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Donofrio

(54) **WALL-MOUNTED HOME FITNESS TRAINING EQUIPMENT**

(71) Applicant: **Darren Donofrio**, Plainfield, IL (US)

(72) Inventor: **Darren Donofrio**, Plainfield, IL (US)

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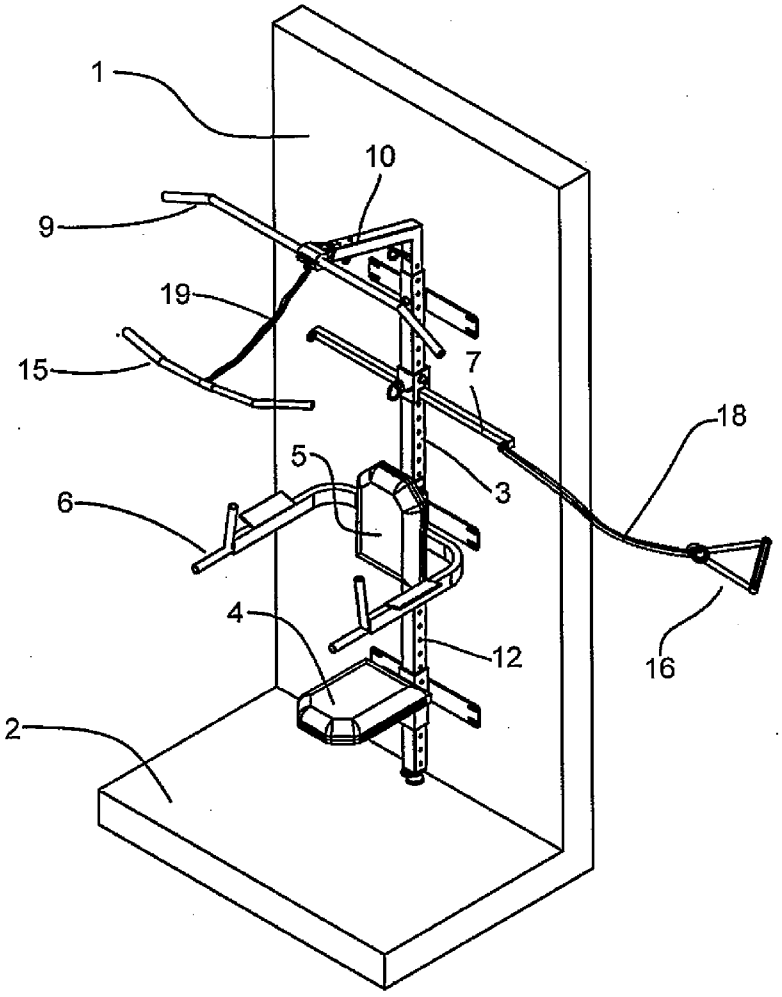
USPC **482/129**

(57) **ABSTRACT**

An overall fitness trainer and can be a wall mounted unit that can utilize clip resistance bands as well as other techniques. These bands generally clip on the unit and onto different handles, bars and attachments to perform exercises. The unit can have a removable/adjustable pull up bar, dip bar and seat. It also includes a spring loaded, pull pin carriage that moves freely up and down a vertical spine. This allows for easy adjustment of the carriage and allows the user to attach the bands at multiple angles, widths and levels. This in turn increases the number of exercises the user can perform on the unit. The unit can be attached to the wall with lag bolts into two or more studs.



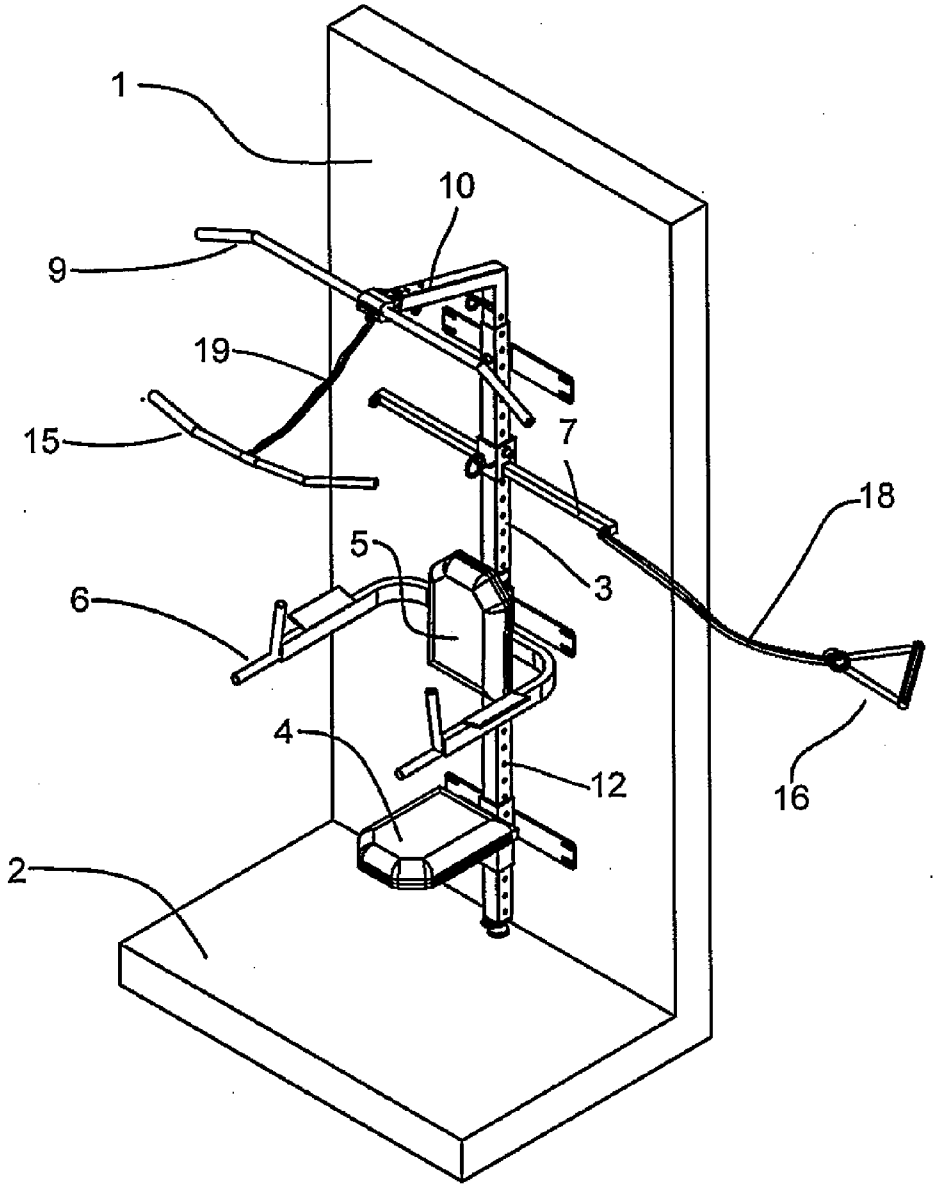


FIG. 1

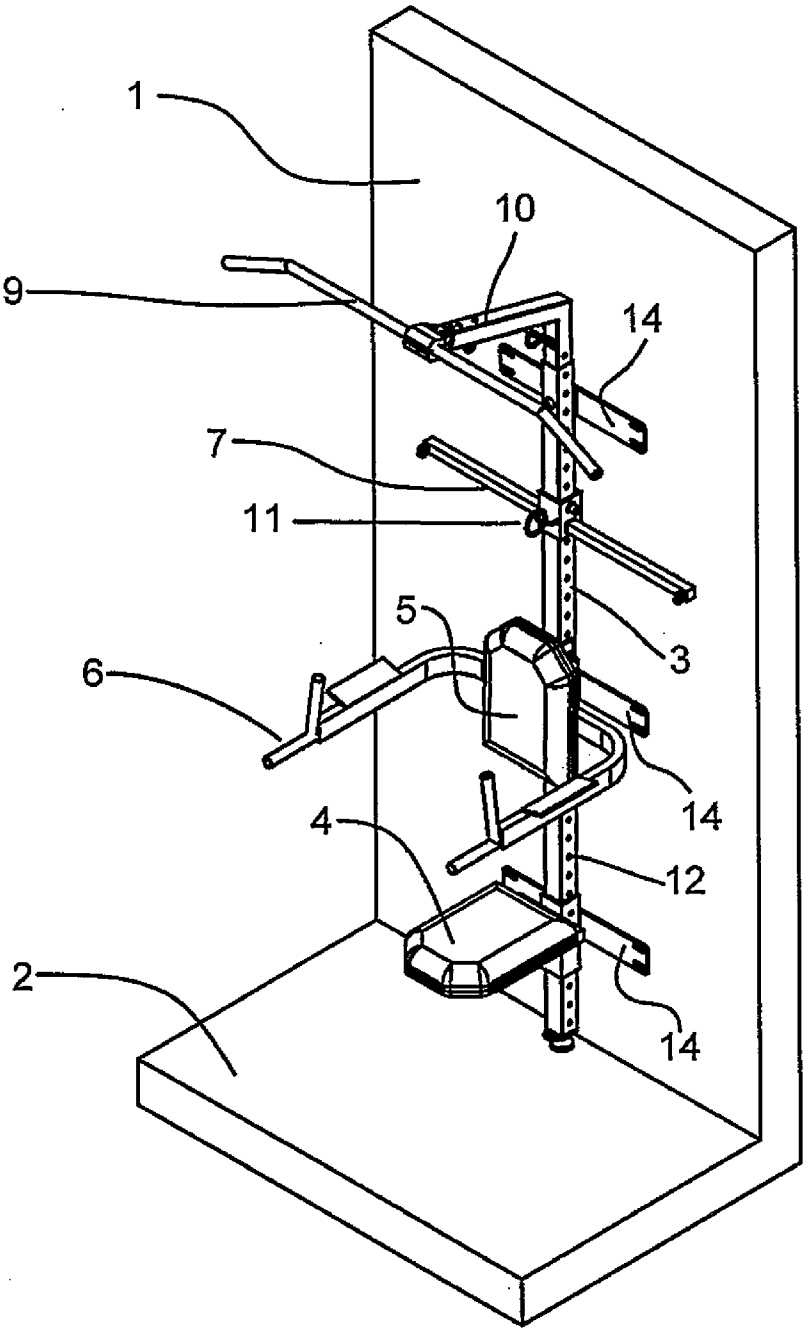


FIG. 2

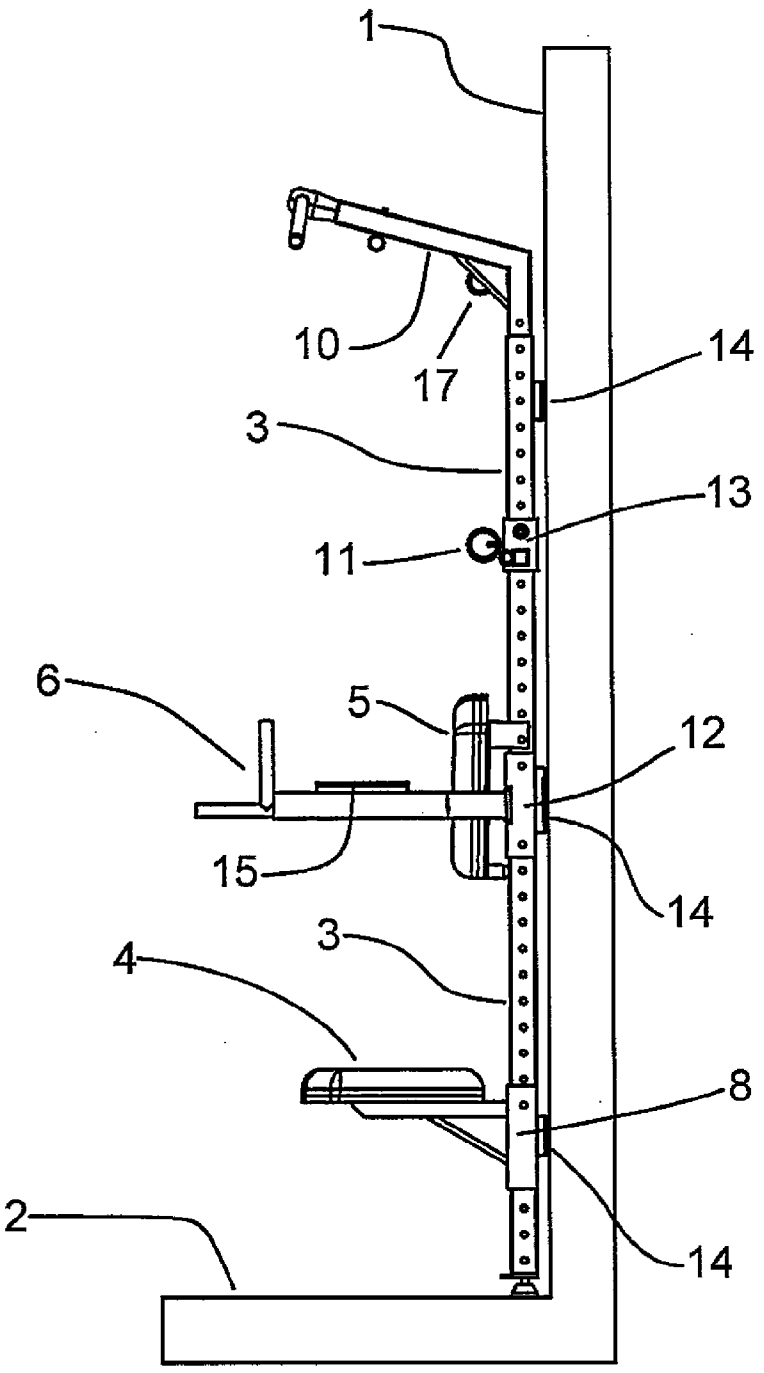


FIG. 3

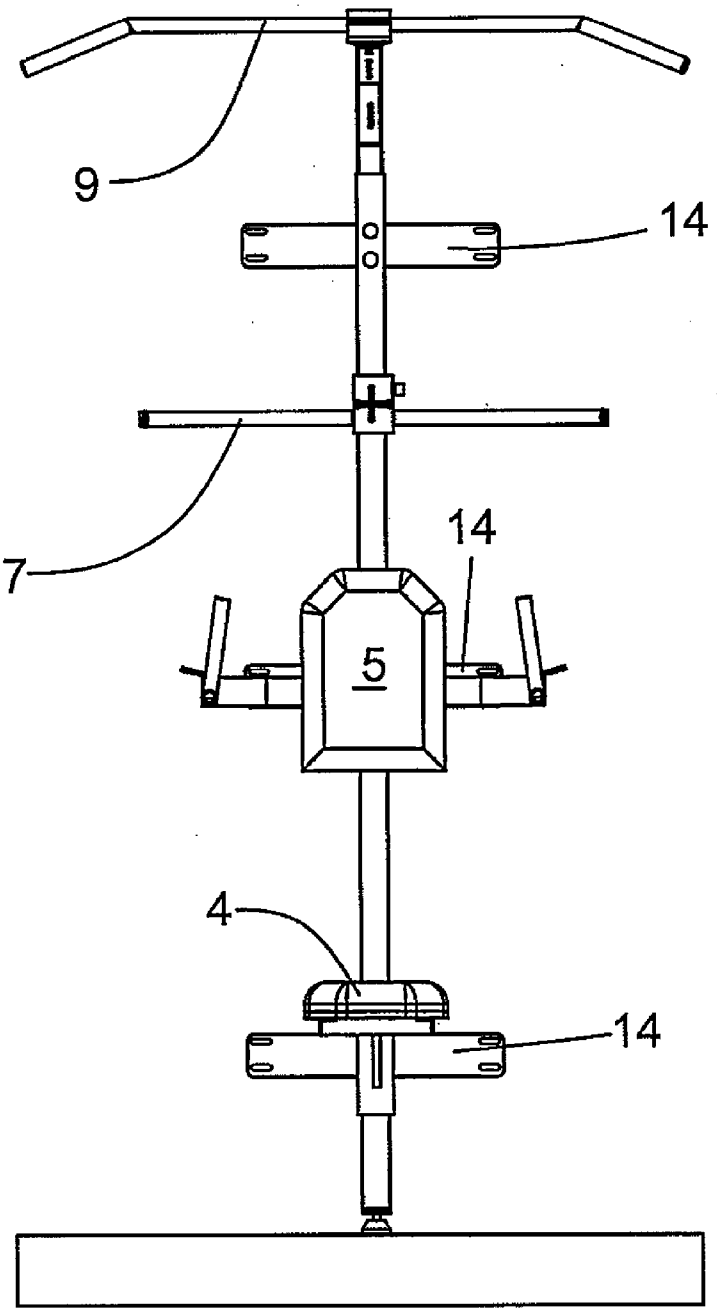


FIG. 4

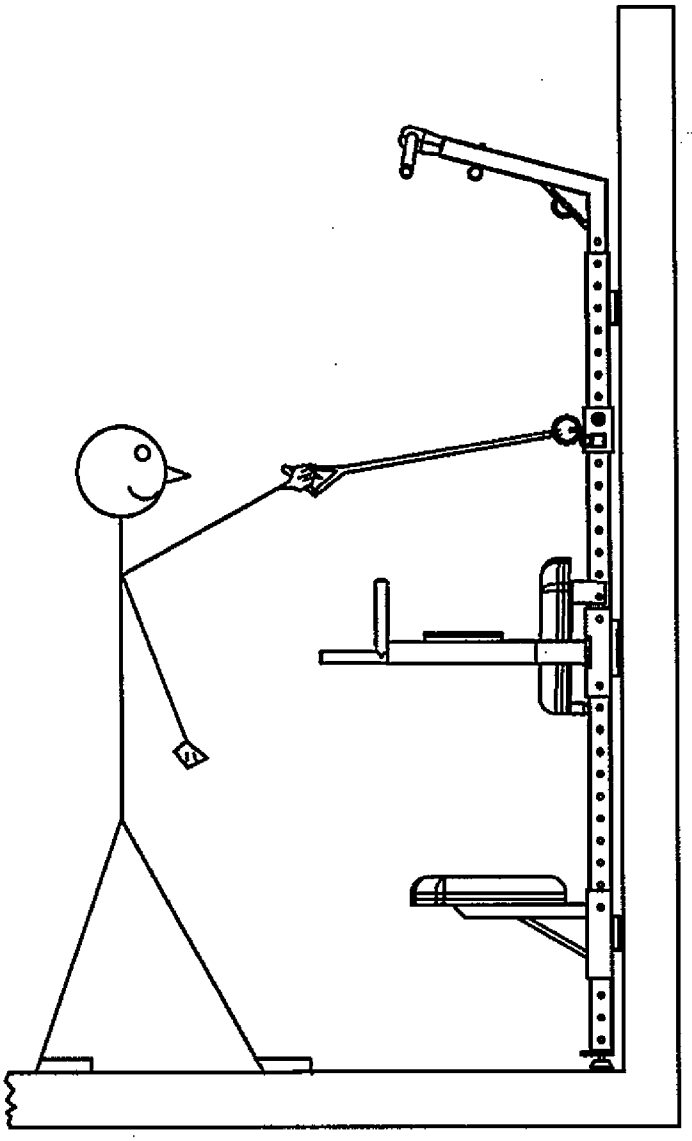


FIG. 5

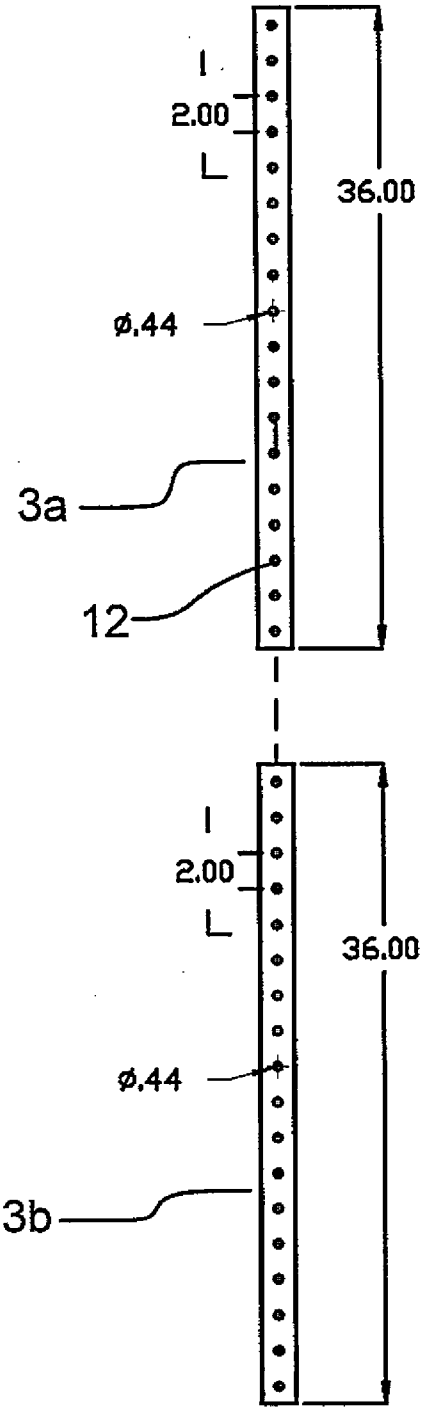


FIG. 6

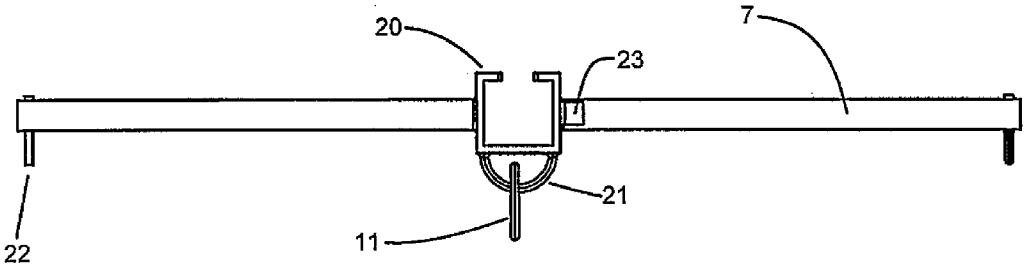


FIG. 7

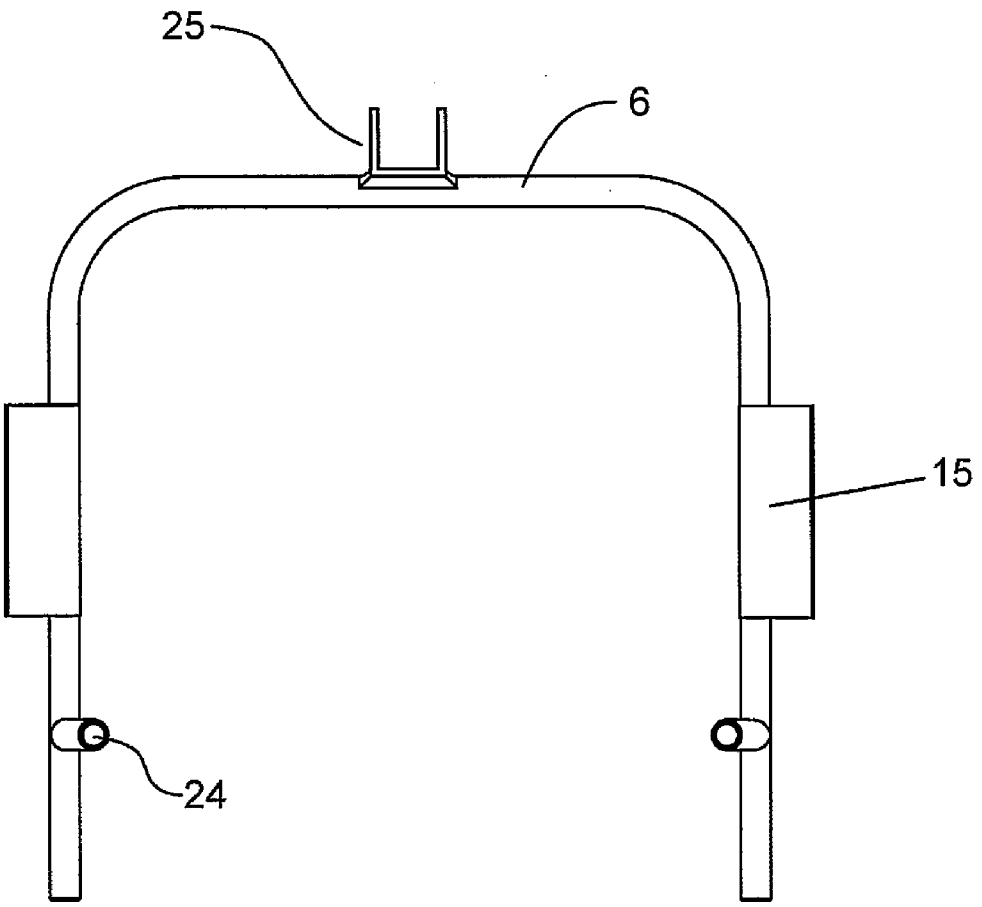


FIG. 8

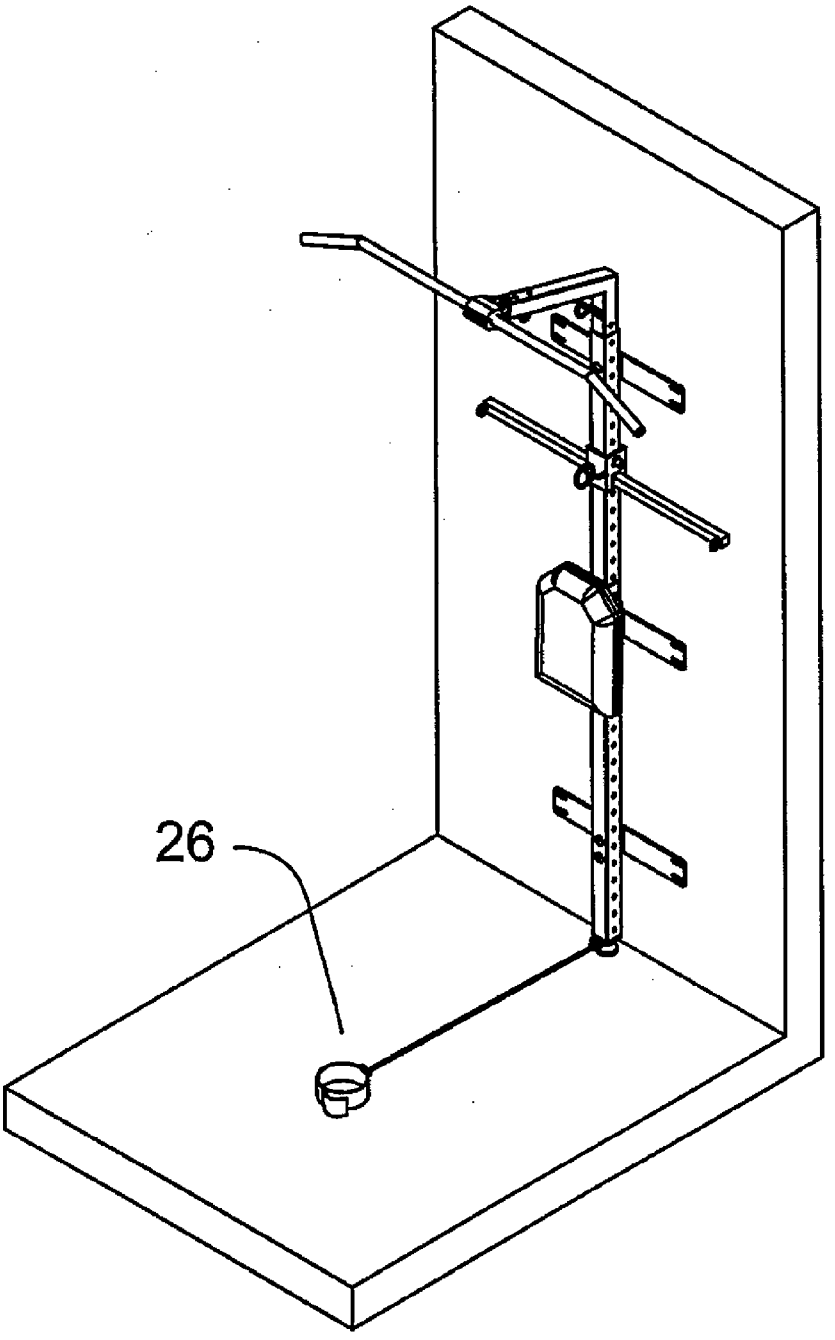
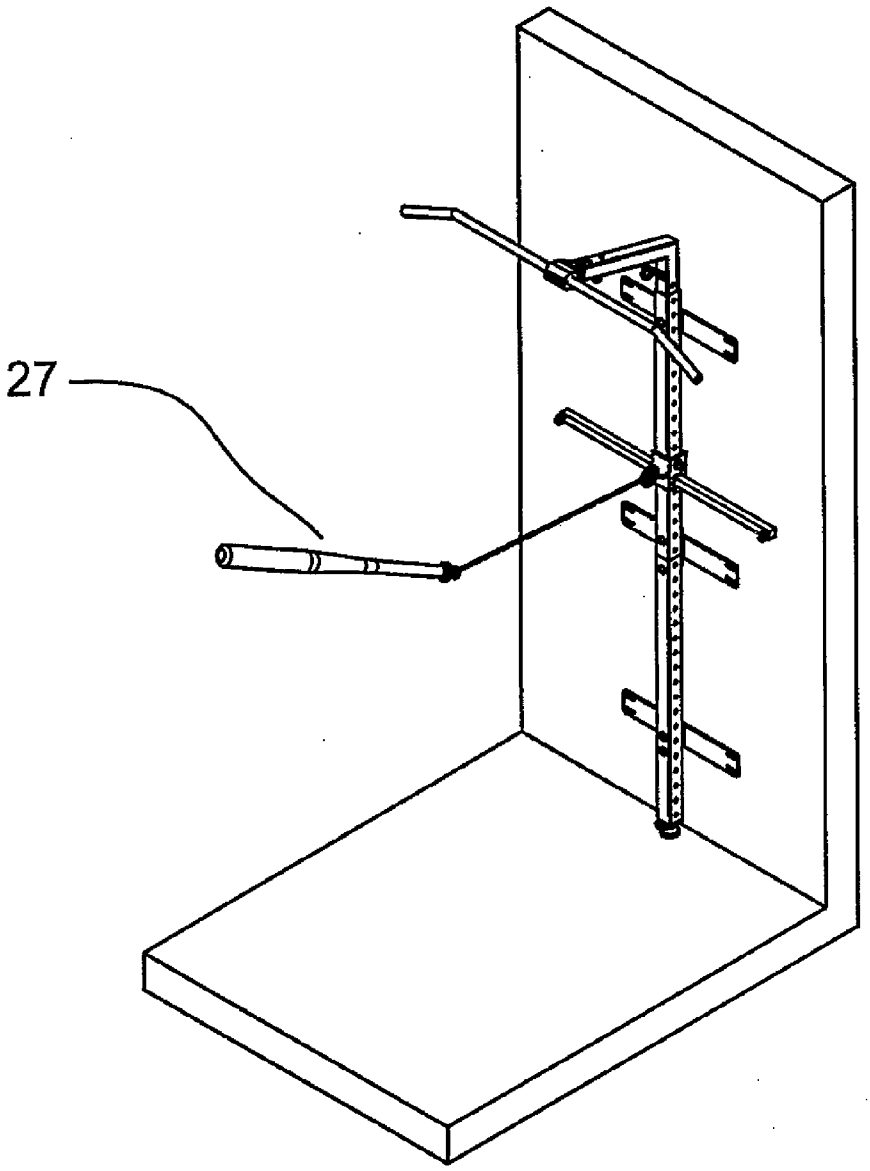


FIG. 9



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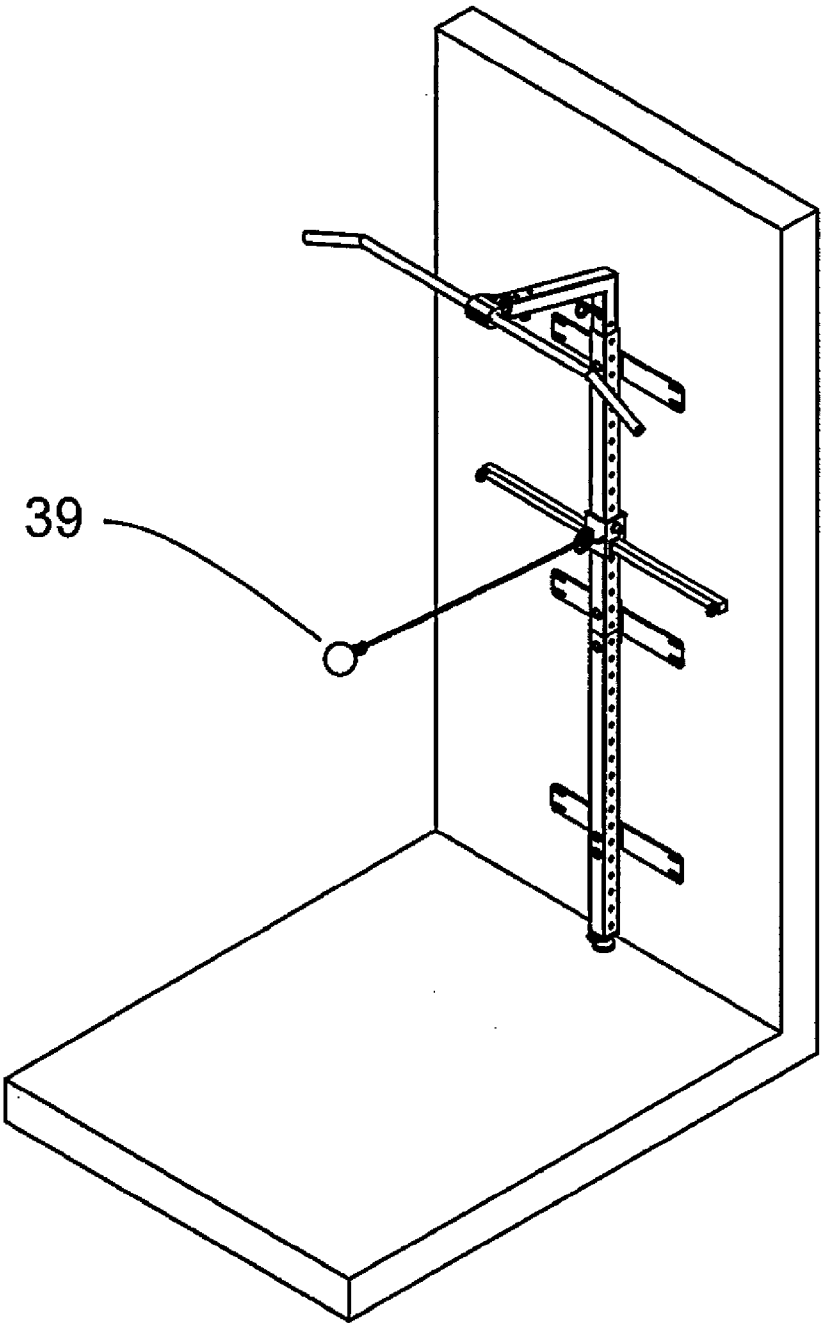

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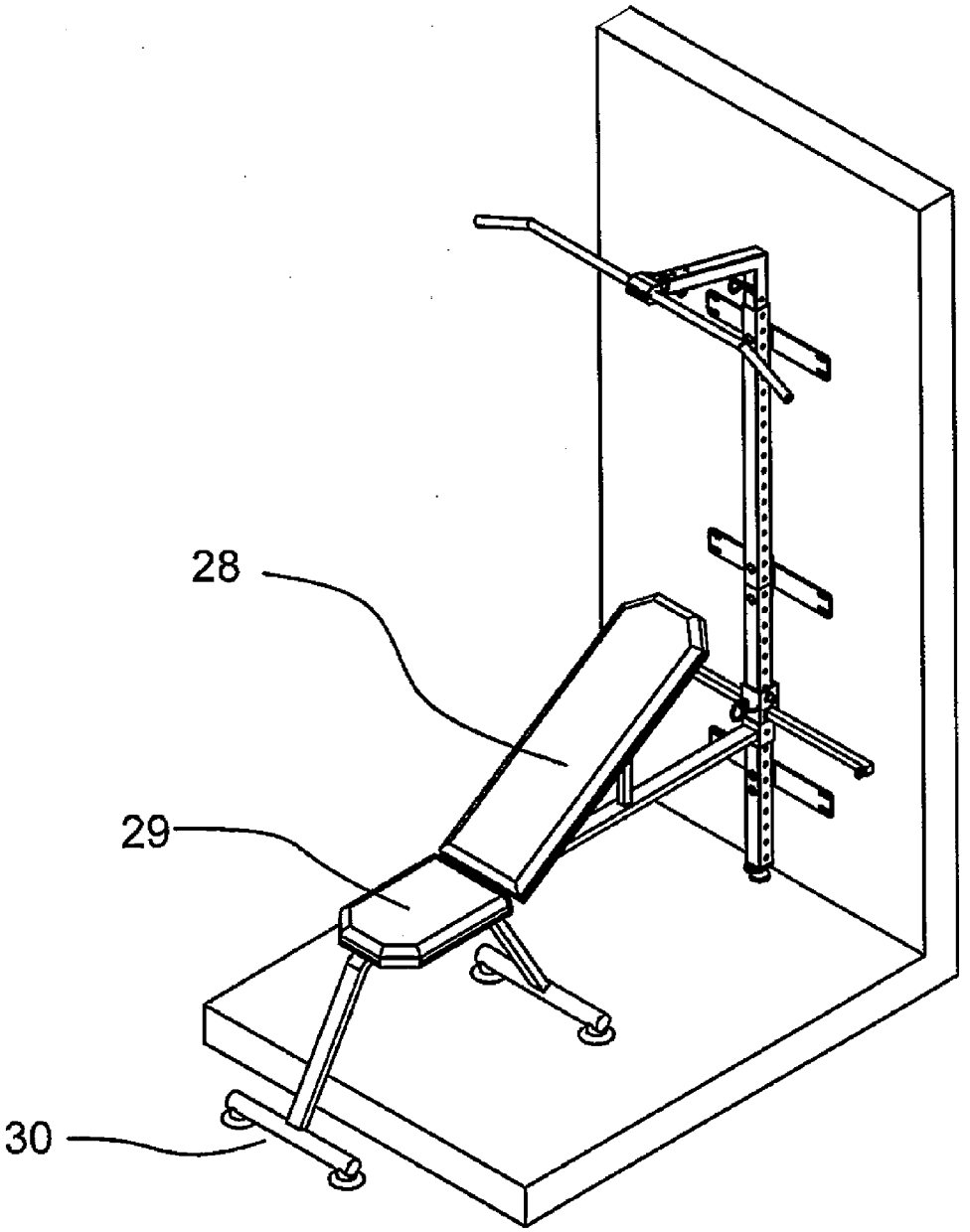

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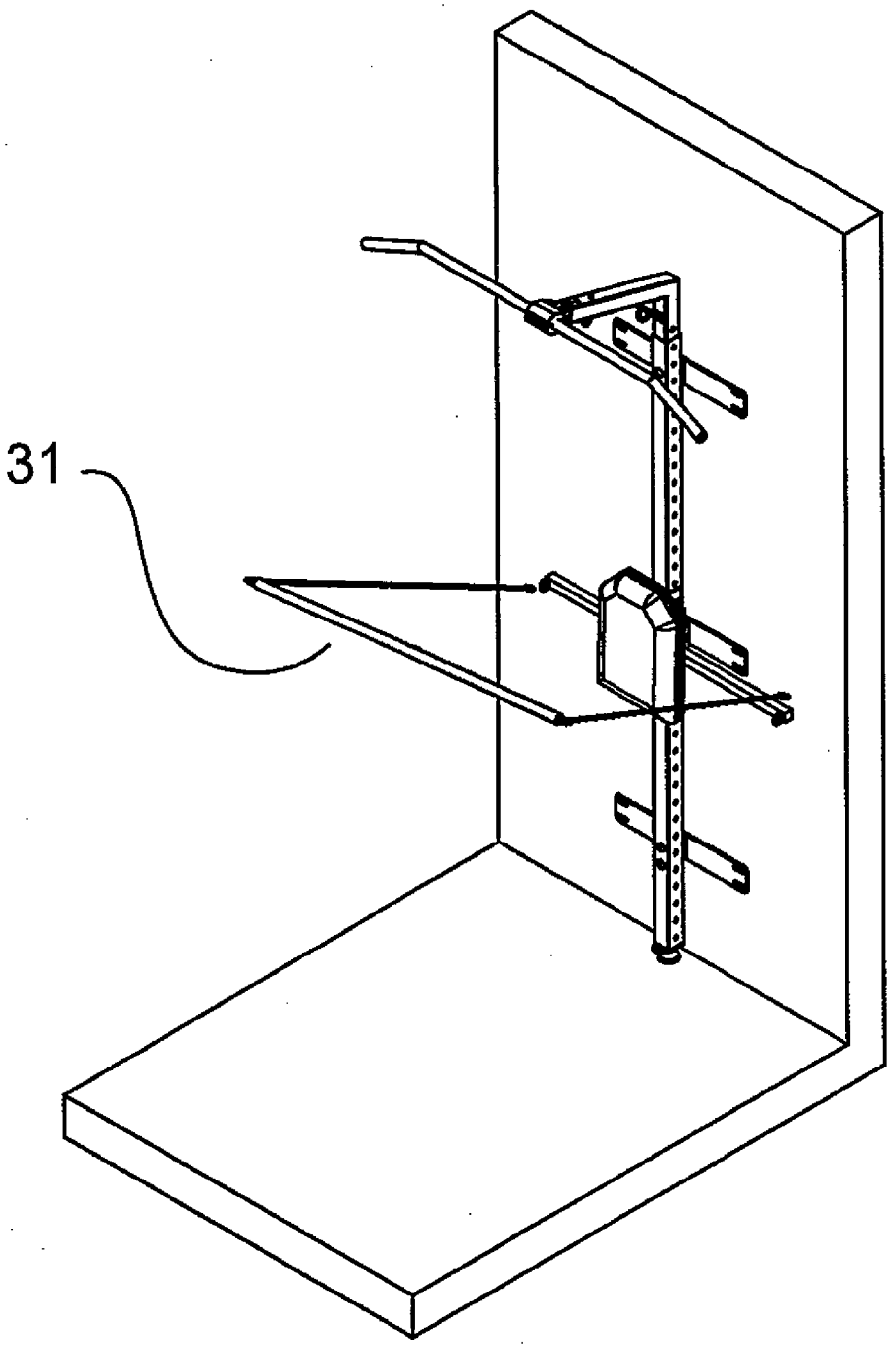


FIG. 13

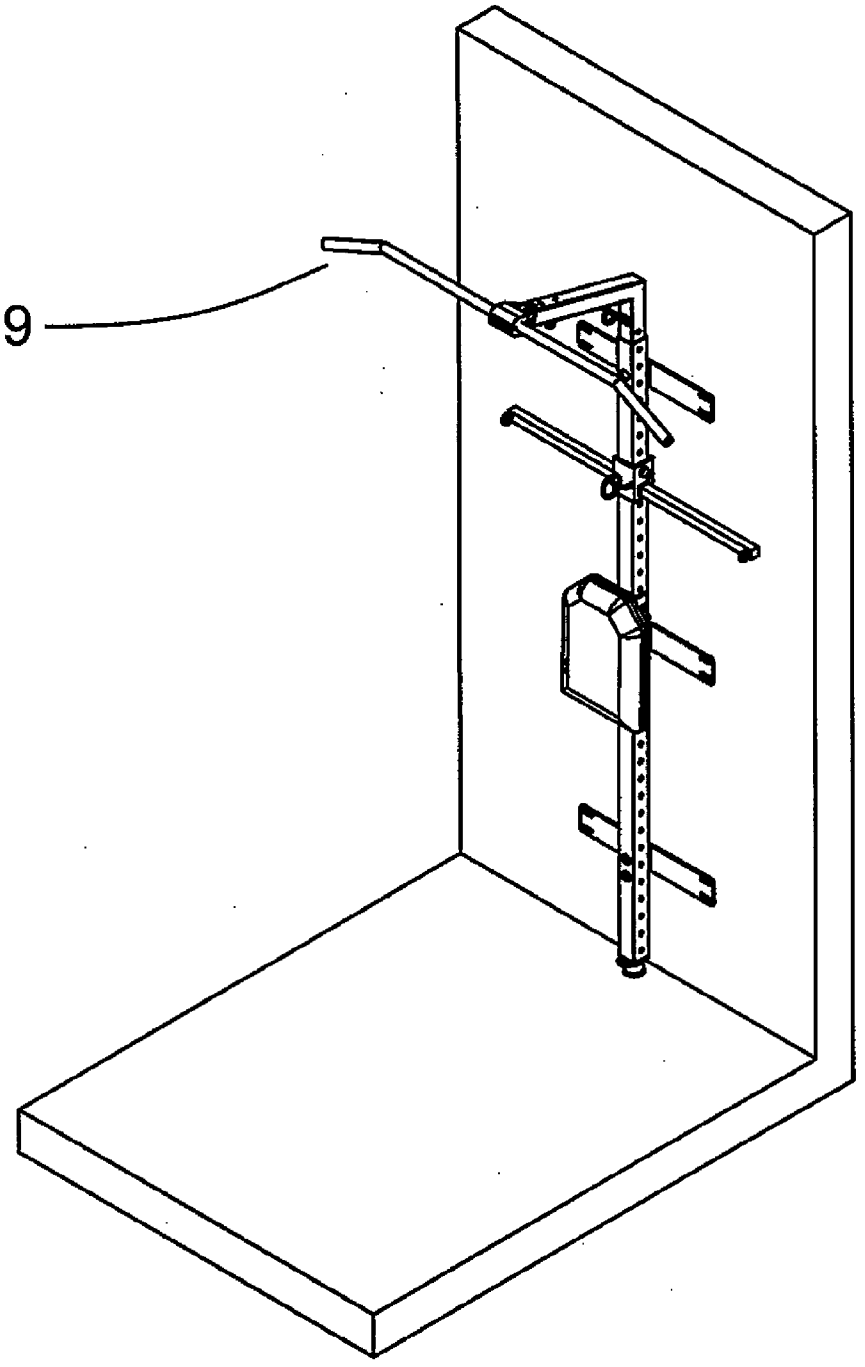
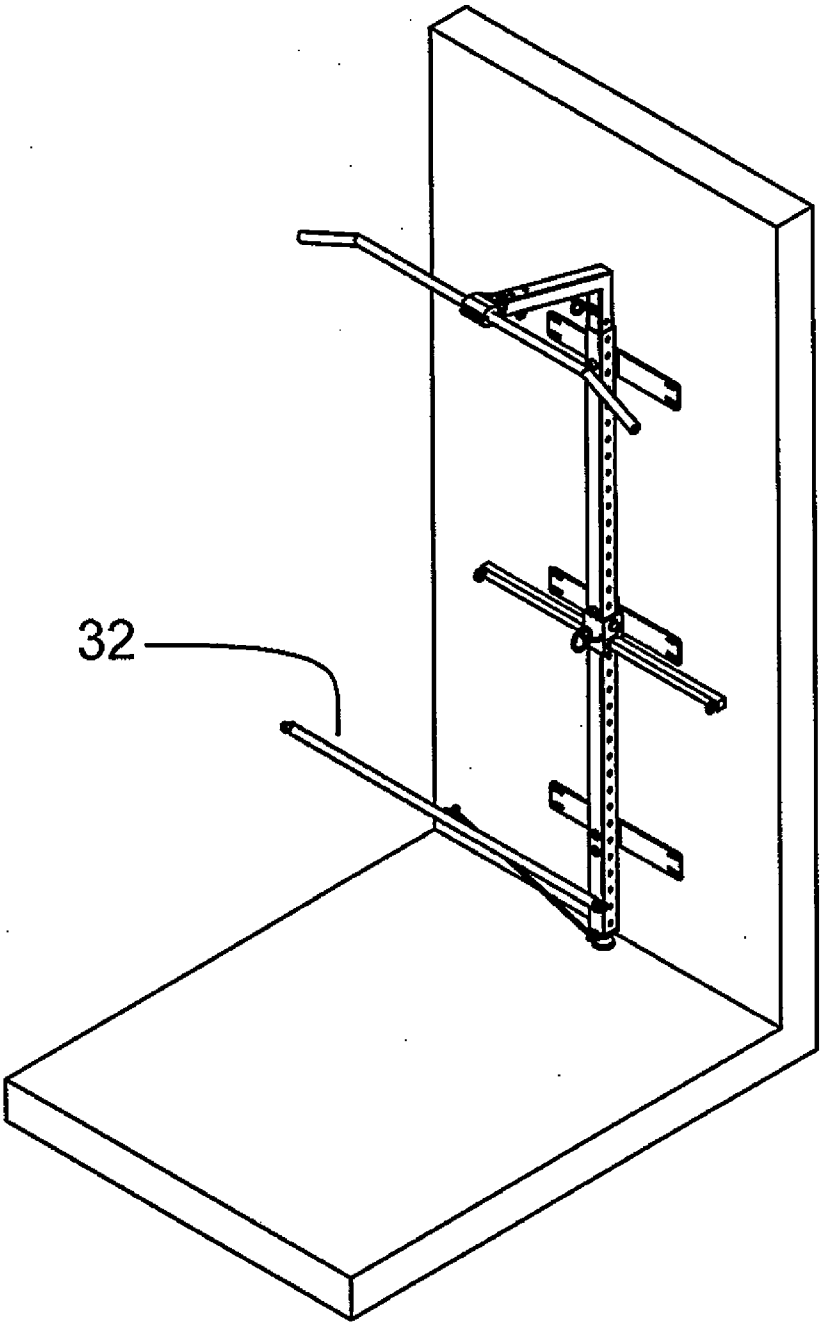


FIG. 14



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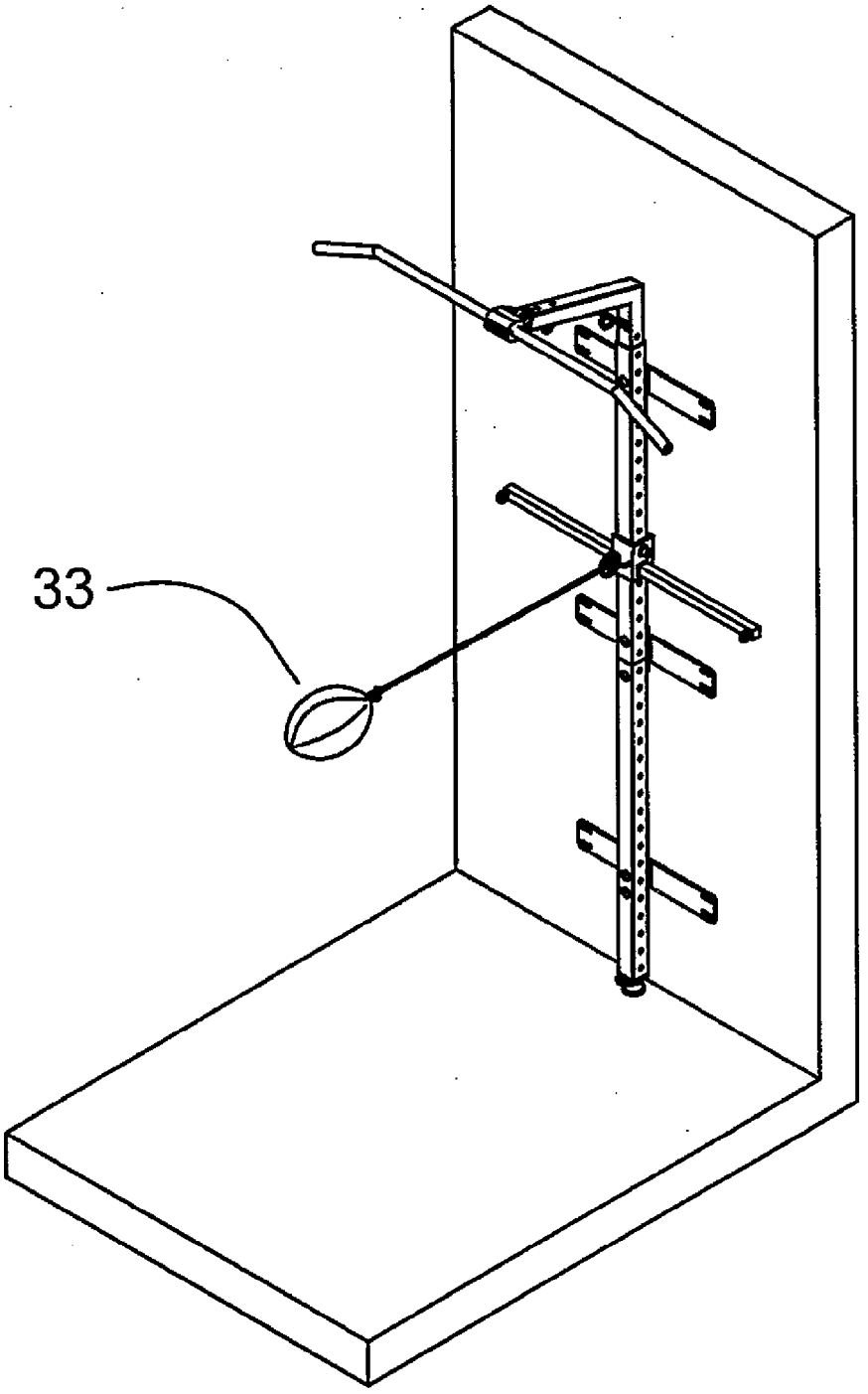


FIG. 16

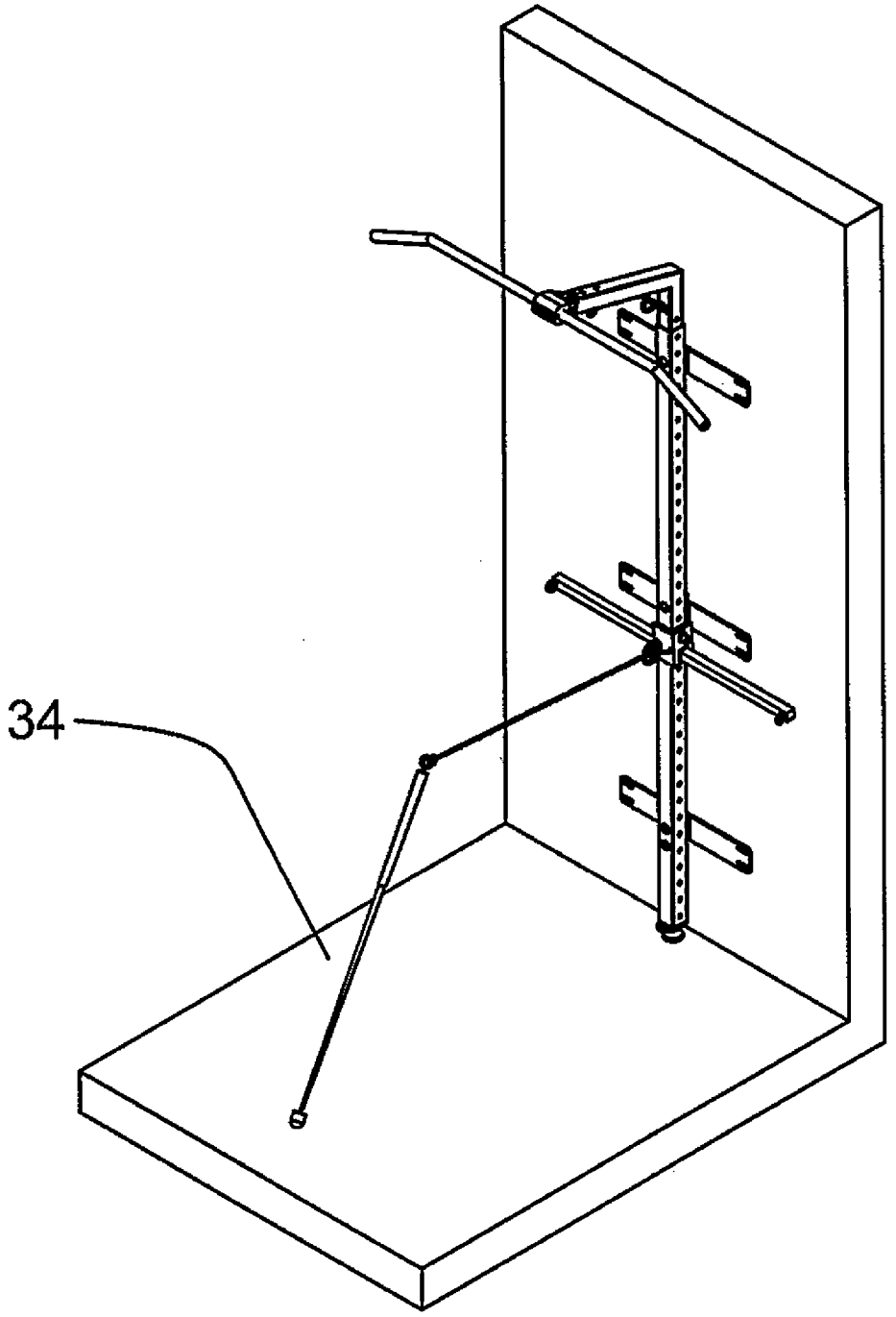
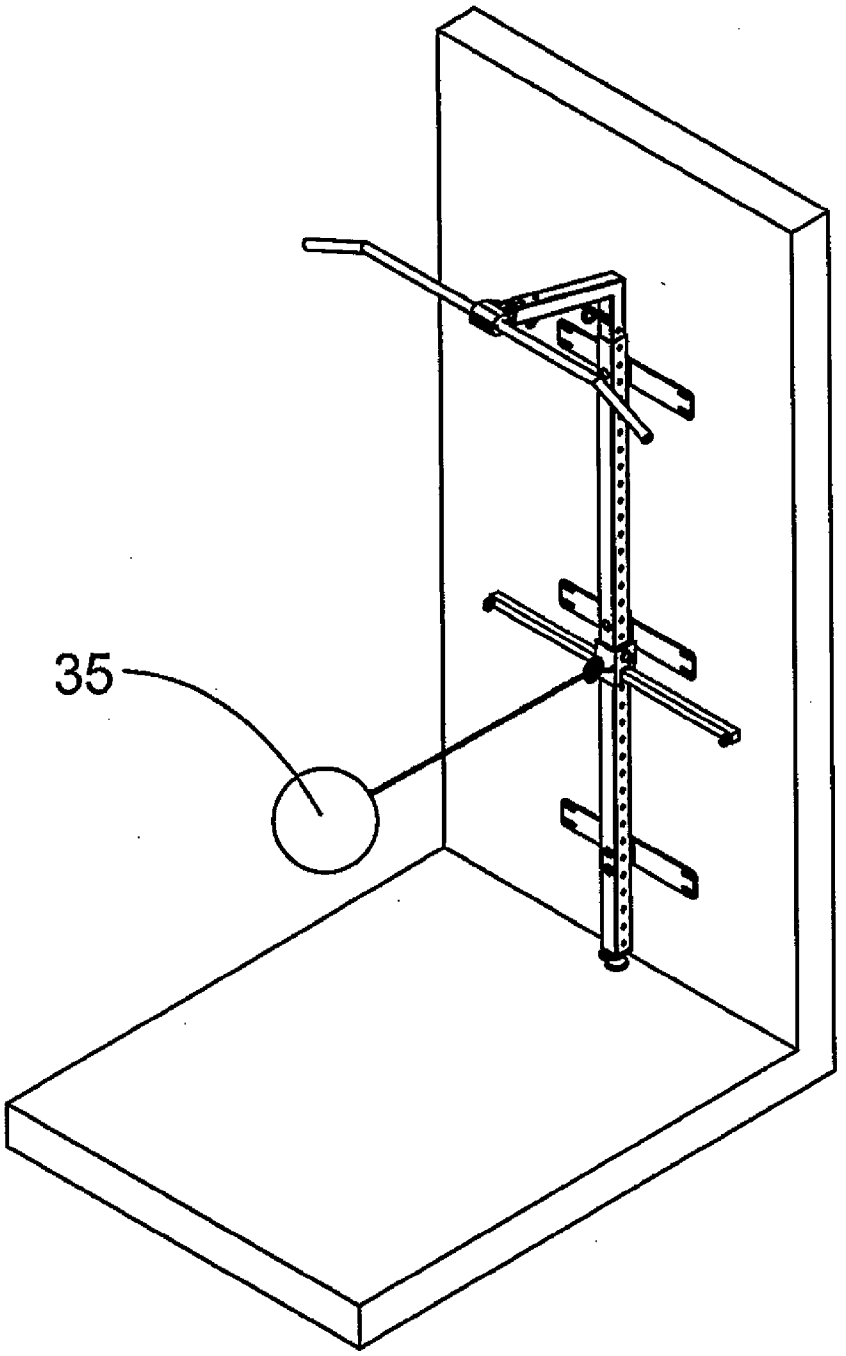


FIG. 17



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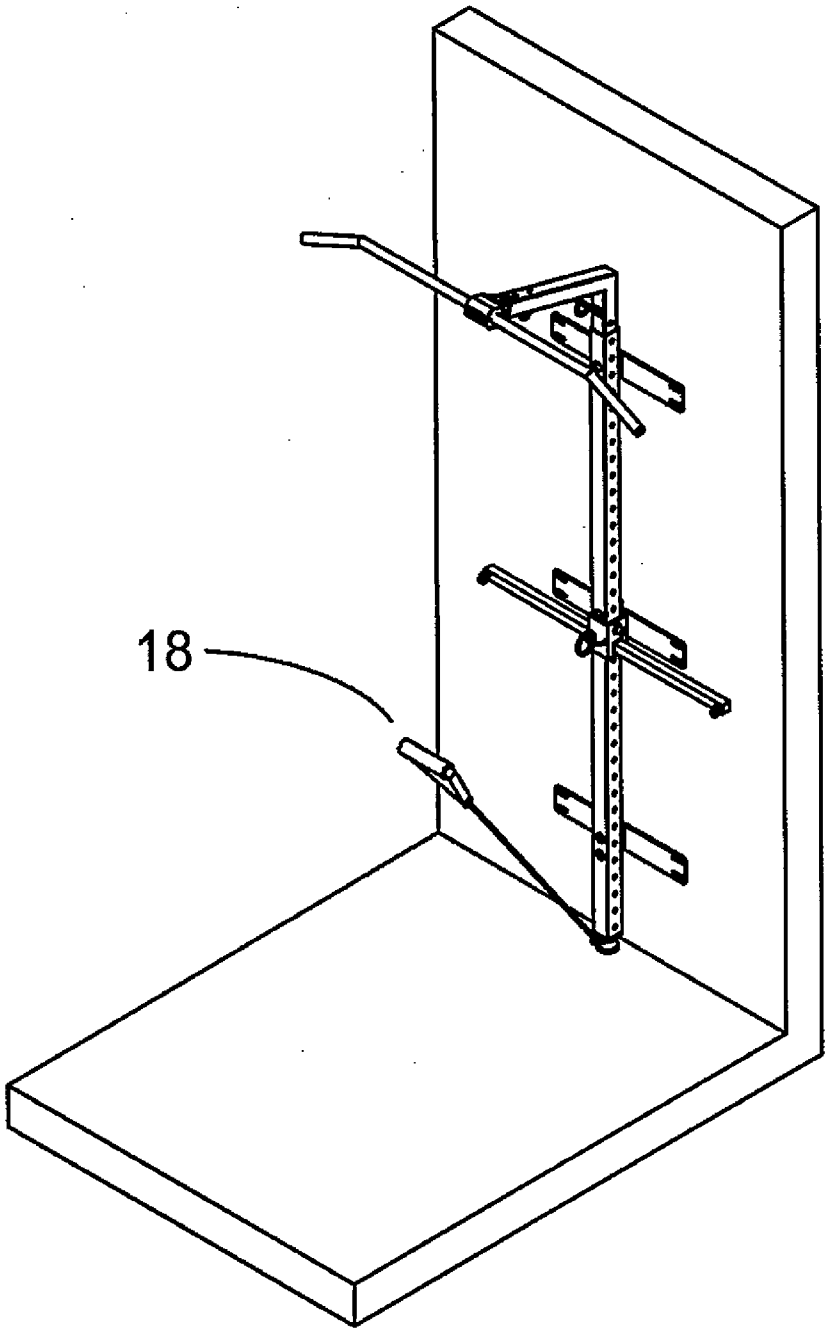

FIG. 19

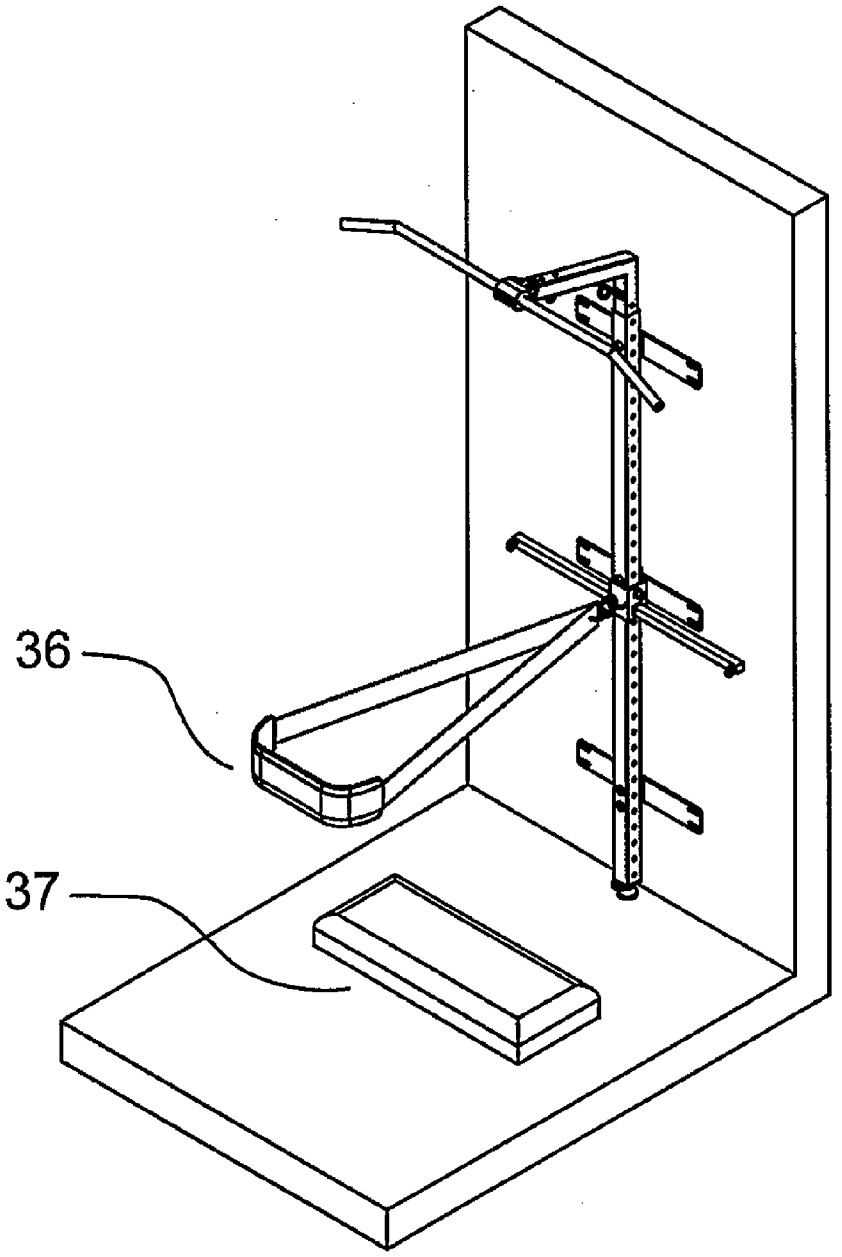

FIG. 20

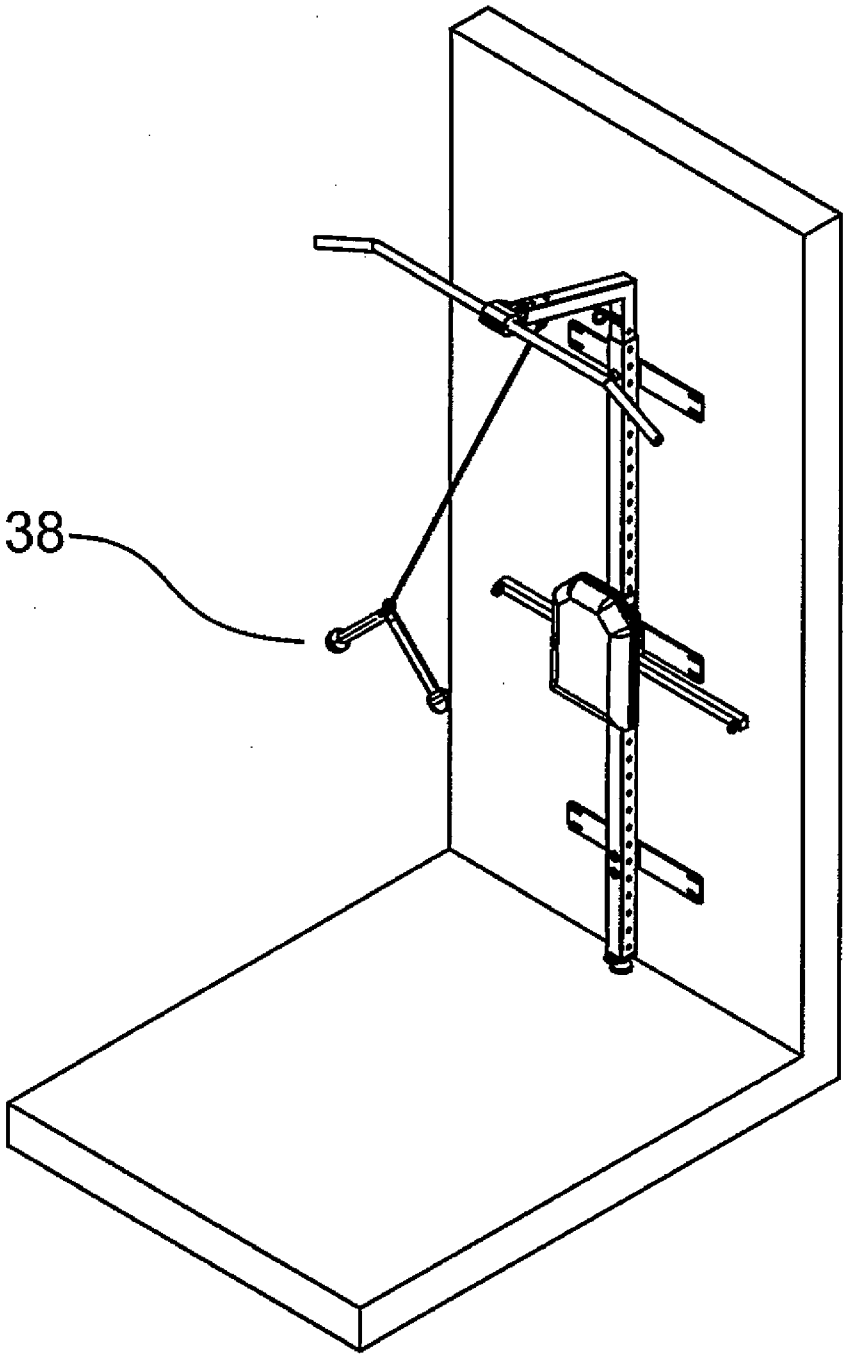

FIG. 21

FIG. 22

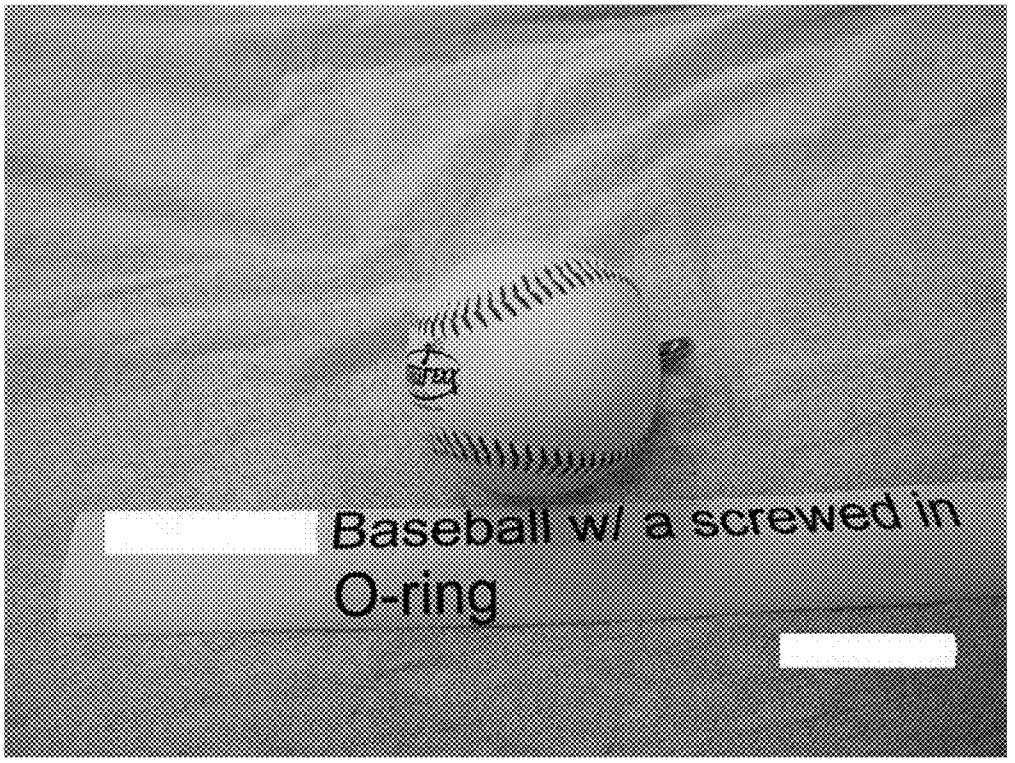

FIG. 23

FIG. 24

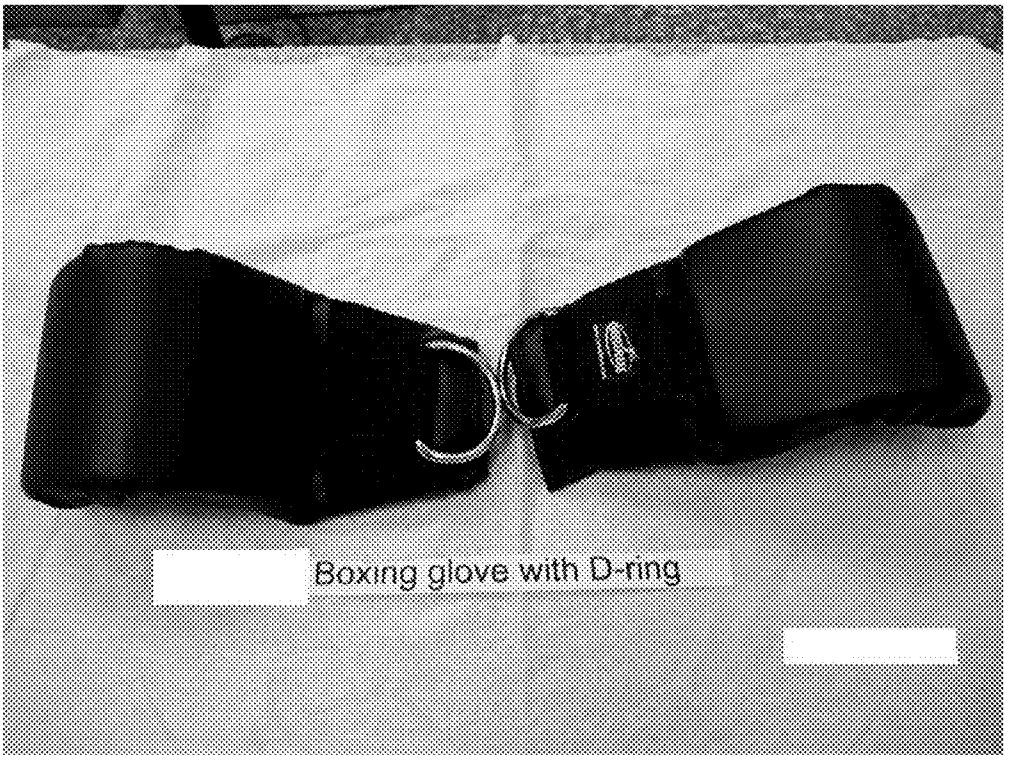

FIG. 25

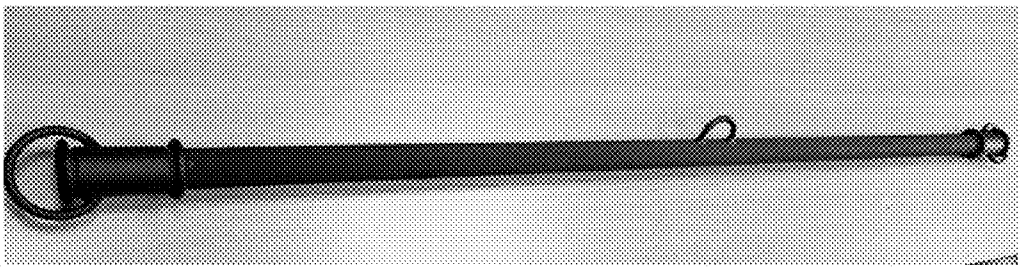

FIG. 26

FIG. 27

FIG. 28

FIG. 29

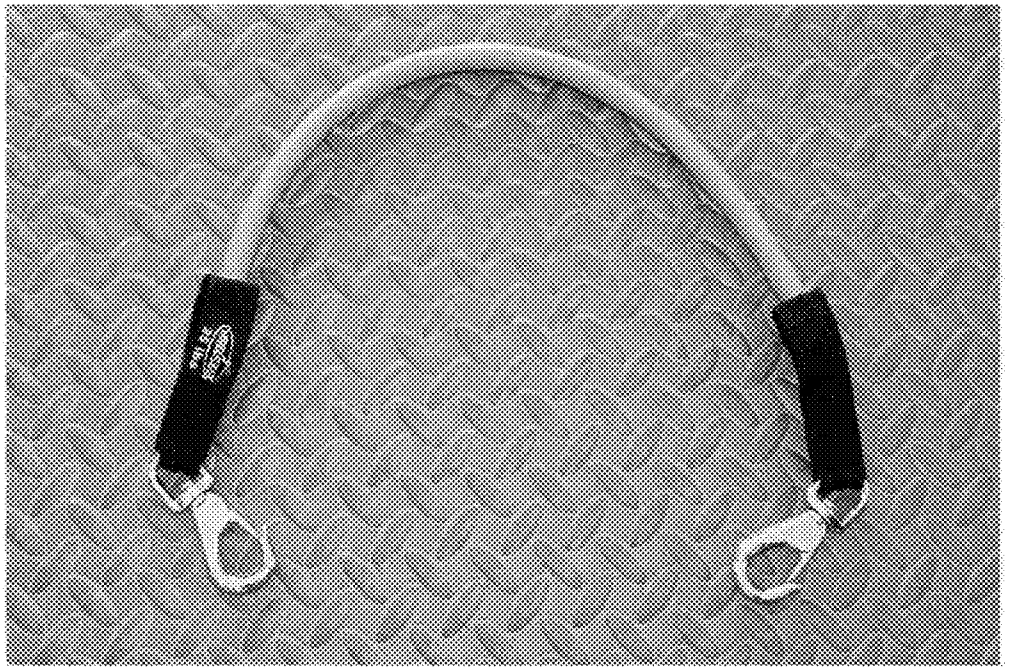

FIG. 30

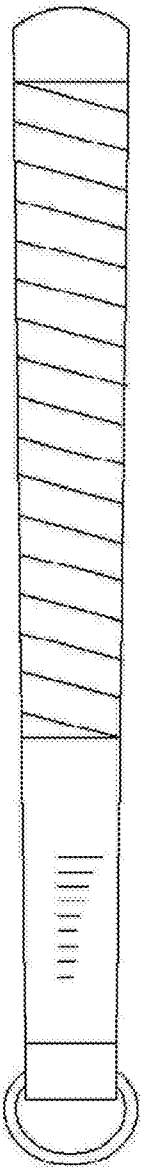

FIG. 31

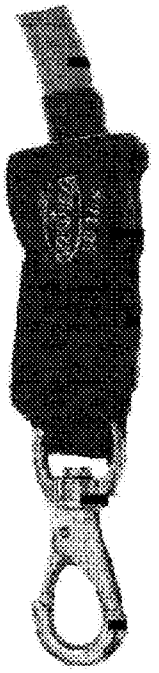

FIG. 32

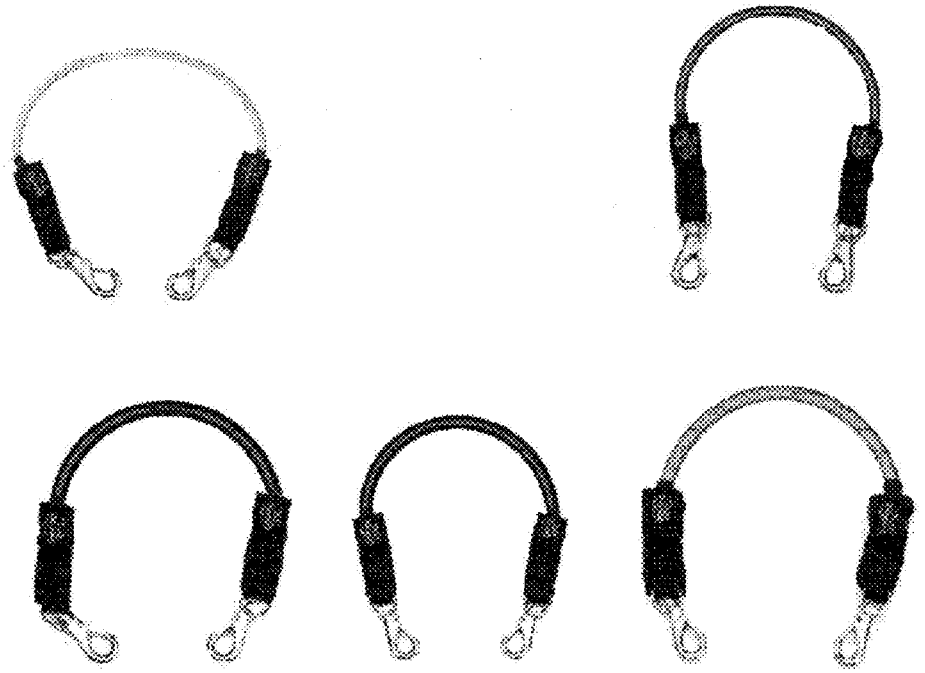

FIG. 33

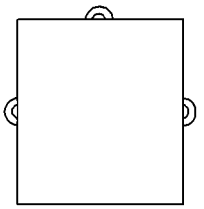

FIG. 34A

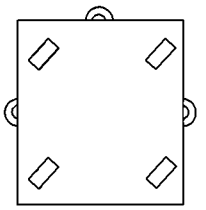

FIG. 34B

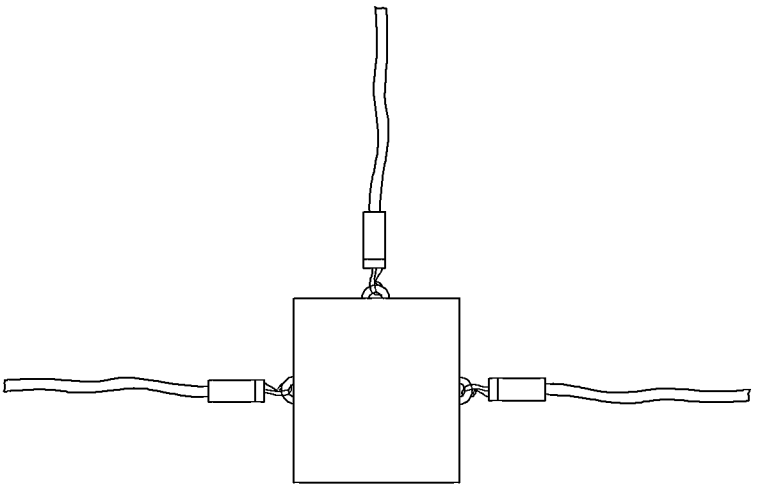

FIG. 34C

WALL-MOUNTED HOME FITNESS TRAINING EQUIPMENT

[0001] This is a continuation-in-part of application Ser. No. 13/016,750 filed Jan. 28, 2011 which was a continuation-in-part of application Ser. No. 12/228,998 filed Aug. 19, 2008. application Ser. Nos. 13/016,750 and 12/228,998 are hereby incorporated by reference.

BACKGROUND

[0002] 1. Field of the Invention

[0003] The present invention relates generally to the field of home exercise equipment and more particularly to a wall-mounted home fitness unit with removable parts that adapts to numerous different exercises.

[0004] 2. Description of the Prior Art

[0005] It is known in the art to provide exercise equipment into the home which can be wall-mounted. For example, U.S. Pat. No. 4,339,125 teaches a single column exercising apparatus using a stack of weights. U.S. Pat. No. 5,383,525 teaches a wall-mounted shower exercise machine used for stretching muscles. U.S. Pat. No. 4,402,504 teaches an adjustable exercise device that uses a two-ended cable for providing resistance to pulling. U.S. Pat. No. 6,328,679 teaches a wall-mountable device that uses a horizontal hinge rod assembly with springs. U.S. published application 2001/0004624 teaches a body exerciser that leans against a wall. U.S. published application 2003/0158024 teaches a door mounted exercise device that allows pulling on bungee cords. None of these prior art systems allow parts to be removed and exchanged for different exercises. Also most of the prior art wall-mounted home systems do not allow adjustment for different users and for causing different muscles to be exercised. It would be advantageous to have a wall-mounted, home exercise system that overcomes the difficulties of prior art systems.

SUMMARY OF THE INVENTION

[0006] The present invention relates to an overall fitness trainer and can be a wall mounted unit that can utilize clip resistance bands as well as other techniques. These bands generally clip on the unit and onto different handles, bars and attachments to perform exercises. The unit can have a removable/adjustable pull up bar, dip bar and seat. It also includes a spring loaded, pull pin carriage that moves freely up and down a vertical spine. This allows for easy adjustment of the carriage and allows the user to attach the bands at multiple angles, widths and levels. This in turn increases the number of exercises the user can perform on the unit. The unit also typically has an o ring that attaches through the arm of the pull up attachment as well as a ½ O-ring at the bottom of the unit again increasing the number of exercises the user can perform. The unit can be attached to the wall with lag bolts into two or more studs with two being preferred. Some embodiments of the present invention have an adjustable swivel foot that takes the stress off of the lag bolts and also adds to the overall load capacity of the unit. The present invention typically has an optional telescoping central vertical spine that splits in two pieces to make the unit easier to ship. The central vertical spine allows attachments to be added and removed using spring loaded pins or plunger pins. Various embodiments of the invention can have an oscillating and telescopic bench, a dip bar, a seat, a knee stabilizer and a foot rest. All of these accessories can be attached and removed to the central spine adding to the versatility and scope of exercises that can be performed. The present invention is suitable for physical therapy/rehabilitation facilities, commercial gyms and schools, as well as home use.

DESCRIPTION OF THE FIGURES

[0007] Attention is directed to several figures that illustrate the concepts of the present invention:

[0008] FIG. **1** shows a perspective view of an embodiment of the present invention with several accessories attached.

[0009] FIG. **2** shows the embodiment of FIG. **1** with several metal accessories on the vertical spine.

[0010] FIG. **3** shows a side view of the embodiment of FIG. **2**.

[0011] FIG. **4** shows a front view of the embodiment of FIG. **2**.

[0012] FIG. **5** shows a user facing the unit performing an exercise.

[0013] FIG. **6** shows a particular embodiment of a two-piece spine.

[0014] FIG. **7** shows a detail of a removable horizontal bar.

[0015] FIG. **8** shows a detail of a removable arm bar.

[0016] FIG. **9** shows an embodiment of the invention with an ankle cuff.

[0017] FIG. **10** shows an embodiment of the invention with a baseball bat.

[0018] FIG. **11** shows an embodiment of the invention with a baseball.

[0019] FIG. **12** shows an embodiment of the invention with the bench attached and extended.

[0020] FIG. **13** shows an embodiment of the invention arranged for chest presses.

[0021] FIG. **14** shows an embodiment of the invention arranged for chin-ups.

[0022] FIG. **15** shows an embodiment of the invention arranged for curls.

[0023] FIG. **16** shows an embodiment of the invention with a football.

[0024] FIG. **17** shows an embodiment of the invention with a golf club.

[0025] FIG. **18** shows an embodiment of the invention with a plyo ball.

[0026] FIG. **19** shows an embodiment of the invention arranged for a single curl.

[0027] FIG. **20** shows an embodiment of the invention arranged for a squat.

[0028] FIG. **21** shows an embodiment of the invention arranged for a tricep exercise.

[0029] FIG. **22** shows a baseball bat handle with a ring.

[0030] FIG. **23** shows a baseball with a ring.

[0031] FIG. **24** shows a medicine ball with a ring.

[0032] FIG. **25** shows boxing gloves with rings.

[0033] FIG. **26** shows a straight bar.

[0034] FIG. **27** shows a football with a ring.

[0035] FIG. **28** shows a curl bar.

[0036] FIG. **29** shows a squat belt.

[0037] FIG. **30** shows a band with clips.

[0038] FIG. **31** shows a golf club handle.

[0039] FIG. **32** shows details of a band clip and attachment.

[0040] FIG. **33** shows a group of bands with different pull forces.

[0041] FIGS. **34**A-**34**C show an ab-exerciser cart.

[0042] Several drawings and illustrations have been presented to aid in understanding the present invention. The scope of the present invention is not limited to what is shown in the figures.

DESCRIPTION OF THE INVENTION

[0043] The present invention relates to a wall-mountable home fitness or exercise apparatus and method that allows a user to perform numerous exercises on the same piece of equipment by simply changing out accessory parts. The unit generally has a single rigid central spine. A two inch rectangular steel channel is preferred; however, any strong vertical member can be used. Onto this spine, a group of removable accessories can be attached or removed at will. Several different elastic cord attachments and attachment points inject resistance into various exercises. At least the following accessories can be used with the present invention: straight bar with ½ O-ring and outer attachments, leg press, ankle cuffs, Ab blaster/leg extension, single Handle, curl bar, rope, bench, step, Ab slings, Plyo ball, boxing gloves w/sewn in D-ring, base ball bat handle, golf handle, baseball/softball and football. It should be noted that the abbreviation Ab means abdomen.

[0044] Turning to FIG. **1**, a portion of a wall **1** and a floor **2** can be seen. A vertical spine **3** is securely attached to the wall **1**. At the top of the spine **3**, an outward hanging portion **10** allows attachment of various items such as a bungie **19** and bar **15**, a boxing bag or punching bag, or other device. Further down the spine **3**, a horizontal bar **7** is shown with a bungie **18** and hand pull **16**. Further down, a set of arm bars **6** and back rest **5** can be seen. Still further down, a seat **4** is attached. Each of these attachments shown can slide up and down on the spine **3**. In addition, each attachment or accessory can be removed using a pin or spring-loaded pull pin, where the pin inserts in a hole **12** in the spine **3**. In particular, any of the accessories can be arranged vertically in any order. The order shown in FIG. **1** is simply to illustrate a particular configuration of the device.

[0045] FIG. **2** shows the embodiment of FIG. **1** without the bungies. Here several stud mounts or stud plates **14** can be seen. These are typically chosen to reach between two studs so that secure mounting can be made with a pair of lag bolts on each of these stud mounts **14**. The embodiment of FIG. **2** has three stud mounts **14** vertically along the spine **3**. Shown also in FIG. **2** is a ring **11** attached to the center of the horizontal bar **7**.

[0046] FIG. **3** shows a side view of the embodiment of FIGS. **1-2**. The stud mounts **14** can be clearly seen against the wall **1**. Each of the attachments or accessories can have a partial or full channel to fit around the spine **3**. The seat has a channel **8**; the arm bar a channel **12**; the horizontal bar has a channel **13**. The top extension **10** can also be removed vertical from the spine **3**. In FIG. **3**, the ring **11** on the horizontal bar can be seen as well as a ring or half-ring **17** on the top extension **10**. Other rings or attachments may be built into various accessories.

[0047] FIG. **4** shows a straight-on front view of the embodiment of FIGS. **1-3**. The stud mounts **14** can be seen. It should be noted that the stud mounts **14** can be of any length to fit any types of studs or to attach to more than two studs. While two studs are preferred for strength and ease of mounting, any number of studs is within the scope of the present invention. FIG. **4** also shows a pull-up bar **9** mounted to the top of the unit onto the top extension **10** (see FIGS. **1-3**).

[0048] FIG. **5** shows a stick-figure user performing one particular exercise. It should be noted that the apparatus and method of the present invention allows numerous different exercises to be performed. A complete list of exercises supported by the present invention can be found at the end of this disclosure.

[0049] FIG. **6** shows a detail of a particular embodiment and realization of the vertical spine **3**. This particular embodiment allows the spine **3** to be split into an upper part **3***a* and a lower part **3***b* for ease of packing and shipping. The two parts of the spine can be coupled together with bolts for strength or by any other strong coupling method. The particular embodiment shown in FIG. **6** has dimensions to aid in the understanding of the invention. These dimensions are for example only; any dimensions are within the scope of the present invention. These are preferred dimensions; however, many different dimensions may be used. In this particular example, both the top and bottom half-spines are 36 inches long. Each has holes 2 inches apart, and each hole is 0.44 inch in diameter.

[0050] FIG. **7** shows a detail of an embodiment of the horizontal bar **7**. Here a partial channel **20** allows it to be inserted and removed from the vertical spine **3** (shown in FIG. **2**). A spring-loaded pull pin **23** allows the bar **7** to be moved vertically along the spine **3** and to be removed. Each end of the bar **7** has attachment points **22** for bungies which can also be called stretch cords, or other exercise accessories. The center of the bar **7** can be optionally equipped with a half-ring **21** and a full ring **11**.

[0051] FIG. **8** shows a detail of an embodiment of an arm bar **6**. The bar **6** can have flat plates **15** which can hold pads or soft rolls to protect the arm. A half channel **25** allows attachment and removal from the spine **3** (see FIG. **2**). Fittings **24** can hold vertical handles.

[0052] FIG. **9** shows an embodiment of the invention with an ankle cuff **26**. Here the user stands and can pull the cuff **26** against a bungie. FIG. **10** shows an embodiment with a baseball bat **27**. A standing user can swing the bat **27** into a bungie. FIG. **11** shows a baseball **39** attached to a bungie. A standing user can practices throwing the ball **39** against the force of the bungie. FIG. **12** shows an embodiment of the invention fully benched. A seat **29**, back **28** and legs **30** from a sitting bench that can be used in many exercises or with weights. The back **28** and seat **29** can be adjusted both in angle and height. FIG. **13** shows an arrangement of the device set up for chest presses. A bar **31** can be pressed outward against a bungie. FIG. **14** shows an arrangement set up for chin-ups. A standing user can chin themselves vertically on the bar **9**. FIG. **15** shows a set up for curls using the bar **32**. FIG. **16** shows an embodiment of the invention with a football **33**. A standing user can pass the football **33** against the force of the bungie. FIG. **17** shows a set up with a golf club **34**. Here an individual can swing the club **34** into the force of the bungie. FIG. **18** shows a set up with a plyo ball **35**. The user can manipulate the ball **35** against the force of the bungie. FIG. **19** shows a set up for a single curl using a hand grip **18** that works against the force of a bungie. FIG. **20** shows an embodiment of the invention set up for squats. A strap **36** and pad **37** allow the user to perform squats. FIG. **21** shows a setup with a special handle **38** for a tricep exercise.

[0053] As has been described, the present invention includes many different attachments and exercise devices that may be attached with snaps or rings, with or without stretch cords.

[0054] FIG. **22** shows a baseball bat handle that is a streamlined version of a full length bat. The bat is cut off so that the user holds only the handle. A ring can attached to a stretch cord and onto any part of the apparatus.

[0055] FIG. **23** shows a baseball with an embedded O-ring. This can be attached with a clip to a stretchable cord and to any piece of the apparatus. The ball can be gripped and a user can go through a pitching action.

[0056] FIG. **24** shows a handled medicine ball with a ring that can be attached with a stretch cord to any part of the apparatus.

[0057] FIG. **25** shows a pair of boxing gloves that can have rings that can be attached with a stretch cord to any part of the apparatus. A user can thus box against the force of the cord strengthening arm and wrist muscles.

[0058] FIG. **26** shows a straight bar that can be used with the present invention.

[0059] FIG. **27** shows a football with a ring that can be moved against the force of the cord such as in a pass movement strengthening the arm muscles.

[0060] FIG. **28** shows a curl bar that can be used with the present invention.

[0061] FIG. **29** shows a squat belt that can be worn around the waist using the straps shown. The belt can then be attached to the apparatus at one or several points with stretch cords. The belt can be used for squat or other exercises simply be setting where the cords are attached to the apparatus.

[0062] FIG. **30** shows a typical stretch cord band with clips on each end. This type of band can be attached on one end to any of the accessories described, and on the other end to any part of the apparatus appropriate for a particular exercise.

[0063] FIG. **31** shows a golf club handle that is cut off in a manner similar to the baseball handle of FIG. **22**. Many other accessories can be made like the baseball handle of FIG. **22** or the golf club handle of FIG. **31**. In particular, a hockey stick can be cut off with an O-ring placed at the bottom part of the stick just above the blade, and a lacrosse stick can be made in a similar way by cutting it short and placing an O-ring on the back side just underneath the end.

[0064] The present invention forms a complete system that can accommodate numerous exercises by simply changing the arrangement. The frame can mount simply to the wall in a garage, house or other building.

LIST OF EXERCISES SUPPORTED BY THE PRESENT INVENTION

Chest Exercises

1 Arm Standing Chest Press w/ Handle

[0065] Standing Chest Press w/Straight Bar

Close Grip Bench Press Curl Bar

Standing Chest Fly w/ Handles

Seated Incline Bench Press Straight Bar

Seated Incline Bench Fly w/ Handles

Seated Bench Press w/ Straight Bar

Seated Bench Press w/ Handles

Seated Bench Flies w/ Handles

[0066] Dips on Dip Bar attachment

Single Arm Chest Fly W/Handle Perpendicular to Machine

2 Handled Chest Squeeze

[0067] Pullovers w/handles or straight bar

Cable Cross Over Handles

Elevated Resistance Push Ups (Feet on Bench)

Back Exercises

High Standing Row Straight Bar

Reverse Grip High Standing Row Straight Bar

[0068] One arm high row handle
One arm low row handle

Straight Arm Pull Downs Straight Bar

[0069] Low Pulley Row sitting on Step Handle or Straight Bar

Wide Handled Reverse Fly Handles

Seated One Arm Pull Down Handle

Seated Pulldown Straight Bar

Wide Bent Over Row Straight Bar

Good Mornings Straight Bar or Rope

Pull Ups

Chin Ups

[0070] Back Hyper extensions

Lat Pull Over on Bench Handles

Biceps

Standing Curls Straight Bar

Standing Curls Curl Bar

[0071] 1 Arm Alternating Standing Curl Handles At multiple angles

2 Arm Standing Curls Handles

1 Arm Hammer Curl

1 Arm Handled Concentration Curl

High Handled Curl

High Curl Bar

Seated Curl Back To Machine

Incline Handled Curl

Triceps

Push Downs Curl Bar

Push Downs Straight Bar

Push Downs Rope

Incline French Presses Curl Bar or Handles

Flat French Presses Curl Bar or Handles

Reverse Grip Pushdowns Curl Bar

1 Arm Seated Tricep Extensions

1 Arm Handled Reverse Grip Pushdown

Standing Tricep Extension Back To Machine Rope/Curl Bar

1 Arm Kick Backs Handle

2 Arm Kick Backs Facing Machine Curl Bar

Dips

Bench Dips

Cross Body Tricep Extension Handles

Close Grip Bench Press Bar

Shoulders

Seated Shoulder Press Bar

1 Arm Handled Shoulder Press

1 Arm Handled Arnold Shoulder Press

Upright Rows Bar

Upright Rows Handle

1 Arm Handled Lateral Raises

2 Arm Straight Bar Frontal Raises

1 Arm Handled Frontal Raises

Bent Over Flies Handled

Handled External Shoulder Rotation

Handled Shoulder Rotation Lying Down

Standing Military Press Bar

Handled Internal Shoulder Rotation

Shrugs Bar

Elevated Push Ups W/or W/O Band Resistance

Legs

Squat Bar W/Resistance

Squat In U-Can Squat Belt

1 Legged Squat In U-Can Squat Belt

Squats W/Handled Resistance

Lunges Bar

Lunges Handled Resistance

Standing Leg Curls

Toe Raises In U Can Squat Belt

Toes Raises Bar/Handles

Straight Leg Dead Lift Bar

Standing Leg Curl Ankle Strap

Standing Leg Kick Ankle Strap

Standing Knee Ups Ankle Strap

Lying Down Single Leg Raise Ankle Strap

Lying On Side Single Leg Raise

Leg Raises Incredi-ab Attachment/Ankle Strap

Standing Leg Abductor Ankle Strap

Twisting Leg Raises on Dip Attachment

Seated Leg Extensions Incredi-ab or Ankle Strap

Standing Leg Adductor Ankle Strap

Abs

Crunches On Knees Facing Unit Rope

Resistance Crunches on Bench Rope/Multiple Angles

Crunches With Exercise Ball and Band Resistance

Hanging Leg Raises Pull Up Bar

Knee Ups Sitting on Bench Incredi-ab Attachment

Oblique Knee Ups on Bench Incredi-ab Attachment

Bridged Leg Lifts Ankle Strap

Russian Twist Medicine Ball & Resistance Bands

Diagonal Chops Medicine Ball & Resistance Bands

Forward Facing Chops Medicine Ball & Resistance Bands

Standing Arm Rotation Handle

Standing Rotational Chops Ball Handle

Captain's Chair Exercise on Dip Bar Back Support

Resistance Side Bends

Seated Ab Twist

Sports Specific

Baseball Throw

Softball Throw

Football Throw

Golf Swing

Baseball Swing

Boxing Punch Training Gloves w/D Ring

Heavy Bag Station Attach Bag to Pull Up Arm

Kicking Training Ankle Bands

[0072] Returning to FIG. **30**, an exact length of cord can be used with a particular diameter cord to achieve optimum

results. It has been found that the optimal length of the cord is 18 inches. With the ends and two clips, this results in a device that is 28 inches long when laid out unstretched. The typical user will stretch the cord to twice the natural length for optimum pull and an optimum workout. It is important that the device not be too long (which results in less force) or too short (which results in the cord reaching a stretch limit which the athlete's movement at the wrong position). It is also very important to a good workout that there be a swivel clip on each end of the stretch cord. A piece of covered tubing, or other intermediate connecting section, can be used between the swivel clip and the cord to provide a possible hand-hold and to reach the correct total length. This connection section can be covered with a fabric such as NYLON™ This is shown in FIG. **32**.

[0073] It should be noted that the overall length of substantially 28 inches is very important so that the user can pull the cord to twice its length during a normal exercise. The length of the stretch cord of substantially 18 inches is also very important so that the correct force is achieved over a total pull for the particular diameter. A connecting section between the swivel clip and the stretch cord can be made from covered tubing and should be carefully chosen so that the unstretched length of the cord is substantially 18 inches and the unstretched length of the entire device is substantially 28 inches.

[0074] Accessories may then be clipped to one end of the device with the other end attachable to the exercise device previously described, to a wall or to a ball that holds the cord by use of a closed room door.

[0075] Different pull forces can be achieved by providing the device of FIG. **30** with different diameter stretch cords. This is shown in FIG. **33** for several different diameter cords. The pull force is measured when the stretch cord is pulled to approximately twice its unstretched length, or approximately 36 inches. A range of different devices with different pull strengths can thus be created. Typical values are 5 lb., 9 lb., 12 lb., 18 lb., 25 lb., 35 lb., and 50 lb. devices. Cords can optionally be color-coded for easy identification of pull force. Because the lengths of the devices are all the same, it is also possible to double up two or more cords to achieve a particular force. Various accessories such as a handle grip, ankle strap, ab-strap, **81***b*. medicine ball, squat belt, curl bar and straight bar can be used. Wall or door anchors can be used to secure the un-pulled end. Typically, two of the devices with equal force are used in a particular workout. However, it is within the scope of the present invention to use one device or to use two devices with different pull forces at the same time. An example, might be a device of one force for one arm and a second device with a different pull force for the corresponding leg.

[0076] A different accessory of the present invention is an ab-cart. This can be a flat dolly-like cart with typically four wheels. Embodiments can have 3 rings for clipping onto the stretch cord devices just mentioned. This cart allows a complete workout of the abs by pulling via the stretch cords in three different directions. The user sits on the cart with the three cords connected. By moving the cart again

[0077] Several descriptions and illustrations have been presented to aid in understanding the present invention. One skilled in the art will realize that numerous changes and variations are possible without departing from the spirit of the invention. Each of these changes and variations is within the scope of the present invention.

I claim:

1. An exercise device comprising:

a stretch cord of a particular diameter substantially 18 inches long in an unstretched condition with first and second ends;

first and second swivel clips;

first and second connecting sections, wherein said first connecting section connects the first swivel clip with said first end, and said second connecting section connects the second swivel clip with said second end,

wherein, total length of the device including said first and second swivel clips, said first and second connecting sections and said stretch cord in an unstretched condition is substantially 28 inches long;

and wherein the particular diameter is chosen to achieve a desired pull force.

2. The exercise device of claim **1** wherein said stretch cord is color-coded according to pull force.

3. The exercise device of claim **1** wherein one of said swivel clips is attached to an exercise accessory.

4. The exercise device of claim **3** wherein said exercise accessory is a squat belt.

5. The exercise device of claim **3** wherein said exercise accessory is a football or a baseball.

6. The exercise device of claim **3** wherein said exercise accessory is a an ankle cuff.

7. The exercise device of claim **3** wherein said exercise accessory is a golf club.

8. The exercise device of claim **3** wherein said exercise accessory is a boxing glove.

9. The exercise device of claim **3** wherein said exercise accessory is a medicine ball.

10. The exercise device of claim **3** wherein said exercise accessory is an ab-cart.

11. A workout pull cord apparatus comprising an elastic stretch cord substantially 18 inches long with a diameter chosen for a particular pull force, said stretch cord having a swivel clip connected on each end with a connecting section, wherein said apparatus has a total unstretched length of substantially 28 inches.

12. The apparatus of claim **11** wherein said stretch cord is color coded according to pull force.

13. The apparatus of claim **11** wherein said pull force is measured when said stretch cord is stretched to approximately twice its unstretched length.

14. An set of N different exercise devices, where N is a positive integer of 4 or greater, comprising:

each one of said N different exercise devices comprising:

a stretch cord of a particular diameter substantially 18 inches long in an unstretched condition with first and second ends;

first and second swivel clips;

first and second connecting sections, wherein said first connecting section connects the first swivel clip with said first end, and said second connecting section connects the second swivel clip with said second end,

wherein, total length of the device including said first and second swivel clips, said first and second connecting sections and said stretch cord in an unstretched condition is substantially 28 inches long;

and wherein a first of said N devices has a pull force of substantially 5 lbs., and a second of said N devices has a pull force of substantially 9 lbs., and a third of said N

devices has a pull force of substantially 12 lbs., and a fourth of said N devices has a pull force of substantially 18 lbs.

15. The set of claim **14** wherein a fifth of said N devices has a pull force of substantially 25 lbs., and a sixth of said N devices has a pull force of substantially 35 lbs., and a seventh of said N devices has a pull force of substantially 50 lbs.

16. The set of claim **14** wherein each member of the set has a different color code representing its pull force.

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