engagement. Likewise, strap 26 is pulled forward so

1 as to overlap strap 16 and press thereagainst so that hook and loop fastener means 56
2 and 66 are in releasable mating engagement. It is to be understood that the V-shaped
3 openings 19 and 39 allows the straps 16, 18, 26 and 36, respectively, to be pulled
4 upward. Further, straps 16 and 26 may be adjustably connected to provide the desired
5 upward pull of area 24 and resultant support of the wearer's left side gluteal region
6 or buttocks area. Likewise, straps 18 and 36 may be adjustably connected to provide
7 the desired upward pull of area 34 and resultant support of the wearer's right side
8 gluteal region or buttocks area. Belt 42 is thereafter pulled upward and forward
9 (toward the front of the person) and fastened at approximately the waist of the person
10 by releasably hooking hooks 78 into eyes 82 or 86, depending upon the desired
11 tightness of the belt 42.

12 It is to be understood that the garment 10 enables the wearer's shoulders to
13 provide direct support to the gluteal region by the straps 16, 26 and 18, 36 pulling
14 from the shoulders. This directly supports the seat area or gluteal region and
15 indirectly supports the lower back and pelvic region by relieving the lower back and
16 pelvic region from gravity stress during exercise. Further, the belt 42 provides
17 additional direct lateral support to the lower back and gluteal region.

18 The present invention therefore further provides a method for supporting the
19 lower back and pelvic region of a person during exercise comprising the steps of
20 positioning a garment panel about the gluteal region or buttocks area of the person,
21 pulling the garment panel upward from the shoulders of the person, and fastening a
22 belt about the waist of the person, the belt being connected to approximately the
23 center of the garment panel. The fastening step comprises the steps of pulling the belt
24 upward and forward about the waist of the person and securing opposite ends of the
25 belt at a desired tightness.

26 It is to be understood that the garment 10 (other than the elastic 60, the hook
27 and loop fastener means, hooks and eyes, and stitching) is preferably constructed of
28 stretchable material, such as heavy spandex or Lycra. In this regard, the zig zag
29 stitching facilitates the stretching of the material. Further, buttocks areas 24 and 34
30 are preferably "full cut." It is also to be understood that straps 16, 18, 26, and 36
31 preferably have a width at their narrowest point in the range of approximately one
32 inch (1") to one and one half inches (1½"). Further, side seams 30 and 38 preferably

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8

1 have a length of approximately four inches (4"), elastic 60 preferably has a width of
2 approximately five eighths inches ($\frac{5}{8}$ "). Finally, it is to be understood that appropriate
3 hook and loop fastener means, such as VELCRO, may be substituted for the hooks
4 and eyes on belt 42 and that hooks and eyes may be substituted for the hook and loop
5 fastener means for connecting straps 16 and 26 and 18 and 36.

6 While the exercise garment of the present invention has been described in
7 connection with the preferred embodiment, it is not intended to limit the invention to
8 the particular form set forth, but on the contrary, it is intended to cover such
9 alternatives, modifications, and equivalents as may be included within the spirit and
10 scope of the invention as defined by the appended claims.

Claims:

1. A garment for use by a person during exercise or physical activity, comprising:
 - a left rear panel having a left rear panel strap and a right rear panel having a right rear panel strap, said left rear panel and right rear panel being connected and being generally full cut for positioning about a rear gluteal region of said person;
 - a front panel connected to said rear panels at a crotch area and at a left and right side, said left and right side connections being forward of a coronal plane of said person during usage of said garment, said front panel having a left front panel strap and a right front panel strap adapted to be connected to said left rear panel strap and said right rear panel strap, respectively, for lifting said gluteal region and supporting the lower back and gluteal/pelvic region of said person; and
 - a generally V-shaped belt connected at approximately the position of said connection of said rear panels and having a left end and a right end adapted to be fastened, said ends being pulled forward and upward and fastened at approximately the waist of said person for supporting said gluteal region during usage of said garment.
2. A garment for use by a person during exercise or physical activity, as recited in claim 1, wherein said left rear panel and right rear panel are connected to each other such that said connection of said rear panels lies approximately within the median sagittal plane of said person during usage of said garment.
3. A garment for use by a person during exercise or physical activity, as recited in claim 1, wherein said front panel defines a generally V-shaped opening and said ends of said belt are adapted to be adjustably fastened.
4. A garment for use by a person during exercise or physical activity, as recited in claim 1, further comprising hook and loop fastener means for adjustably

1 connecting said left front panel strap and left rear panel strap and said right
2 front panel strap and right rear panel strap.

3
4 5. A garment for use by a person during exercise or physical activity, comprising:
5 a left rear panel having a left rear panel strap and a right rear panel
6 having a right rear panel strap, said left rear panel and right rear
7 panel being connected and being generally full cut for
8 positioning about a rear gluteal region of said person;
9 a front panel connected to said rear panel at a crotch area and at a left
10 and right side, said left and right side connections being forward
11 of a coronal plane of said person during use of said garment,
12 said front panel having a left front panel strap and a right front
13 panel strap adapted to be connected to said left rear panel strap
14 and said right rear panel strap, respectively, for lifting said
15 gluteal region and supporting the lower back and gluteal/pelvic
16 region of said person, said front panel defining a generally V-
17 shaped opening; and
18 a generally V-shaped belt connected at approximately the position of
19 said connection of said rear panels and having a left end and a
20 right end adapted to be fastened, said ends being pulled forward
21 and upward and fastened at approximately the waist of said
22 person for supporting said gluteal region during usage of said
23 garment.

24
25 6. A garment for use by a person during exercise or physical activity, comprising:
26 a left rear panel having a left rear panel strap and a right rear panel
27 having a right rear panel strap, said left rear panel and right rear
28 panel being connected and being generally full cut for
29 positioning about a rear gluteal region of said person and
30 defining a generally V-shaped opening;
31 a front panel connected to said left rear panel and right rear panel at a
32 crotch area and at a left and right side, said left and right side
33 connections being forward of a coronal plane of said person
34 during use of said garment, said front panel having a left front

1 panel strap and a right front panel strap adapted to be adjustably
2 connected to said left rear panel strap and said right rear panel
3 strap, respectively, for lifting said gluteal region and supporting
4 the lower back and gluteal/pelvic region of said person, said
5 front panel defining a generally V-shaped opening, whereby
6 said straps provide support to said person's lower back and
7 gluteal/pelvic region by pulling up from the shoulders of said
8 person; and

9 a generally V-shaped belt connected at approximately the position of
10 said connection of said rear panels and having a left end and a
11 right end adapted to be fastened, said ends being pulled forward
12 and upward and fastened at approximately the waist of said
13 person during usage of said garment.

14
15 7. A method for supporting the gluteal/pelvic region of a person during exercise
16 or physical activity, comprising the steps of:

17 positioning a garment panel about a gluteal region of said person, said
18 garment panel comprising a left rear panel having a left rear
19 panel strap and a right rear panel having a right rear panel strap,
20 said left rear panel and said right rear panel being connected and
21 being generally full cut for positioning about said gluteal/pelvic
22 region of said person, and further comprising a front panel
23 connected to said rear panels at a crotch area and at a left and
24 right side, said left and right side connections being forward of a
25 coronal plane of said person during usage of said garment, said
26 front panel having a left front panel strap and a right front panel
27 strap adapted to be connected to said left rear panel strap and
28 said right rear panel strap, respectively, for lifting said gluteal
29 region and supporting the lower back and said gluteal/pelvic
30 region of said person;

31 pulling said garment panel upward from the shoulders of said person;
32 and

33 fastening a generally V-shaped belt about a waist of said person, said
34 belt having a left end and a right end adapted to be fastened and

1 said belt being connected at approximately the position of said
2 connection of said rear panels.

3
4 8. A method for supporting the gluteal/pelvic region of a person, as recited in
5 claim 7, wherein said fastening step comprises the step of pulling said belt
6 upward and forward about the waist of said person.

7
8 9. A method for supporting the gluteal/pelvic region of a person, as recited in
9 claim 8, further comprising the step of securing opposite ends of said belt at a
10 desired tightness about the waist of said person.

11
12 10. A garment for use by a person during exercise or physical activity, comprising:
13 a left rear panel having a left rear panel strap and a right rear panel
14 having a right rear panel strap, said left rear panel and right rear
15 panel being connected and being generally full cut for
16 positioning about a rear gluteal region of said person, each of
17 said rear panels comprising a single piece of stretchable
18 material;
19 a front panel connected to said rear panels at a crotch area and at a left
20 and right side, said left and right said connections being forward
21 of a coronal plane of said person during usage of said garment,
22 said front panel having a left front panel strap and a right front
23 panel strap adapted to be connected to said left rear panel strap
24 and said right rear panel strap, respectively, for lifting said
25 gluteal region and supporting the lower back and gluteal/pelvic
26 region of said person; and
27 a generally V-shaped belt connected to said rear panels below the
28 horizontal waistline of said person during usage of said garment
29 and having a left end and a right end adapted to be fastened,
30 said ends being pulled forward and upward and fastened at
31 approximately the waist of said person for supporting said
32 gluteal region during usage of said garment.

33

1 11. A garment for use by a person during exercise or physical activity, as recited in
2 claim 1, wherein said left rear panel and right rear panel define a generally V-
3 shaped opening.

4
5 12. A garment for use by a person during exercise or physical activity, as recited in
6 claim 3, wherein said left rear panel and right rear panel define a generally V-
7 shaped opening.

8
9 13. A garment for use by a person during exercise or physical activity, as recited in
10 claim 5, wherein said left rear panel and right rear panel define a generally V-
11 shaped opening.

12
13 14. A garment for use by a person during exercise or physical activity, as recited in
14 claim 10, wherein said left rear panel and right rear panel define a generally V-
15 shaped opening.

16
17 15. A garment for use by a person during exercise or physical activity, as recited in
18 claim 1, wherein said left front panel strap and said right front panel strap are
19 adapted to be adjustably connected to said left rear panel strap and said right
20 rear panel strap, respectively.

21
22 16. A garment for use by a person during exercise or physical activity, as recited in
23 claim 3, wherein said left front panel strap and said right front panel strap are
24 adapted to be adjustably connected to said left rear panel strap and said right
25 rear panel strap, respectively.

26
27 17. A garment for use by a person during exercise or physical activity, as recited in
28 claim 5, wherein said left front panel strap and said right front panel strap are
29 adapted to be adjustably connected to said left rear panel strap and said right
30 rear panel strap, respectively.

31
32 18. A garment for use by a person during exercise or physical activity, as recited in
33 claim 10, wherein said left front panel strap and said right front panel strap are

1 adapted to be adjustably connected to said left rear panel strap and said right
2 rear panel strap, respectively.

3

4 19. A garment for use by a person during exercise or physical activity, as recited in
5 claim 6, wherein said ends of said belt are adapted to be adjustably fastened.

6

7 20. A garment for use by a person during exercise or physical activity, as recited in
8 claim 10, wherein said ends of said belt are adapted to be adjustably fastened.

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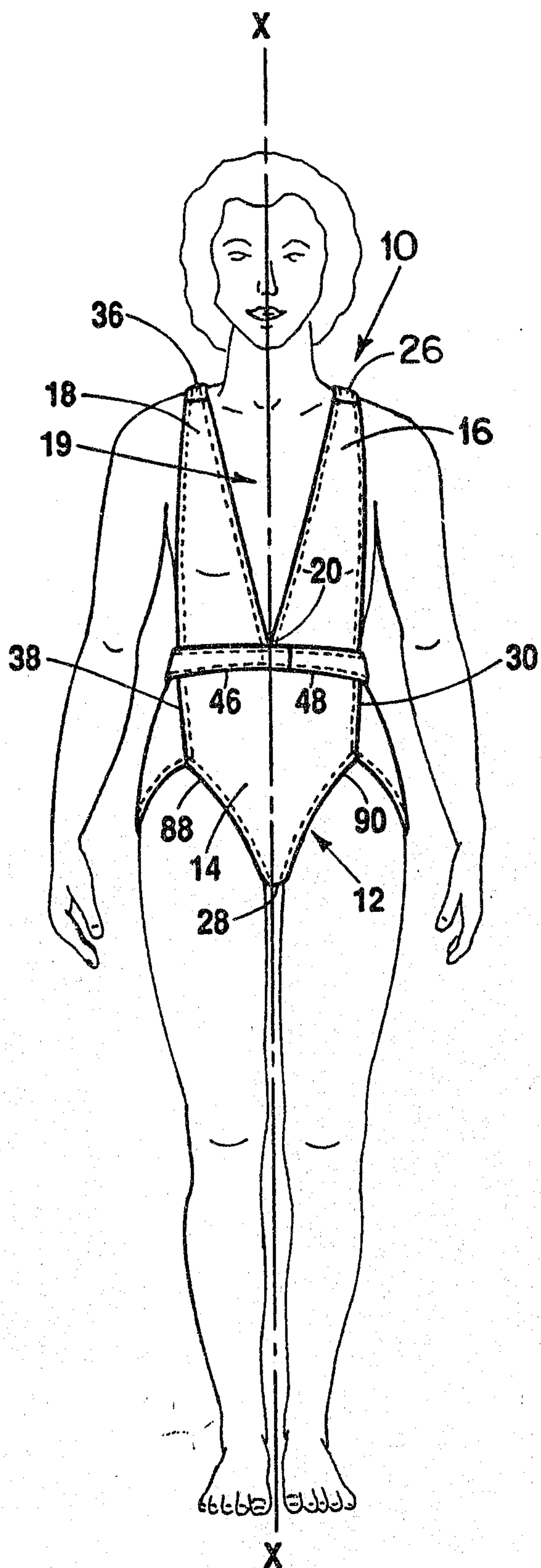


Fig. 1

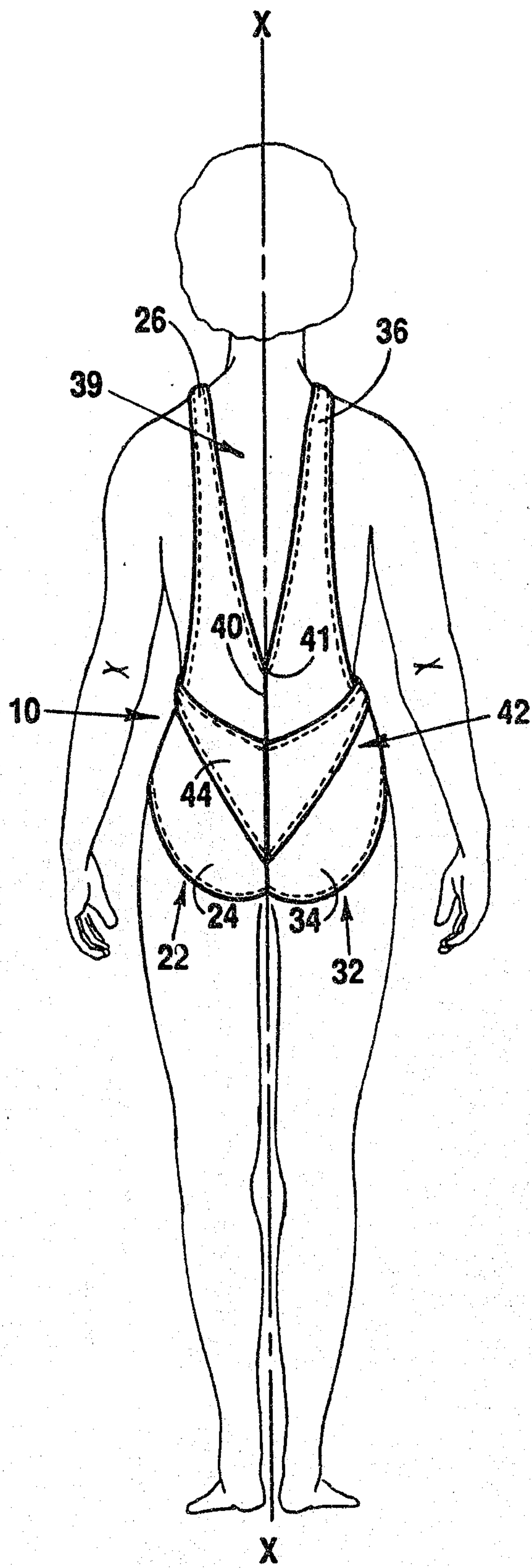


Fig. 2

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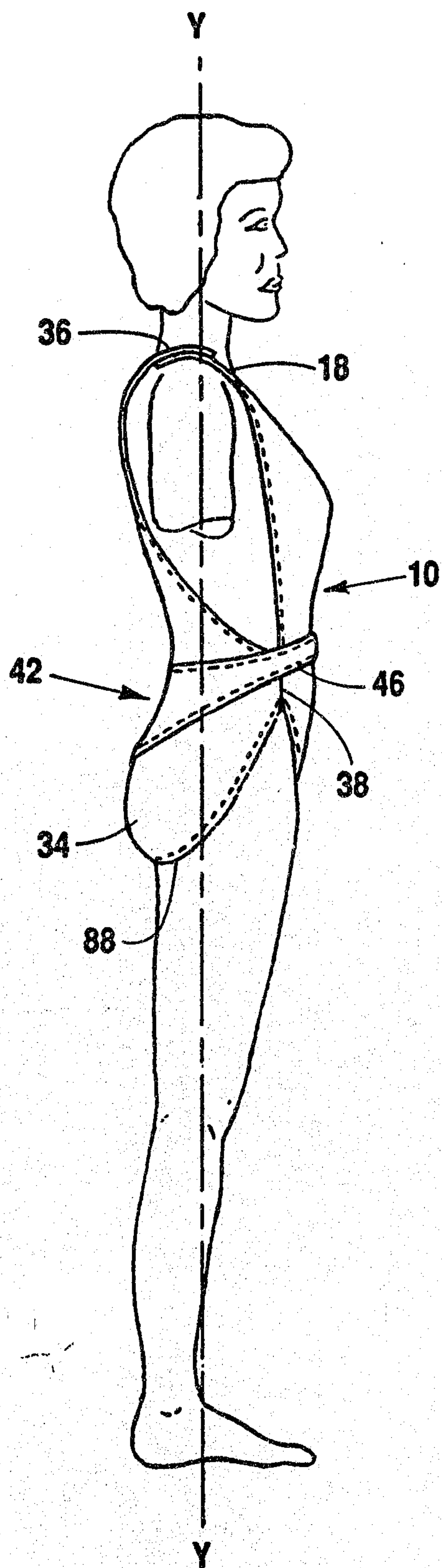


Fig. 3

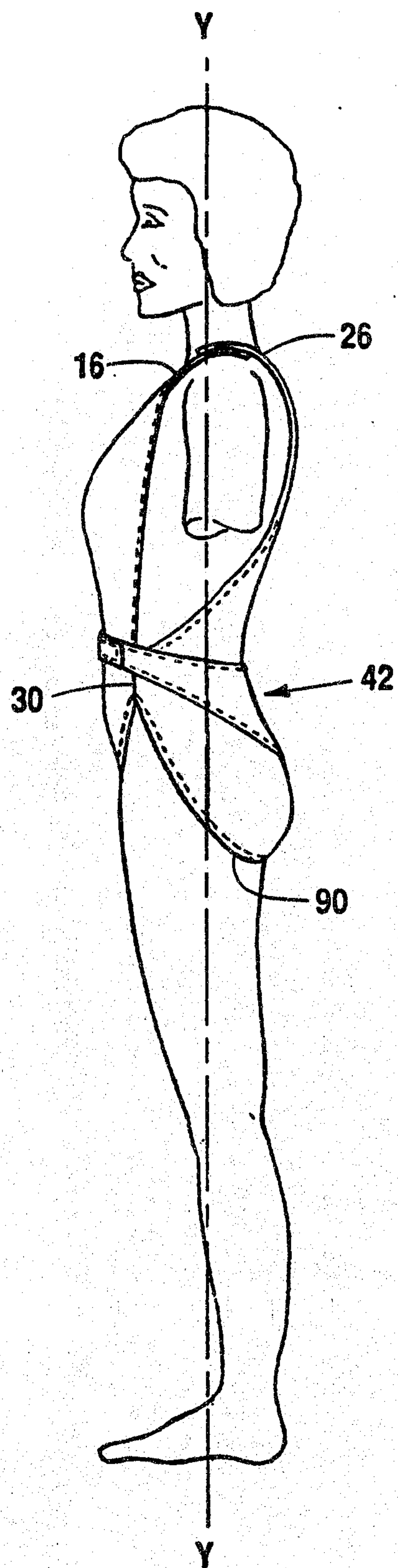


Fig. 4

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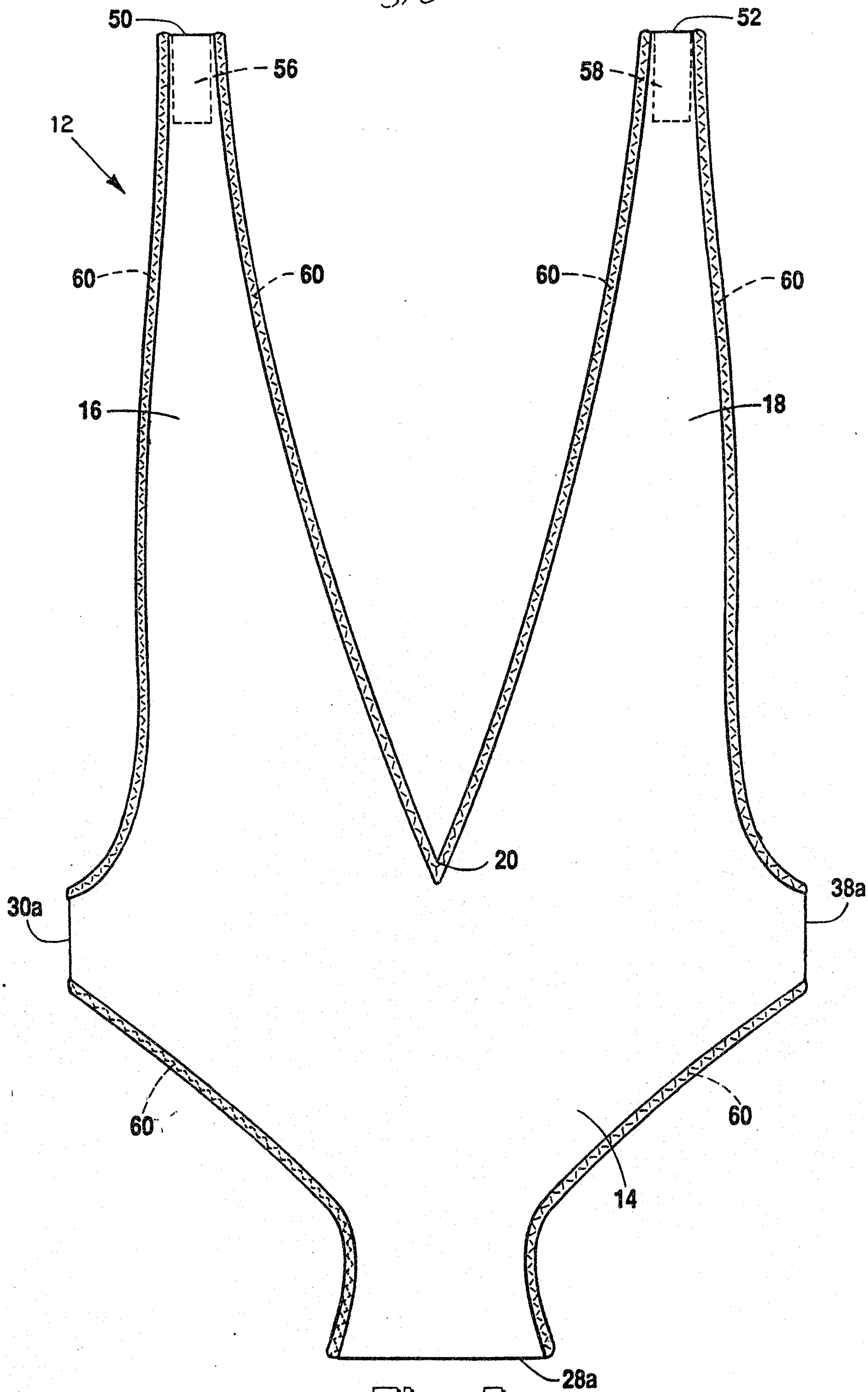


Fig. 5

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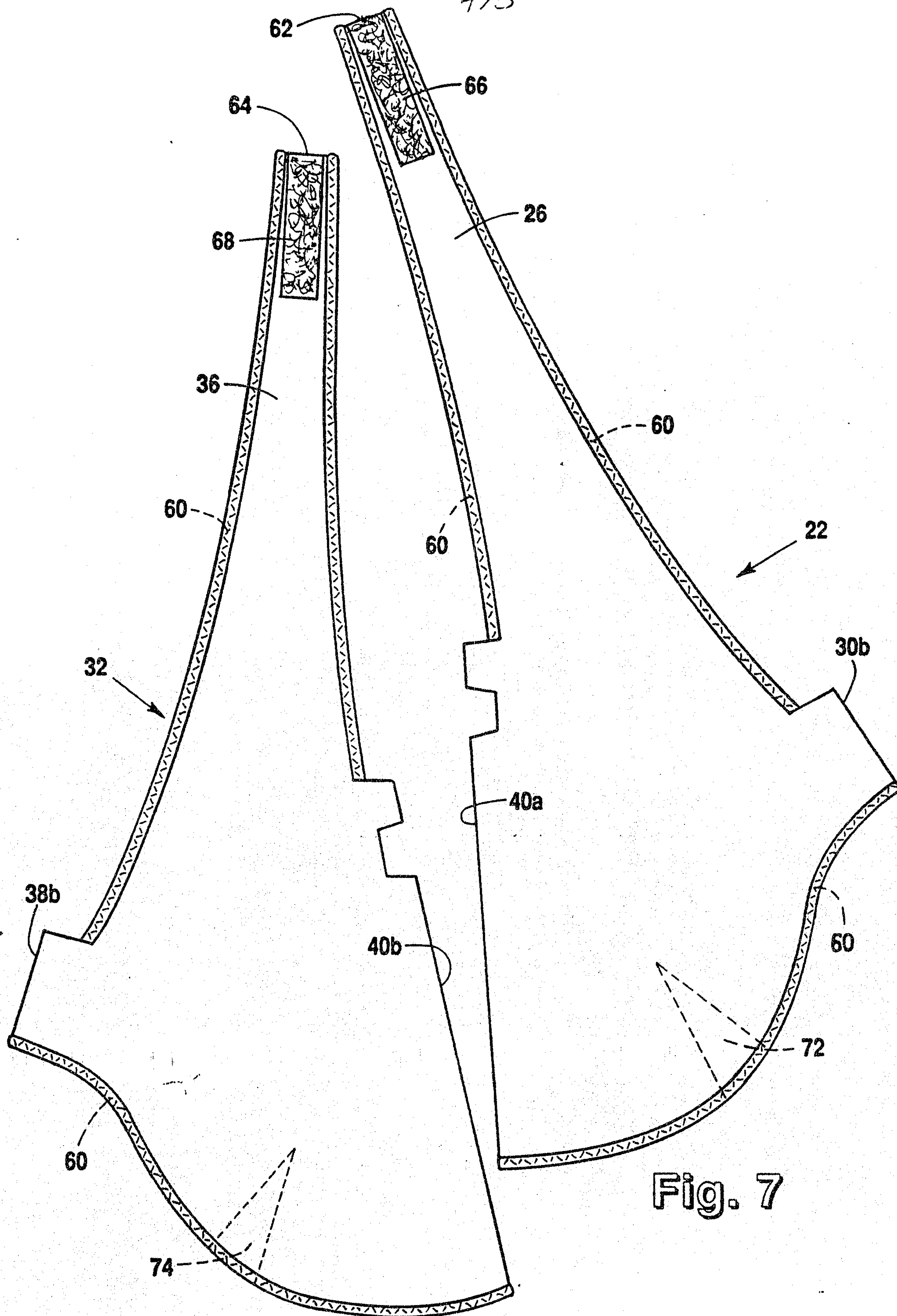


Fig. 6

Fig. 7

