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Osborn

(54) **EXERCISE BALL**

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(21) Appl. No.: **12/930,711**

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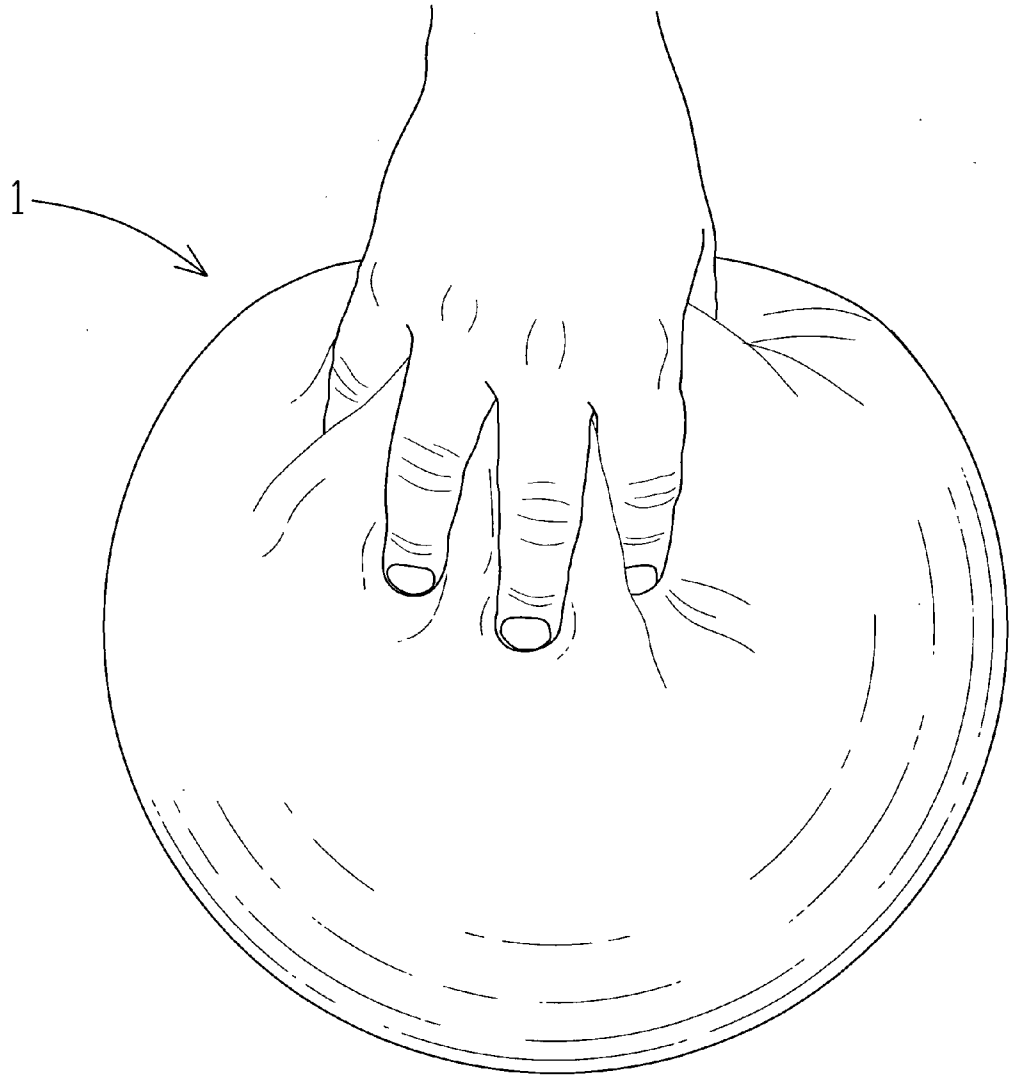
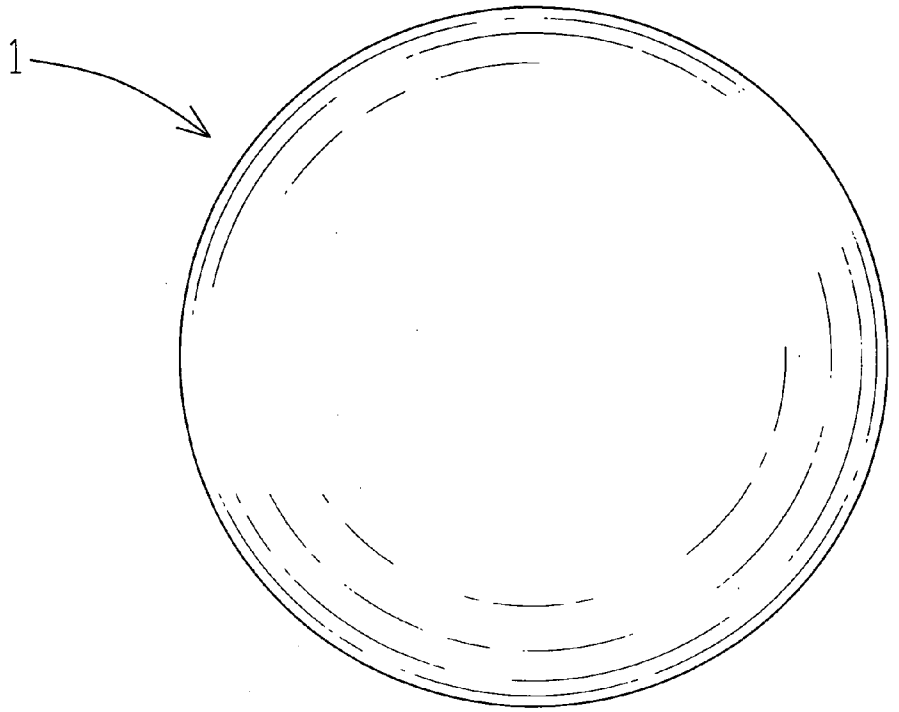
A63B 21/06 (2006.01)

(52) **U.S. Cl.** **482/93**

(57) **ABSTRACT**

An improved exercise ball is defined by a resilient, flexible sidewall having a through opening extending from an interior to an exterior of the sidewall. A loose, solid media such as sand is deposited into the through opening. Thereafter, an air valve is arranged within the through opening and the interior is pressurized to fully inflate the exercise ball. A variety of exercises may thereafter be performed with the improved exercise ball.





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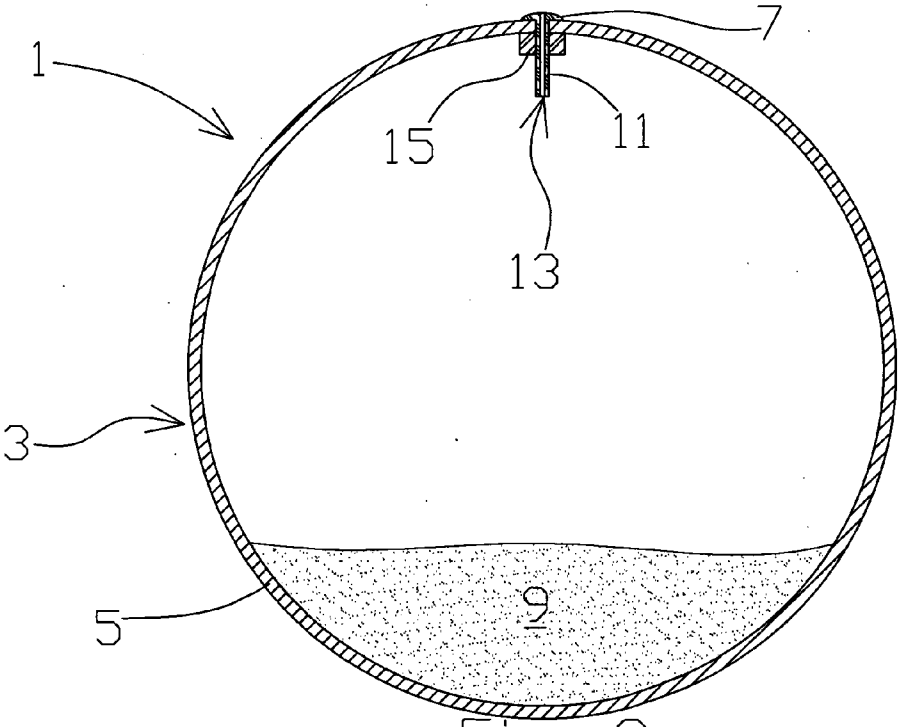

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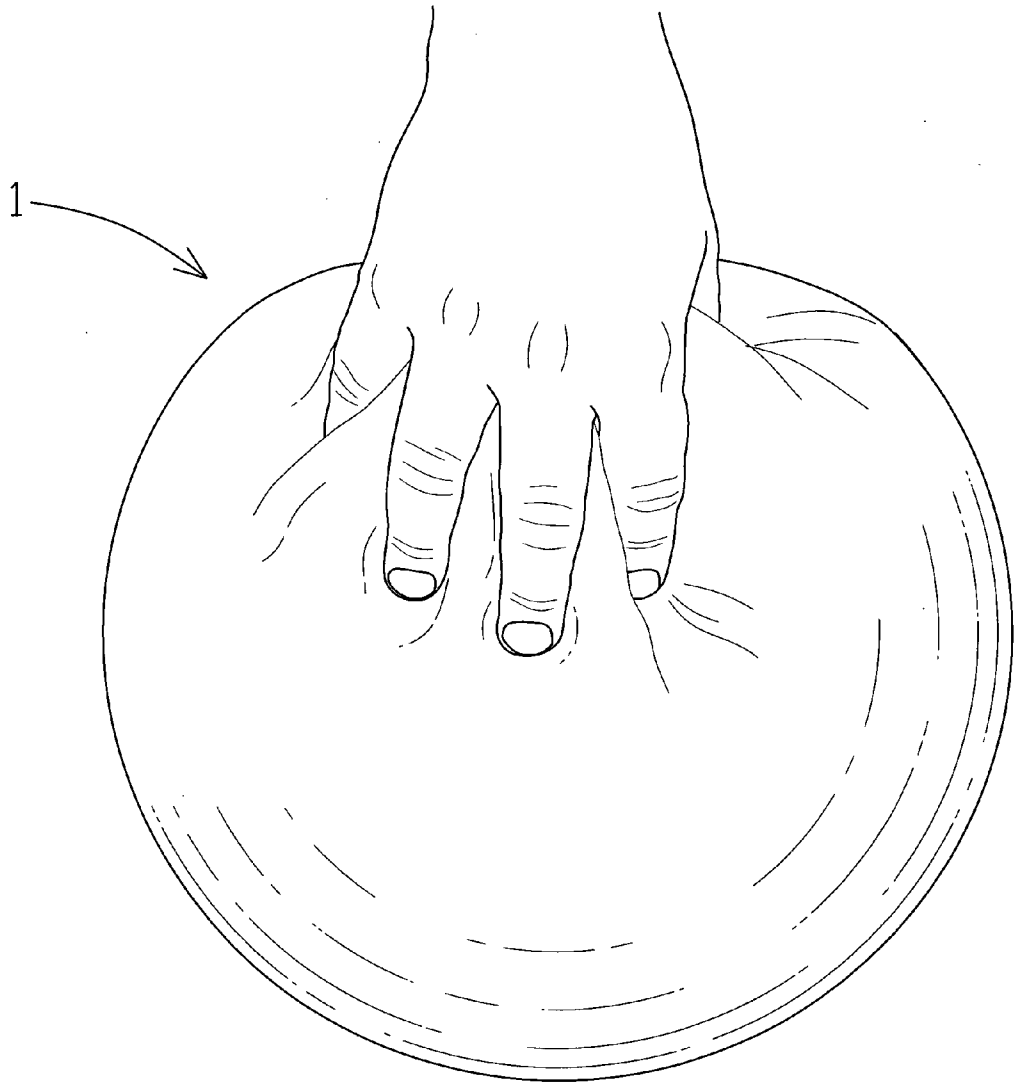

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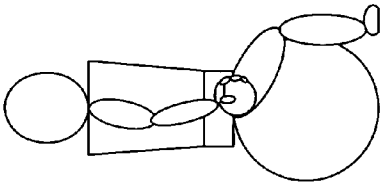


Fig. 4E

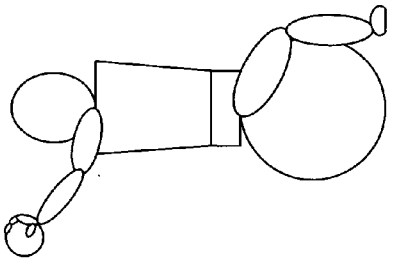
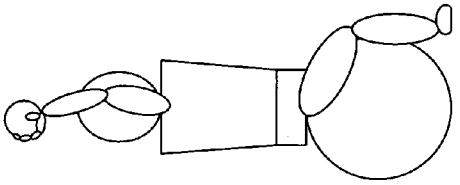


Fig. 4D



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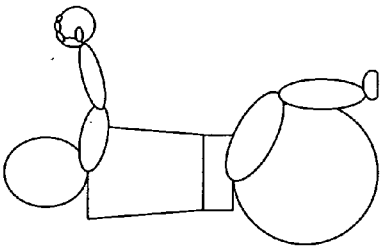
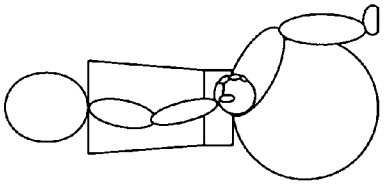


Fig. 4B



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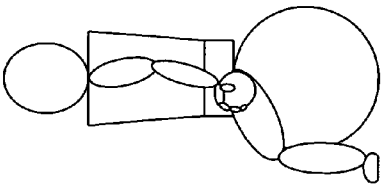

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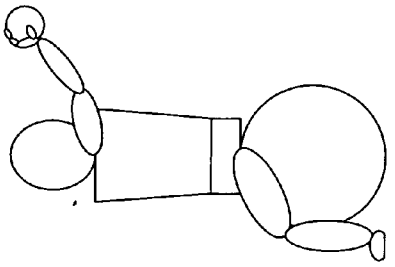

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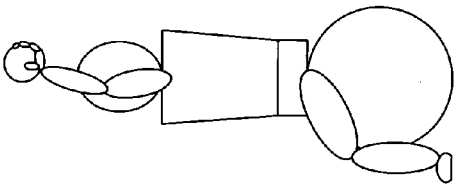

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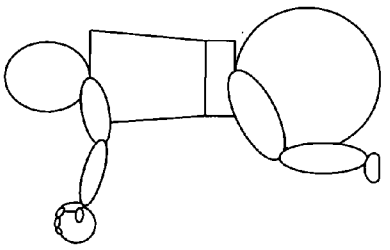

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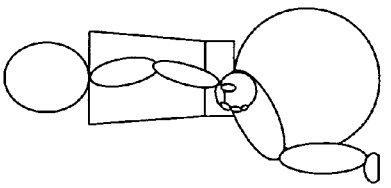

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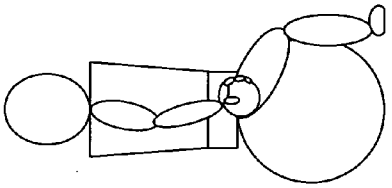

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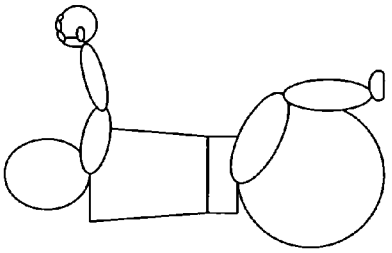

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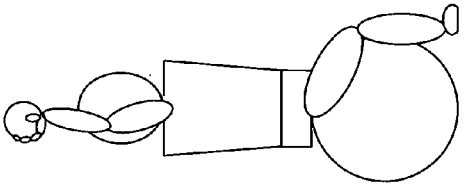

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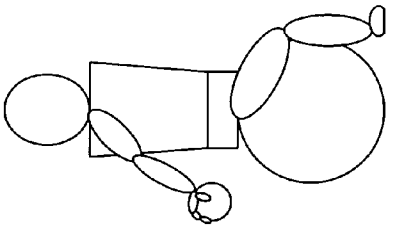

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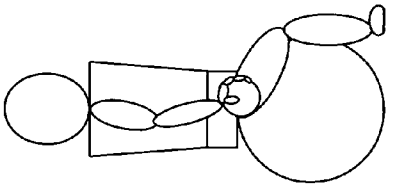

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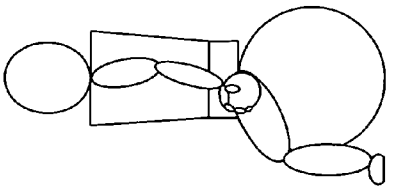

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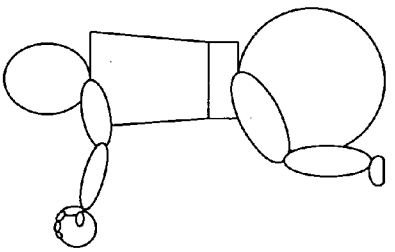

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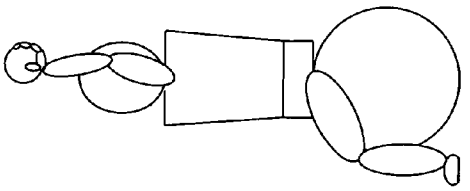

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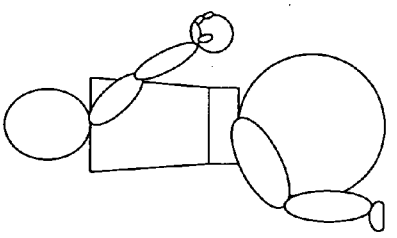

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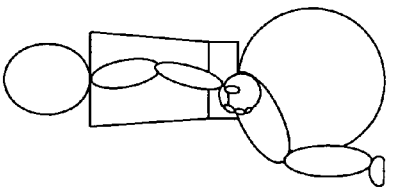

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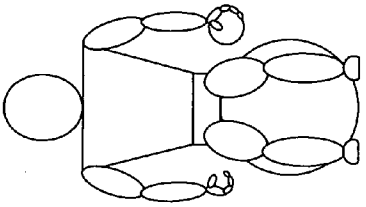

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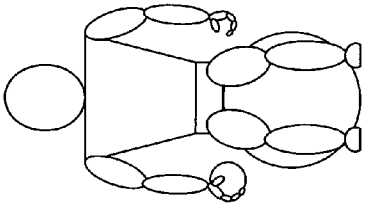

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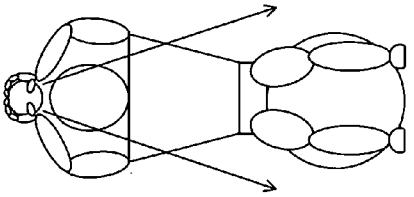

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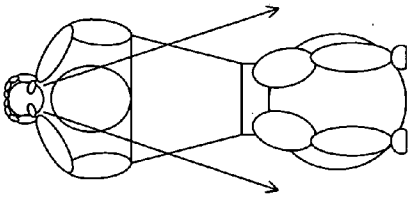

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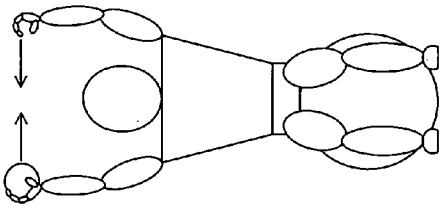

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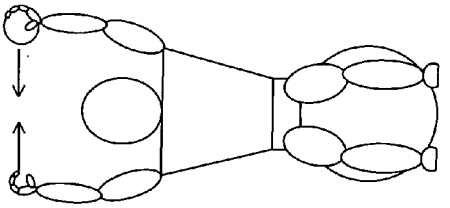

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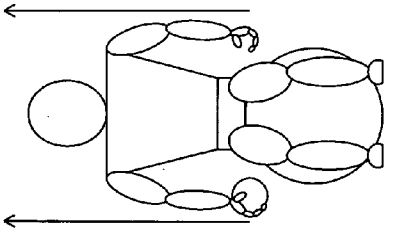

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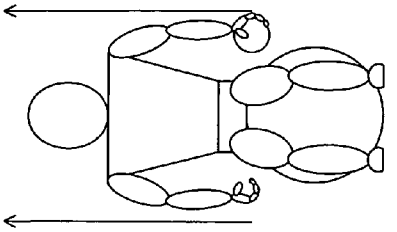

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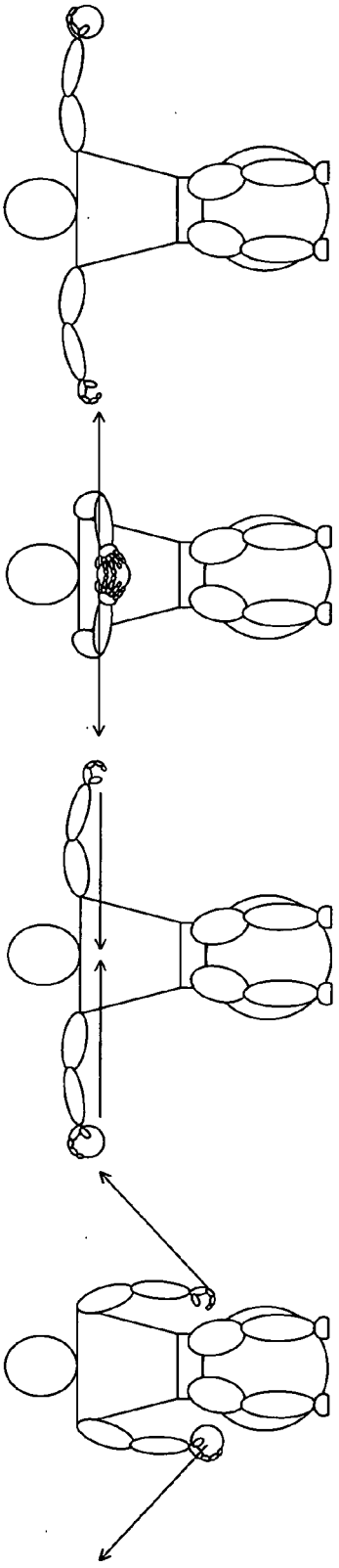


Fig. 10A

Fig. 10B

Fig. 10C

Fig. 10D

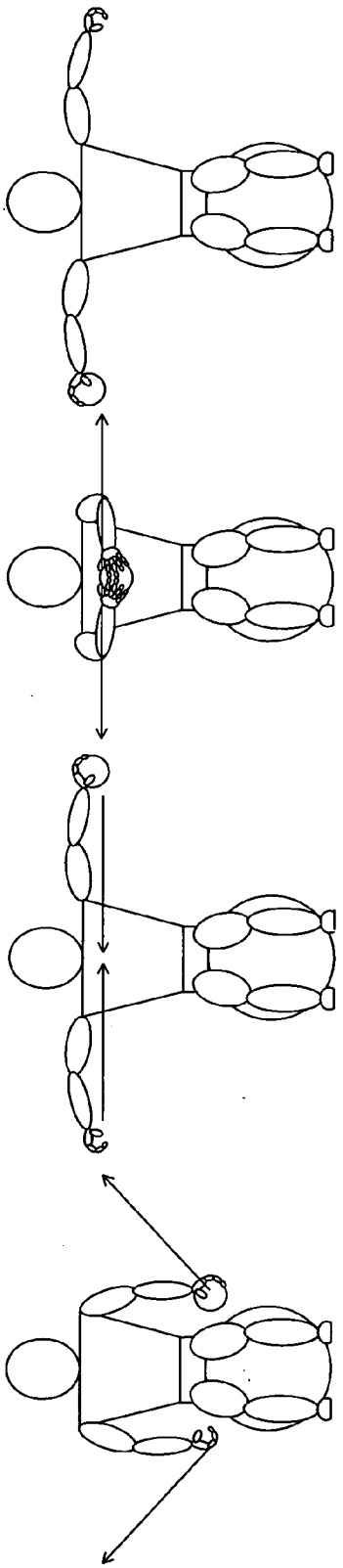
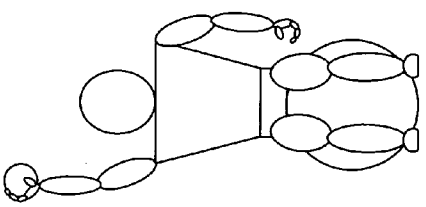


Fig. 11A

Fig. 11B

Fig. 11C

Fig. 11D



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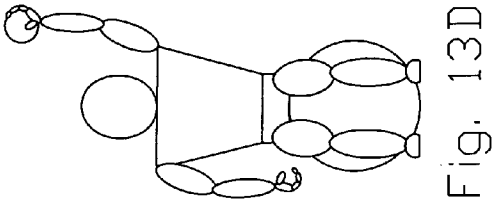

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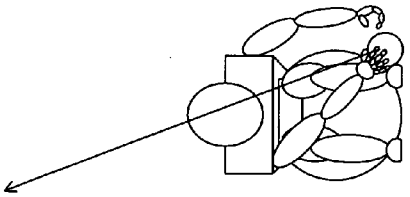

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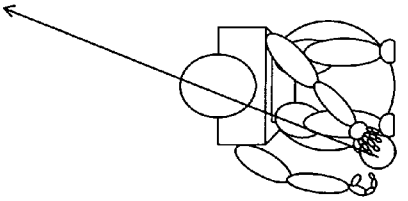

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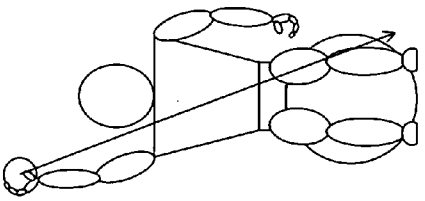

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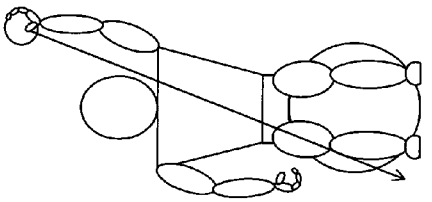

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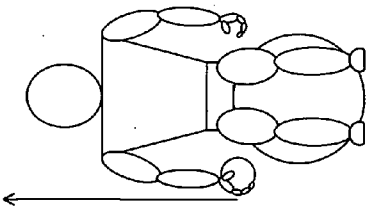

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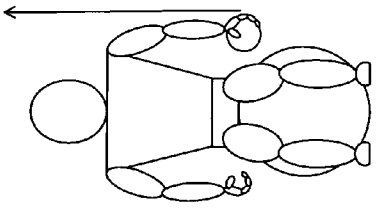

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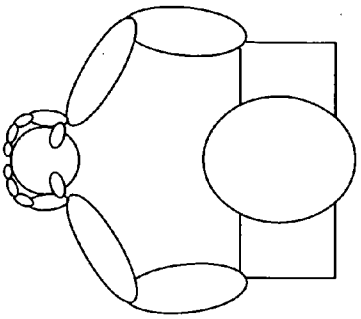

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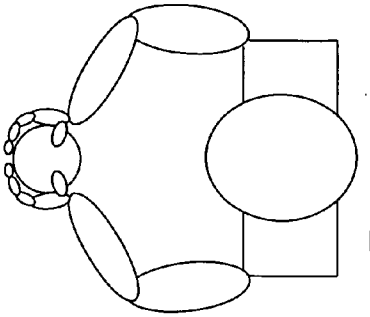

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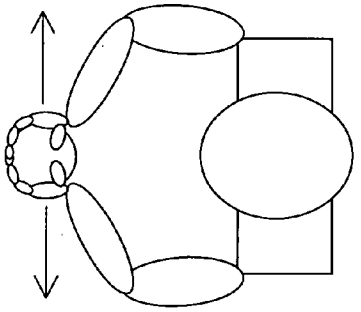

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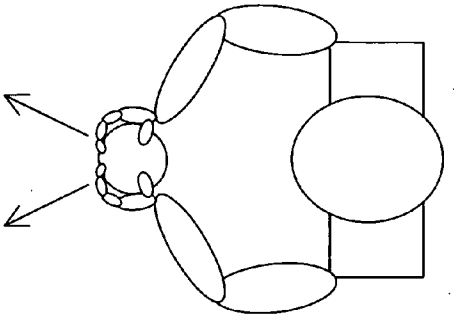

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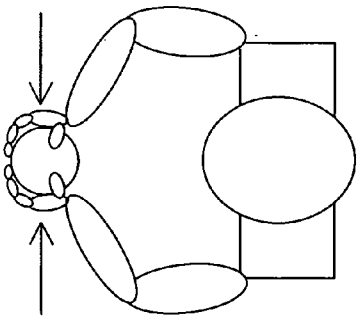

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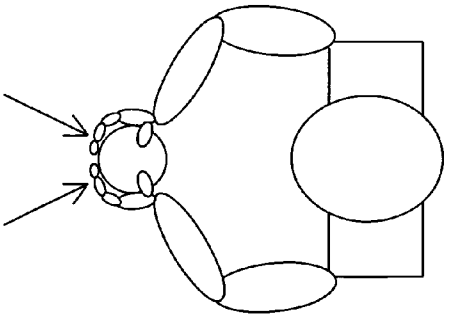

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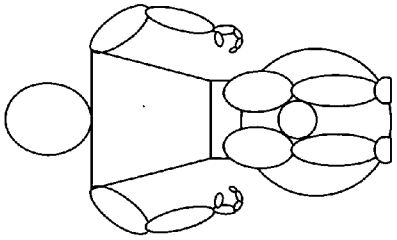

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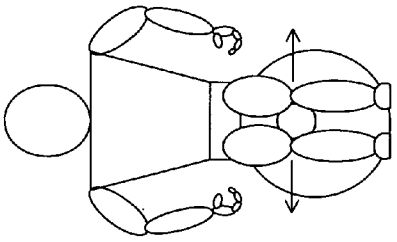

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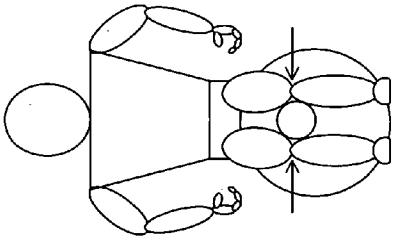

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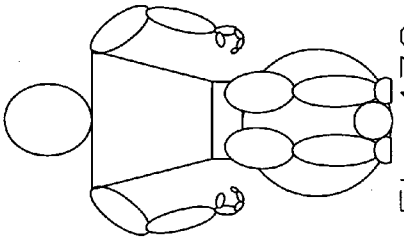

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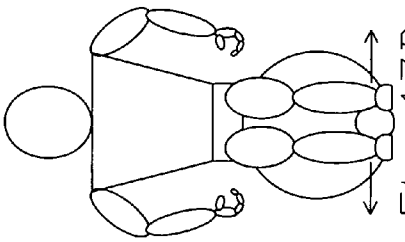

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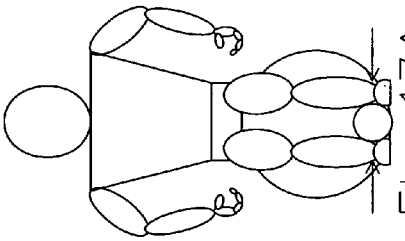

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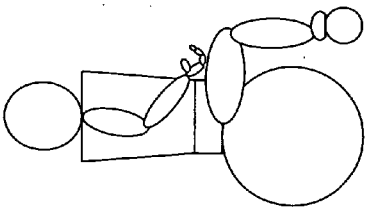

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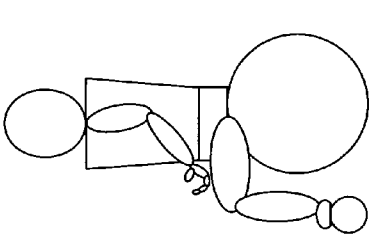

Fig. 19C

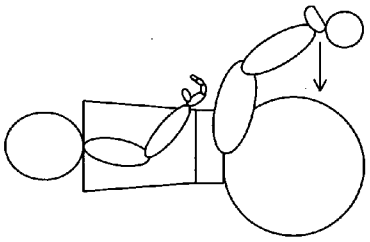

Fig. 18B

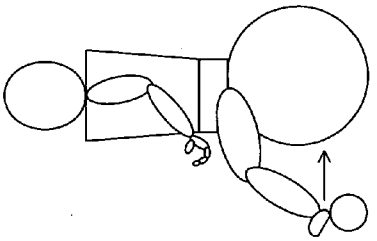

Fig. 19B

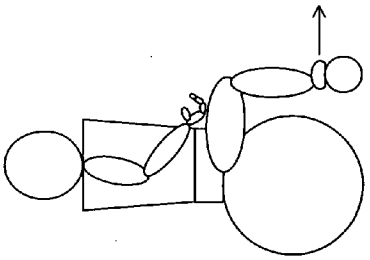

Fig. 18A

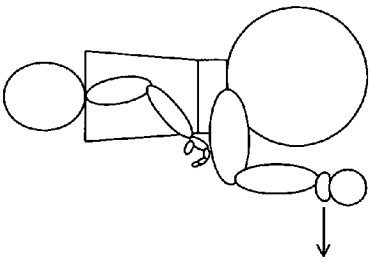

Fig. 19A

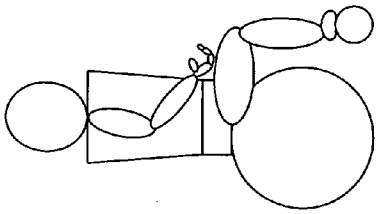

Fig. 20C

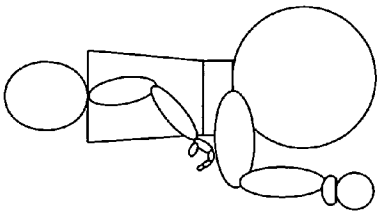

Fig. 21C

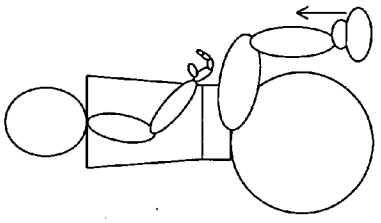

Fig. 20B

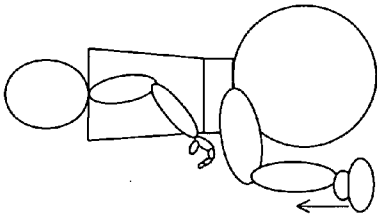

Fig. 21B

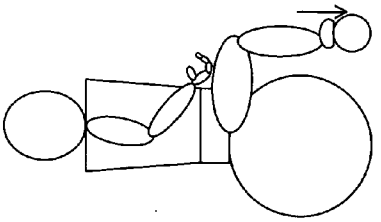

Fig. 20A

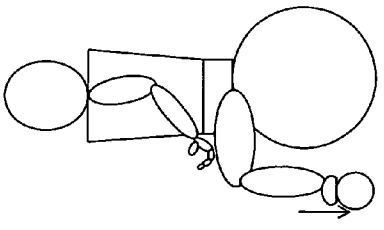

Fig. 21A

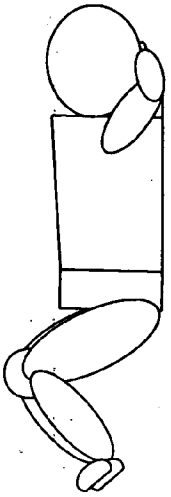

Fig. 22C

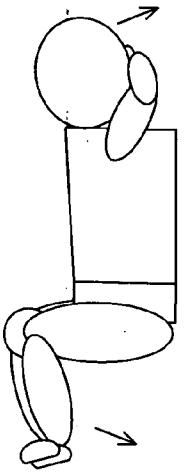

Fig. 22B

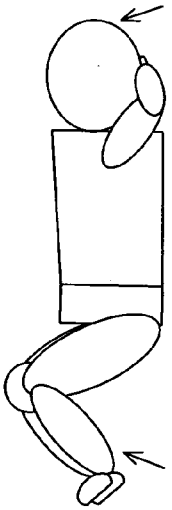

Fig. 22A

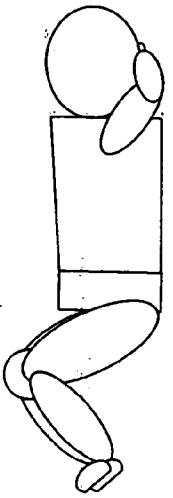

Fig. 23C

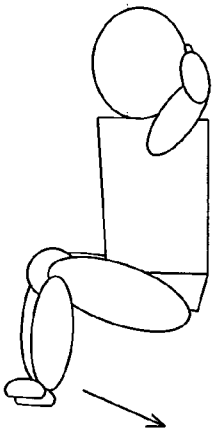

Fig. 23B

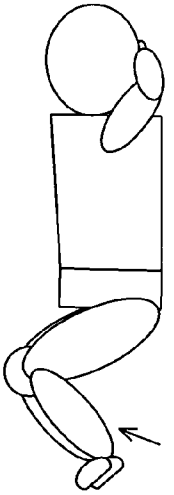

Fig. 23A

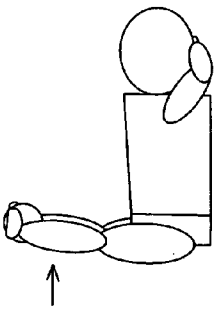

Fig. 24A

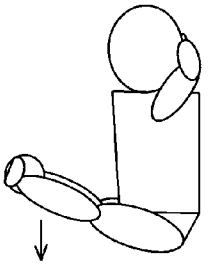

Fig. 24B

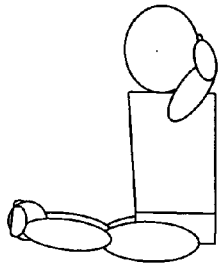

Fig. 24C

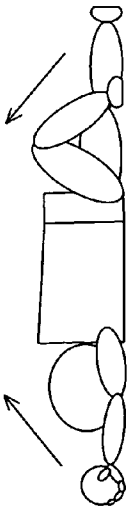

Fig. 25A

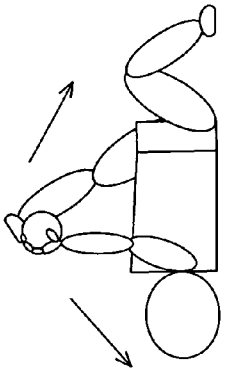

Fig. 25B

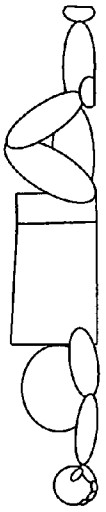

Fig. 25C

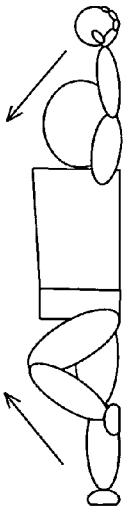

Fig. 26A

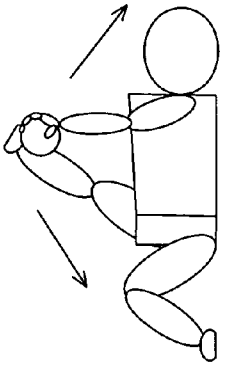

Fig. 26B

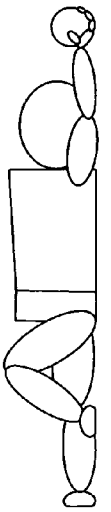

Fig. 26C

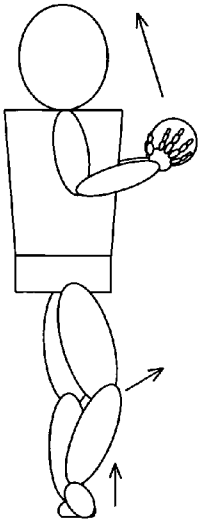

Fig. 27A

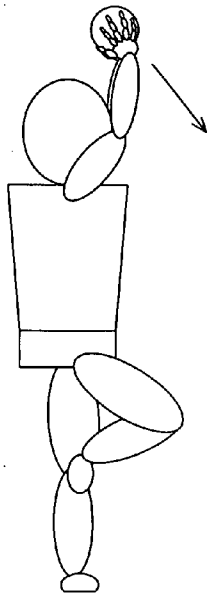

Fig. 27B

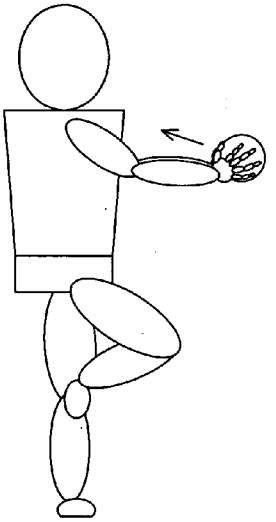

Fig. 27C

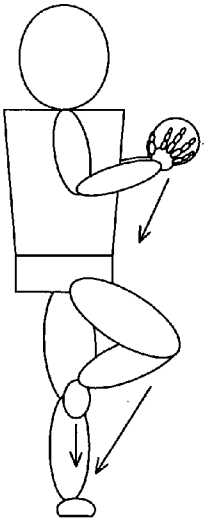

Fig. 27D

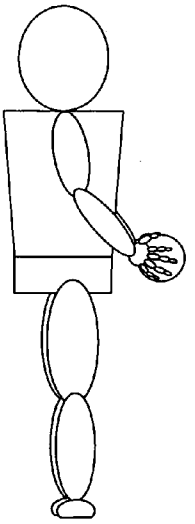

Fig. 27E

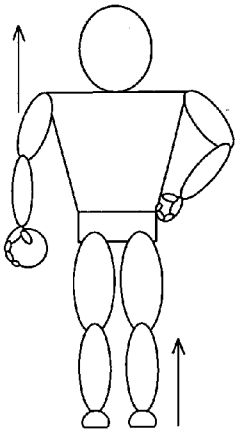

Fig. 28A

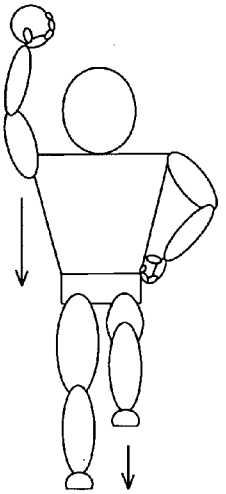

Fig. 28B

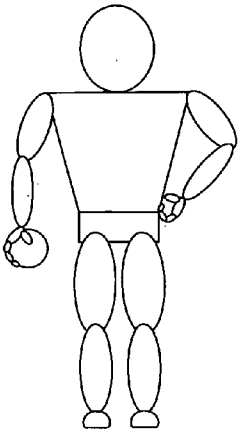

Fig. 28C

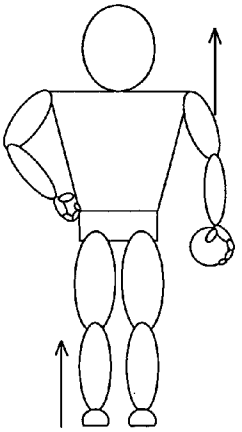

Fig. 29A

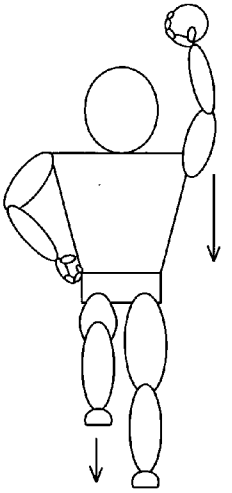

Fig. 29B

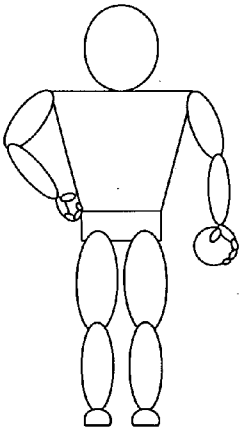

Fig. 29C

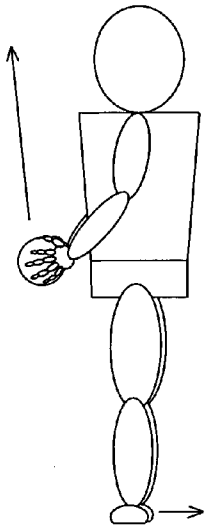

Fig. 30A

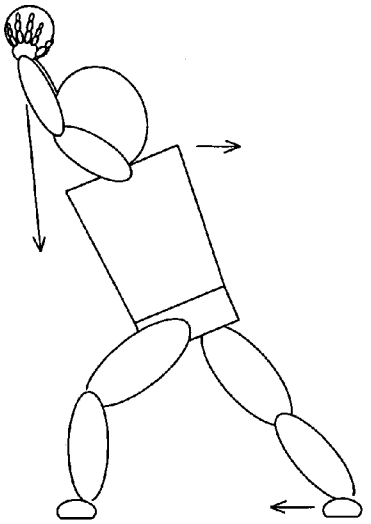

Fig. 30B

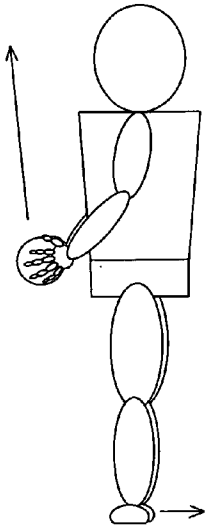

Fig. 30C

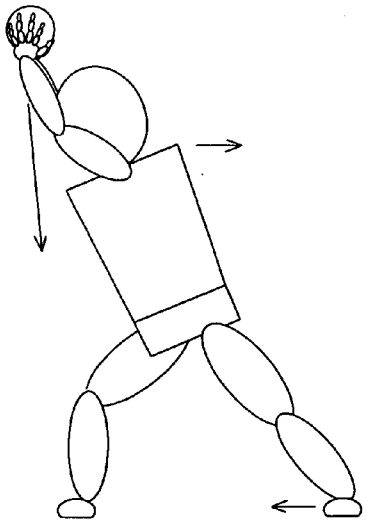

Fig. 30D

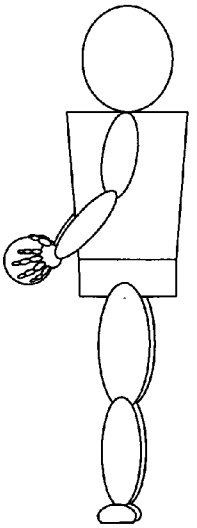

Fig. 30E

EXERCISE BALL

[0001] There are no related patent applications.

[0002] The present application was not subject to federal research and/or development funding.

TECHNICAL FIELD

[0003] Generally, the present invention relates to an improved weighted ball that may be held in a single hand and which is useful in performing rehabilitation exercises. The weighted ball may also be utilized in performing strength training exercises in healthy individuals. More specifically, the exercise ball comprises an air impervious bladder that is inflated to an air pressure slightly higher than atmospheric pressure. The ball includes a weighted material disposed therein prior to inflation of the ball. The ball also has a non-slip exterior for gripping the ball. A variety of exercises may be performed with the ball. The ball preferably includes a removable air valve for adding weighted material and having a diameter of substantially between seven and eight inches.

[0004] There are several exercises that can be performed with the invention that are difficult or impossible to perform with other balls. The pliability and softness of the ball allows it to be tightly pinched to obtain a firm grasp while performing various upper body exercises. This is very useful for a person that has limited hand and/or finger strength. Such upper body exercises includes holding a ball with the hand extended outward from the body at substantially shoulder height and rotating the arm at the shoulder in clockwise and counter-clockwise circles, overhead passes, front passes, crossovers, as well as hand and finger squeezes. Other exercises may include lower body exercises such as the inner thigh squeeze and the ankle squeeze.

[0005] Exercises that may be performed with the foot include the foot push and foot roll. These foot exercises are facilitated by use of the instant invention due to the weighted material preventing the ball from rolling away from the exerciser's foot. Such exercises strengthen the upper and lower leg muscles.

[0006] Still other exercises are directed to the core muscles of the torso and include exercises that work the abdominal and lower back muscles. These exercises may be performed with other types of balls. However, the weighted material in the instant ball maximizes the workout experienced by the core muscles by making the exercises more challenging. These core muscle exercises include upper and lower crunches, reverse curls, crossovers including those performed in the supine position.

[0007] Various balance exercises can be performed with the ball of the instant invention. There are various postures including the moball tree, tick-tock, and step back with front lift. Moreover, the ball may be used in low impact workouts or in more intense workouts. Varying the speed of rotational exercises changes the weight load experienced by the user when using the instant ball. Thus, the ball may exert various extended moments of inertia by simply varying the speed at which the exercises are performed.

BACKGROUND OF THE INVENTION

[0008] There are various balls for use in performing exercises. Such balls include medicine balls and large exercise balls for use in strength training of the core muscles. A medicine ball is a heavily weighted ball roughly the diameter of the shoulders and is often used for rehabilitation and strength training of the abdominal muscles. The ball is typically thrown between and caught by a pair of exercisers. Medicine balls are not useful in performing single exercises without a partner. Still other larger, inflated exercise balls are placed on a floor and used in a variety of balancing exercises to strengthen muscle groups such as the abdominal muscles, arms, and legs.

[0009] Bennett, U.S. Pat. No. 5,893,808, discloses a therapeutic ball for warm up and therapy having a solid homogeneous body of molded elastomeric material of a size easily grasped in the palm of the hand, a weight of between 1-1.7 pounds, a hardness of 50-70 Shore A durometer and a percentage rebound of 65-90%. For therapy and warmup, the ball is generally used by grasping the ball in the palm of the hand and throwing or tossing this at a desired distance and angle, preferably using a full overhand motion, and catching the ball with any preferred hand as it bounces back to the user. This process is repeated as many times as desired. The Bennett ball is small and may be fitted into the palm of one's hand. Thus, it cannot perform the same exercises of the present device.

[0010] Sanghavi, U.S. Pat. No. 7,678,027, discloses a ball exerciser for arms and torso. In Sanghavi, an exercise ball device is used in exercising by a user while in a prone position. The exercise ball device includes a semi-circular shaped housing having an outer curved surface and an interior curved compartment having an inner curved surface. The housing has a retaining member positioned on the perimeter edge of the housing. The exercise ball device also includes a rolling ball positioned within the interior curved compartment, and the rolling ball is removably restrained within the interior curved compartment by the retaining member. The outer curved surface of the housing has a restraint member attached thereto for receiving the hand of a user. And, the rolling ball is approximately the same size as the interior curved compartment so that the rolling ball rotates or rolls within and relative to the housing.

[0011] Wickens et al., U.S. Pat. Pub. No. 20060063653 discloses a partially stabilized exercise device that includes an inflatable bladder and is partially stabilized with a small amount of filler. The bladder includes a first aperture to allow the filler to be easily placed in the bladder. The bladder also includes a valve main body that allows air to be easily injected into the bladder to inflate the bladder. In an exemplary method the filler is forced into the inflatable bladder using a mixture of air and filler. The air is under pressure and assists in forcing the filler into the bladder. After a proper amount of filler is in the bladder, the bladder can be deflated for packaging and/or shipping. The Wickens' device is a large ball that cannot be gripped from above to perform the exercises with the hand, wrist, and lower arm muscles being twisted to improve and rehabilitate the hand's grip.

[0012] Many of the prior art balls are too big to be grasped from above. That is, the diameter of the ball is too large to perform exercises that improve the user's hand strength and grip. Still other devices, such as the Bennet device, are too small to exert an extended moment of inertia for performing the exercises. Still other devices may be too inflated to be able to grip it from above, fails to conform around the fingers, or includes an exterior surface that is slick and cannot be easily grasped. In addition to improving the user's hand strength and

grip, the instant ball is used for upper, lower, core, balance, and range of motion exercises.

[0013] None of the prior art balls are inflated balls larger than the hand of the user and formed such that they can be easily gripped from above, picked up from a surface upon which the ball is resting, and rotated in a clockwise or counterclockwise manner at the wrist.

SUMMARY OF THE INVENTION

[0014] The present invention is an improved exercise ball comprising a polyvinylchloride bladder having a non-slip exterior surface. The ball is inflated to slightly above atmospheric pressure to ensure that the top of the bladder does not sag when placed on a surface such as a desk, chair seat, or floor. A through opening in the bladder allows a predetermined amount of weighted material to be deposited within the exercise ball. Thereafter, a one-way valve is seated in the through opening and the ball is inflated to slightly above atmospheric pressure. By inflating the ball to this pressure, the exercise ball is inflated to an optimal working pressure. The air pressure contained within the exercise ball cannot be much greater than atmospheric pressure to ensure that the exercise ball is pliable and may be easily grasped from above and ensure that the bladder conforms about the fingers of the user.

[0015] It is an object of this invention to provide a ball that can be used in exercises and therapy to target at least the hand muscles relating to grip, as well as the forearm and the lower arm muscles which rotate the hand and wrist in a clockwise and counterclockwise direction.

[0016] It is also an object of this invention to provide an exercise ball that is inexpensive to produce and use.

[0017] It is a further object of this invention to provide an exercise ball that is portable and easily carried by the user.

[0018] It is also an object of this invention to provide an exercise ball adapted for use by persons or athletes of all types of physiques.

[0019] It is an additional object of the invention to teach an improved weighted exercise ball which can be used for lower body, range of motion and balance exercises.

[0020] The above and further objects, details and advantages of the invention will become apparent from the following detailed description, when read in conjunction with the accompanying drawings.

BRIEF DESCRIPTION OF THE DRAWINGS

[0021] FIG. **1** is a perspective view of the exercise ball.

[0022] FIG. **2** is a cross section view of the exercise ball and showing the weighted material deposited therein.

[0023] FIG. **3** depicts how the pliable sidewall of the ball conforms to the fingers of the user. The ball may be gripped by the user and twisted in a clockwise or counter-clockwise manner to work the muscles of the arm and hand.

[0024] FIGS. **4**A-**4**E depict a reverse circles exercise being performed by a user's right arm and hand.

[0025] FIGS. **5**A-**5**E depict a reverse circles exercise being performed by a user's left arm and hand.

[0026] FIGS. **6**A-**6**E depict a forward circles exercise being performed by a user's right arm and hand.

[0027] FIGS. **7**A-**7**E depict a forward circles exercise being performed by a user's left arm and hand.

[0028] FIGS. **8**A-**8**D depict an overhead pass exercise being performed by the user when starting with the ball in the right hand.

[0029] FIGS. **9**A-**9**D depict an overhead pass exercise being performed by the user when starting with the ball in the left hand.

[0030] FIGS. **10**A-**10**D depict a front pass exercise being performed by the user when starting with the ball in the right hand.

[0031] FIGS. **11**A-**110** depict a front pass exercise being performed by the user when starting with the ball in the left hand.

[0032] FIGS. **12**A-**12**D depict a sitting crossover exercise being performed by the right hand of the user.

[0033] FIGS. **13**A-**13**D depict a sitting crossover exercise being performed by the left hand of the user.

[0034] FIGS. **14**A-**14**C depict a hand squeeze exercise.

[0035] FIGS. **15**A-**15**C depict a finger squeeze exercise.

[0036] FIGS. **16**A-**16**C depict an inner thigh squeeze that works the upper legs of the user.

[0037] FIGS. **17**A-**17**C depict an ankle squeeze that works the lower legs of user.

[0038] FIGS. **18**A-**18**C depict a foot roll performed with the right foot of the user.

[0039] FIGS. **19**A-**19**C depict a foot roll performed with the left foot of the user.

[0040] FIGS. **20**A-**20**C depict a foot push performed with the right leg of the user.

[0041] FIGS. **21**A-**21**C depict a foot push performed with the left leg of the user.

[0042] FIGS. **22**A-**22**C depict upper and lower body crunches performed by the user.

[0043] FIGS. **23**A-**23**C depict a reverse curl with bent legs being performed by the user.

[0044] FIGS. **24**A-**24**C depict a reverse curl with straight legs being performed by the user.

[0045] FIGS. **25**A-**25**C depict a supine crossover exercise with the ball in the user's right hand.

[0046] FIGS. **26**A-**26** depict a supine crossover exercise with the ball in the user's left hand.

[0047] FIGS. **27**A-**27**E depict a moball tree pose performed with the ball.

[0048] FIGS. **28**A-**28**C depict a tick-tock exercise performed with the ball in the right hand and the left leg lifted.

[0049] FIGS. **29**A-**29**C depict a tick-tock exercise performed with the ball in the left hand and the right leg lifted.

[0050] FIGS. **30**A-**30**E depict a step-back exercise wherein the ball is maintained in the hands whilst the legs are sequentially stepped backwards and forwards to the starting position.

DETAILED DESCRIPTION OF THE INVENTION

[0051] The following is the preferred embodiment or best mode for carrying out the invention. It should be noted that this invention is not limited by the discussion of the various embodiments and should only be defined by the appended claims. Moreover, it should be recognized that this invention is not limited by the discussion of the preferred embodiments, but that skilled artisans may easily recognize that certain modifications may be made without deviating from the spirit of the invention. The terms vertical and horizontal are to be given their ordinary meaning with respect to the drawings.

[0052] Now turning to the drawings, FIG. **1** is a perspective view of the ball **1**. FIG. **2** is a cross section view of the ball **1**.

The ball comprises a polyvinylchloride bladder **3** that forms a sidewall having a non-slip exterior surface **5**. The ball **1** is inflated to slightly above atmospheric pressure to ensure that the top of the bladder does not sag when placed on a surface such as a desk, chair seat, or floor. A through opening **7** in the bladder **3** allows a predetermined amount of weighted material **9** to be deposited within the exercise ball **1**. Thereafter, a one-way valve **11** is seated in the through opening **7** and the ball **1** is inflated to slightly above atmospheric pressure to ensure that the exercise ball is inflated to an optimal working pressure. The valve **11** includes an air passage that is biased closed when an air inflation needle is removed. A retaining ring **15** is arranged about the portion of the valve **11** that extends into the interior of the ball **1**. This retaining ring **15** may be removed for varying the amount of weighted material **9** disposed within the ball **1**. The air pressure contained within the exercise ball is low enough to ensure that the exercise ball is pliable and may be easily grasped from above and ensure that the bladder conforms about the fingers of the user as shown in FIG. **3**. As shown in the figures, the ball **1** is inflated equal to or just slightly above atmospheric pressure, typically one-tenth to one-hundredth of a pound of pressure increase. The bladder is pliable, such that when grasped from above by the user, the upper half of the bladder conforms around the user's fingers to increase the surface friction experienced by the user. In this manner, the ball **1** is easy to grasp by users with debilitating hand injuries.

[0053] As shown in FIGS. **4**A-**4**E and FIGS. **5**A-**5**E, reverse circles may be performed with the ball. While sitting on a stability ball or chair, the user's feet are spread a bit wider than the width of the user's hips. Each arm is separately worked, as indicated by the various figures. The ball is clenched while the hand is held down by the user's side and then rotated in a backward circle or counter-clockwise manner. The exercise is then performed with the other arm.

[0054] As shown in FIGS. **6**A-**6**E and FIGS. **7**A-**7**E, forward circles may be performed with the ball. The stance of the user is essentially the same as that used in performing the reverse circles. The ball is gripped and the forward circles are performed in a clockwise direction. It should be noted that the weighted material will fall to the bottom of the bladder during a low impact workout. However, if the arm is rotated in a rapid manner or an increased frequency, the weighted material tends to be displaced by the centrifugal force experienced within the ball. This advantageously changes the torque experienced by the user by shifting the moment of inertia experienced by the user. Thus, the weighted material pulls away from the center of rotation at the shoulder when rotated at a rapid rate. Moreover, the weighted material in the handheld ball constantly shifts during any rotation of the ball.

[0055] FIGS. **8**A-**8**D and FIGS. **9**A-**9**D depict overhead pass exercises that may be performed by the ball. In this instance, the ball is clenched in one hand of the user with both hands extended down to the side of the body. Both arms are raised upward such that the hands are extended over the user's head and brought together. The ball is then passed to the opposite hand and the hands are then lowered to the user's side as indicated by the arrows. The user may be resting atop a chair or balance ball as shown.

[0056] FIGS. **10**A-**10**D and FIGS. **11**A-**11**D depict front pass exercises. The ball is clenched in one hand with the arms resting at the side of the user. The arms are then extended upward and outward to the side of the body at substantially shoulder height. Both arms are slightly bent at the elbow and then brought to the center in front of the chest. The ball is then passed to the opposite hand and the arms are separated as shown in FIGS. **10**D and **11**D.

[0057] FIGS. **12**A-**12**D and FIGS. **13**A-**13**D show cross-over exercises. The user is seated with the legs spread apart. The ball is held in one hand with the arm extended downward. The ball laden arm is raised upwards. Next, the user bends forward at the waist and lowers the arm towards an opposite foot and thereafter returns to an upright position with the hand extended upward. The above mentioned exercises are used for strengthening the shoulder, wrist, and hand muscles. The shoulder is also exercising over a range of motion which improves flexibility while performing these exercises. The ball is very useful in performing these exercises as it may be easily gripped as previously discussed.

[0058] FIGS. **14**A-**14**C are overhead views of the user performing a hand squeeze exercise. In this instance, the user holds the ball between both hands with the fingers and palms against the outer surface of the ball. As can be recognized but not represented in these figures, the ball is squished into a flattened spherical shape when pressure is exerted on opposite sides of the bladder. The hands are pushed together and released as indicated by the arrows. This exercise is useful in strengthening the shoulders, triceps, chest, hand, and wrist muscles. The weighted material creates a downward force requiring the arm and shoulder muscles to work harder.

[0059] FIGS. **15**A-**15**C are overhead views of the user and depict a finger squeeze exercise being performed. In this instance, the ball is held in the fingers of the user as shown. The arrows show the fingers squeezing the ball and releasing it. The pliability and softness of the material of which the ball is constructed allows it to be tightly pinched to obtain a firm grasp while performing various upper body exercises. This is very useful for a person that has limited hand and/or finger strength.

[0060] FIGS. **16**A-**16**C depict a lower body exercise. The ball is arranged between the knees of the user while sitting on a stability ball or in a chair. The knees are squeezed together and may be held for several seconds before being released as shown by the arrows.

[0061] FIGS. **17**A-**17**C show another lower body exercise. In this instance, the leg muscles are worked by arranging the ball between the ankles and exerting a force to pull the feet together. Pressure is then released and the exercise is repeated. The pressure may be exerted for several seconds.

[0062] FIGS. **18**A-**18**C and FIGS. **19**A-**19**C show a foot roll exercise. The ball is arranged under one foot. The weighted material resists rolling the ball. The ball is then rolled under the foot away from the user until it is positioned under the heel with the toe pointed upward and pulled back to the starting position. These foot rolls assist motor coordination skills necessary for controlling the feet on the ball as well as working the range of motion of the knees.

[0063] FIGS. **20**A-**20**C and FIGS. **21**A-**21**C show a foot push exercise that may be performed by the ball. In this instance, the ball is arranged under the ball of the user's foot. The user pushes down on the ball to flatten it and thereafter removes pressure releasing it to assume its original shape. The exercise is then repeated on the other side. The foot push strengthens calf and hamstring muscles, as well as working on motor coordination to control the foot on the ball.

[0064] FIGS. **22**A-**22**C depict the user simultaneously performing an upper and lower body crunch. In this exercise, the user rest in a supine position on the floor. The ball is grasped

between the bent knees of the user with the ankles being crossed and slightly elevated. The hands of the user are interlaced behind the user's head. The user then uses the core muscles to lift the knees upward whilst the head is also raised upward. A repetition is completed by lowering the feet and head.

[0065] In FIGS. **23**A-**23**C, the user performs a reverse curl exercise with bent knees by arranging the ankles and hands as mentioned above in FIGS. **22**A-**22**C with the ball held between the knees and the feet elevated. The knees are elevated as shown and drawn towards the user's chest. The feet are then extended away from the user's chest. The exercise is then repeated. The head rests on the floor or mat on which the user is exercising.

[0066] In FIG. **24**A-**24**C, the user performs a reverse curl with straight legs by first assuming a supine position while the ball is held between the feet of the user with the hands interlaced behind the user's head. The legs are extended upward substantially perpendicular to the user's torso. While substantially straight, the feet are propelled towards the user's head and back to vertical to complete a repetition.

[0067] In FIGS. **25**A-**25**C, a cross over is performed from the supine position. The ball is held in the right hand of the user while resting. The right leg of the user is bent while the left leg is straight. The right arm is simultaneously extended towards the left leg such that the ball touches the left foot. The left leg and right arm are then returned to the starting position. In FIGS. **26**A-**26**C, the ball is held in the left hand while being extended towards the raised right foot of the user as shown.

[0068] FIGS. **27**A-**27**E depict a moball tree pose performed with the ball. In this exercise, the ball is grasped between the user's hands at chest level and raised above the head as indicated. The one knee is bent and raised upward with the foot on the same leg being arranged against the opposite knee. Next, the ball is lowered to chest level and brought inward to the chest as indicated by the arrows. The foot is then lowered and the ball returned to in front of the user as indicated in FIG. **27**E.

[0069] FIGS. **28**A-**28**C and FIGS. **29**A-**29**C depict a tick-tock exercise performed with the ball in the right hand and the left leg lifted. The ball is grasped in one hand with the opposite hand being held near the waist of the user. The ball is raised upward while the opposite leg is lifted. The ball and raised leg are lowered as indicated by the arrows in FIG. **28**B. Next, the ball is passed to the opposite hand and the exercise is repeated.

[0070] FIGS. **30**A-**30**E depict a step-back exercise wherein the ball is maintained in the hands whilst the legs are sequentially stepped backwards and forwards to the starting position. The ball is grasped between the hands at waist level and raised while moving a first leg backward. Next the first leg is returned to its original position while the ball is lowered. The opposite leg is then moved backward while raising the ball and lowering as before.

[0071] While the invention has been described with respect to preferred embodiments, it is intended that all matter contained in the above description or shown in the accompanying drawings shall be interpreted as illustrative and not in limiting sense. From the above disclosure of the general principles of the present invention and the preceding detailed description, those skilled in the art will readily comprehend the various modifications to which the present invention is susceptible. Therefore, the scope of the invention should be limited only by the following claims and equivalents thereof.

I claim:

1. An improved exercise ball comprising:

an air impervious bladder having a through opening and an internal air pressure substantially equal to atmospheric pressure such that the bladder is a fully inflated sphere that may be grasped from above wherein the bladder conforms to the hand of the user by collapsing around fingers of a user;

a weighted material disposed within said bladder and maintained loosely within the bladder; and,

an air valve arranged in the through opening, said air valve including an air passage that is biased closed when an air inflation needle is removed, said air valve further comprising a retaining ring that is arranged about the portion of the valve that extends into an interior of the air impervious bladder and which may be removed for varying an amount of the weighted material disposed within the bladder;

wherein said ball maintains and supports a spherical shape when placed on a flat surface.

2. The improved exercise ball of claim **1** wherein said air impervious bladder comprises natural or synthetic rubber.

3. The improved exercise ball of claim **1** is formed from PVC.

4. The improved exercise ball of claim **1** wherein said diameter of the ball is in a range of substantially seven to eight inches.

5. The improved exercise ball of claim **1** wherein said weighted material is selected from a group consisting of one pound, one and one-half pounds, two pounds and two and one-half pounds.

6. A weighted ball having a non-slip exterior, used for muscle therapy and exercise requiring a user to grasp the weighted ball from above and to lift the ball and retain said ball in the user's grasp while twisting the user's wrist in a clockwise or counter clockwise direction, said weighted ball, comprising a substantially spherical bladder filled with a loose weighted material and air such that said weighted ball supports a spherical shape when placed on a flat surface.

7. An exercise ball comprising:

a polyvinylchloride bladder forming a sidewall and having a non-slip exterior surface on the sidewall, said ball being inflated to slightly above atmospheric pressure to ensure that the top of the bladder does not sag when placed on a flat surface;

a through opening arranged in the polyvinylchloride bladder;

a predetermined amount of weighted material being deposited within the exercise ball;

an air valve seated in the through opening, said air valve includes an air passage that is opened when an air inflation needle is thrust therein and biased closed when the air inflation needle is removed;

a retaining ring is arranged about a portion of the air valve that extends into an interior of the polyvinylchloride bladder, retaining ring being removeable for varying an amount of weighted material disposed within the polyvinylchloride bladder

wherein said exercise ball is pliable and may be easily grasped from above such that the polyvinyl bladder conforms about the fingers of the user.

8. The exercise ball of claim **7** wherein said polyvinylchloride bladder comprises natural or synthetic rubber.

9. The exercise ball of claim **7** wherein said diameter of the ball is in a range of substantially seven to eight inches.

10. The exercise ball of claim **7** wherein said weighted material is selected from a group consisting of one pound, one and one-half pounds, two pounds and two and one-half pounds.

11. A method of exercise comprising providing:

an air impervious bladder having a through opening and an internal air pressure substantially equal to atmospheric pressure such that the bladder is a fully inflated sphere that may be grasped from above wherein the bladder conforms to the hand of the user by collapsing around fingers of a user;

a weighted material disposed within said bladder and maintained loosely within the bladder; and,

an air valve arranged in the through opening, said air valve including an air passage that is biased closed when an air inflation needle is removed, said air valve further comprising a retaining ring that is arranged about the portion of the valve that extends into an interior of the air impervious bladder and which may be removed for varying an amount of the weighted material disposed within the bladder;

wherein said ball maintains and supports a spherical shape when placed on a flat surface and,

wherein said ball is used to perform each of the following exercises selected from a group consisting of upper body exercises, reverse curls, forward circles, overhead pass, front pass, crossover, hand squeeze, finger squeeze and lower body exercises including inner thigh squeeze, ankle squeeze, foot roll, foot push, upper and lower body crunch, and reverse curls.

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