PORTABLE PUNCHING BAG

Applicant: Brian Anthony Pedone, New York, NY (US)

Inventor: Brian Anthony Pedone, New York, NY (US)

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ABSTRACT

An exercise device utilizing a punching bag and at least one telescopic pole is provided. The punching bag may include an outer covering and an internal compartment filled with a filler material. The telescopic pole may include a first end and a second end. The first end and the second end are configured to abut against a door frame, securing the telescopic pole in between a doorway. The punching bag is attachable to the telescopic pole.
PORTABLE PUNCHING BAG
CROSS-REFERENCE TO RELATED APPLICATION

This application claims the benefit of priority of U.S. provisional application No. 61/867,918, filed Aug. 20, 2013, the contents of which are herein incorporated by reference.

BACKGROUND OF THE INVENTION

The present invention relates to a punching bag and, more particularly, to a punching bag that is suspended in between a doorway.

A punching bag is a sturdy bag designed to be repeatedly punched. A punching bag is usually cylindrical, and filled with various materials of corresponding hardness. Punching bags may be used to train for boxing, as well as a recreational exercise tool. Currently, punching bags are heavy and difficult to setup in an apartment or house. Further, the traditional heavy bag makes a lot of noise while being used, whether the bag is mounted from the ceiling via metal chains or supported by a heavy base filled with water or sand. The bag hanging from the ceiling may make noise due to swinging and the bag utilizing a base may make a lot of noise due to sliding along the floor. The structural noise may disturb other people living in a home or neighbors within an apartment.

As can be seen, there is a need for a more convenient and quiet punching bag for home use.

SUMMARY OF THE INVENTION

In one aspect of the present invention, an exercise device comprises: a punching bag comprising an outer covering and an internal compartment comprising a filler material within; and at least one telescopic pole comprising a first end and a second end, wherein the first end and the second end are configured to abut against a door frame securing the at least one telescopic pole in between a doorway, wherein the punching bag is attachable to the at least one telescopic pole.

In another aspect of the present invention, a method of setting up an exercise device comprises: suspending a first end and a second end of a first telescopic pole against a door frame, thereby suspending the first telescopic pole in between a doorway; suspending a first end and a second end of a second telescopic pole against the door frame, thereby suspending the second telescopic pole in between the doorway; securing a top end of a punching bag to the first telescopic pole; and securing a bottom end of the punching bag to the second telescopic pole.

These and other features, aspects and advantages of the present invention will become better understood with reference to the following drawings, description and claims.

BRIEF DESCRIPTION OF THE DRAWINGS

FIG. 1 is a perspective view of the present invention shown in use;
FIG. 2 is a front perspective view of the present invention;
FIG. 3 is a rear perspective view of the present invention;
FIG. 4 is a perspective view of the telescoping pole of FIG. 1 in a contracted state;
FIG. 5 is a perspective view of the telescoping pole of FIG. 1 in an expanded state; and
FIG. 6 is an exploded view of the present invention.

DETAILED DESCRIPTION OF THE INVENTION

The following detailed description is of the best currently contemplated modes of carrying out exemplary embodiments of the invention. The description is not to be taken in a limiting sense, but is made merely for the purpose of illustrating the general principles of the invention, since the scope of the invention is best defined by the appended claims.

The present invention includes a punching bag with resistance bands crisscrossed internally and hooked to telescoping bars within any doorway. The present invention weighs a lot less than a traditional punching bag and may weigh less than about 10 lbs. The structural noise is also non-existent. The present invention allows for the same workout of a traditional bag, with increased portability, decreased setup time, and without structural noise.

Referring to FIG. 1 through 6, the present invention includes an exercise device utilizing a punching bag 10 and at least one telescopic pole 28. The punching bag 10 may include an outer covering and an internal compartment filled with a filler material. The telescopic pole 28 may include a first end and a second end. The first end and the second end are configured to abut against a door frame 34, securing the telescopic pole 28 in between a doorway. The punching bag 10 is attachable to the telescopic pole 28.

The present invention may include a first telescopic pole 28 and a second telescopic pole 28. The punching bag 10 is attachable to the first telescopic pole 28 and the second telescopic pole 28, and thereby may be suspended in between the first telescopic pole 28 and the second telescopic pole 28. In certain embodiments, the telescopic pole 28 may be telescoped in place by rotation, and may extend due to internal springs. The telescopic pole 28 may be rotated until the pole 28 sits firmly within the doorway.

In certain embodiments, the first end and the second end of the telescopic pole 28 each includes a substantially flat end substantially perpendicular to the telescopic pole 28. In certain embodiments, a padding 32 is attached to each of the substantially flat ends, thereby further securing the ends to the door frame 34.

The punching bag 10 of the present invention may include any appropriate punching bag with an outer covering made of vinyl, leather, and the like. The filling material may include, but is not limited to, foam, sand, water, air, or any filling material that may withstand repeated punching without harming the user.

The outer covering of the punching bag may include a front covering 12 and a rear covering 14 forming an internal compartment in between. In certain embodiments, the front covering 12 may be made of vinyl, and the rear covering 14 may be a plastic plate. The front covering 12 and the rear covering 14 may be attached to one another via stitching 16. In certain embodiments, the front covering 12 may display a logo.

In certain embodiments, the filling material may include multiple layers of foam. For example, there may be a soft layer of foam 20 and a dense layer of foam 18. The soft layer of foam 20 may be adjacent to the rear covering 14 and the dense foam 18 may be sandwiched in between the soft layer of foam 20 and the front covering 12.

In certain embodiments, the punching bag 10 may be suspended to the telescopic poles 28 by elastic bands 22. In certain embodiments, the resistance bands 22 may include a
rubber coating or may include springs with a rubber coating. The present invention may include at least one elastic band 22 having a first end with a first hook 24 and a second end with a second hook 24. The hooks 24 may include a rubber coating. The elastic band 22 may run through the punching bag 10 and the hooks 24 may releasably attach to the telescoping poles 28.

[0023] In certain embodiments, there may be two elastic bands 22. The two elastic bands 22 may cross one another within the punching bag 10. In such embodiments, the soft layer of foam 20 may include crisscrossing channels to house the elastic bands 22 within the punching bag 10. The punching bag 10 may be square shaped, and the hooks 24 may protrude from each corner of the punching bag 10 and may attach to the telescoping poles 28. In certain embodiments, the telescoping poles 28 may include U-brackets 30 formed to receive and secure the hooks 24.

[0024] A method of making the present invention may include the following. A piece of dense foam may be cut into a square shape roughly the size of 12" by 12". A piece of soft foam may be cut into a square shape roughly the size of 12" by 12" and glued onto the back of the dense foam. Channels may be cut within the soft foam to create an X shape. One resistance band with metal hooks may be laid into the one diagonal channel and another resistance band with metal hooks may be laid on top into the second diagonal channel. This creates resistance bands in a crisscross fashion resting inside on the soft foam. A plastic back plate may be glued onto the back of the soft foam and then the vinyl material may be stretched across the entire structure and is sewn together with the stitching. The bag may now be a square shape roughly the size of 12" by 12" and has the resistance band hooks sticking out the four corners of the bag. The telescoping aluminum bars are created by having two bars within each other with springs inside each of the bars. Foot plates may be attached to the ends of the telescoping aluminum bars. Welded U-shaped brackets may be attached to each of the telescoping aluminum bars to secure the hooks within.

[0025] A method of using the present invention may include the following. A user may setup the first telescoping aluminum bar by first positioning the pole around their height level and then rotating it in place until the foot plates are sitting firmly against the door frame. The user may then attach the top two resistance band hooks to the U-shaped brackets on the telescoping pole. The user may then position the second telescoping pole just below the bottom resistance band hooks coming out the bottom of the bag. The user may then rotate the telescoping pole until the foot plates sit firmly against the door frame. The bottom resistance band hooks may then be pulled slightly and hooked onto the U-brackets of the bottom telescoping bar.

[0026] It should be understood, of course, that the foregoing relates to exemplary embodiments of the invention and that modifications may be made without departing from the spirit and scope of the invention as set forth in the following claims.

What is claimed is:
1. An exercise device comprising: a punching bag comprising an outer covering and an internal compartment comprising a filler material within; and at least one telescopic pole comprising a first end and a second end, wherein the first end and the second end are configured to abut against a door frame securing the at least one telescopic pole in between a doorway, wherein the punching bag is attachable to the at least one telescopic pole.
2. The exercise device of claim 1, wherein the at least one telescopic pole comprises a first telescopic pole and a second telescopic pole, wherein the punching bag is attachable to the first telescopic pole and the second telescopic pole, and thereby is suspended in between the first telescopic pole and the second telescopic pole.
3. The exercise device of claim 2, further comprising at least one elastic band comprising a first end with a first hook and a second end with a second hook, wherein the at least one elastic band runs through the punching bag and is attachable to the first telescopic pole and the second telescopic pole.
4. The exercise device of claim 3, wherein the at least one elastic band is two elastic bands crossing one another within the punching bag, wherein each hook protrudes from each corner of the punching bag.
5. The exercise device of claim 4, wherein the first telescopic pole and the second telescopic pole each comprise two U-brackets formed to receive and secure the hooks.
6. The exercise device of claim 4, wherein the punching bag comprises: the outer covering comprising a front covering and a rear covering, forming the internal compartment in between; a soft layer of foam adjacent to the rear covering and comprising crisscrossing channels, wherein the two elastic bands are disposed; and a dense layer of foam sandwiched in between the soft layer of foam and the front covering.
7. The exercise device of claim 6, wherein the front covering and the rear covering are stitched together.
8. The exercise device of claim 1, wherein the first end and the second end of the telescopic pole each comprise substantially flat ends substantially perpendicular to the telescopic pole.
9. The exercise device of claim 8, further comprising a padding attached to each of the substantially flat ends.
10. A method of setting up an exercise device comprising: suspending a first end and a second end of a first telescopic pole against a door frame, thereby suspending the first telescopic pole in between a doorway; suspending a first end and a second end of a second telescopic pole against the door frame, thereby suspending the second telescopic pole in between the doorway; securing a top end of a punching bag to the first telescopic pole; and securing a bottom end of the punching bag to the second telescopic pole.

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