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(54) **EXERCISE METHOD AND APPARATUS**

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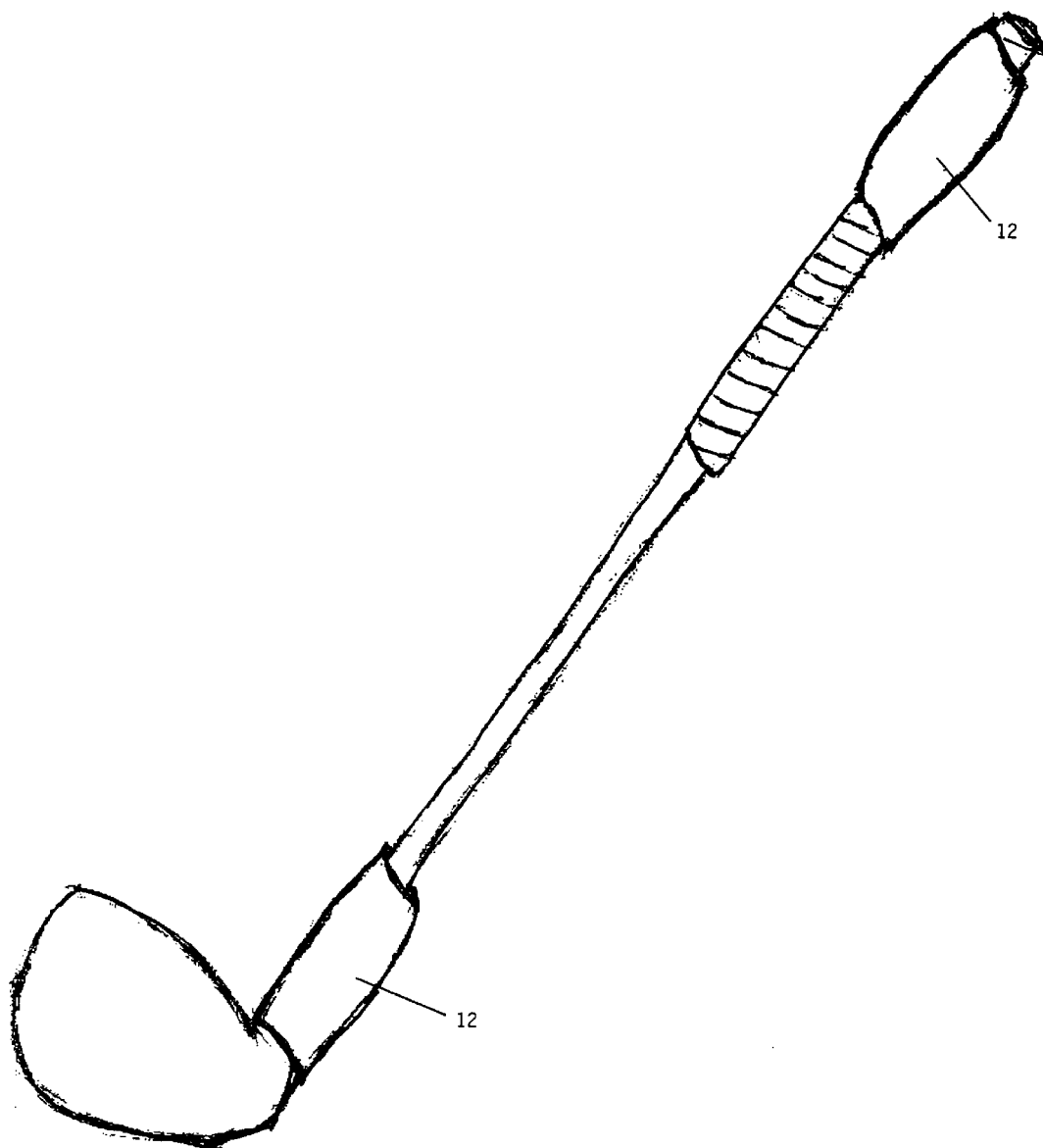
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(57) **ABSTRACT**

An exercise method and apparatus employing an exercise shaft such as a golf club of sufficient length to be gripped by a user's two hands in a spaced apart parallel position to extend the arms and shoulders, and having distal ends structured such that removable strap weights may be attached to the distal ends to provide added exercise resistance for inner core muscle strength.

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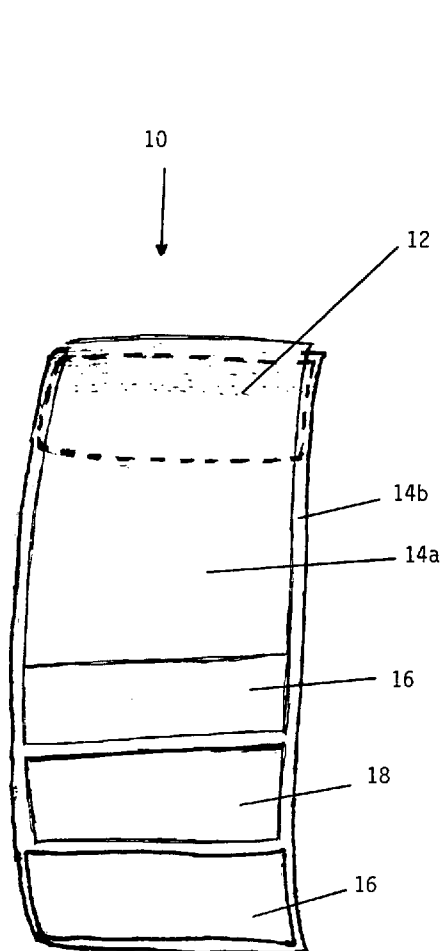


FIG. 1

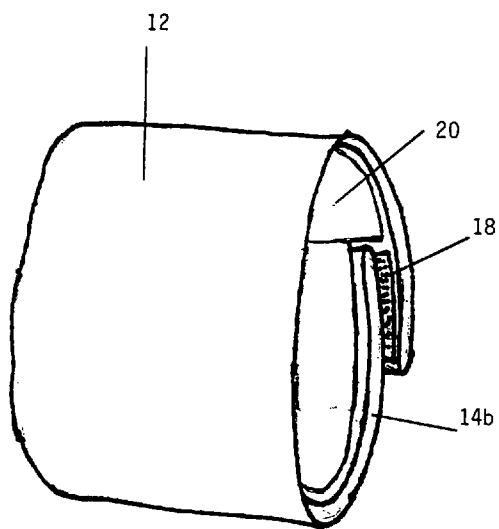


FIG. 3

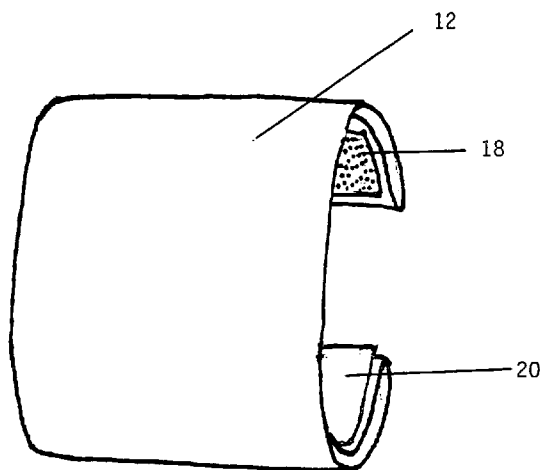


FIG. 2

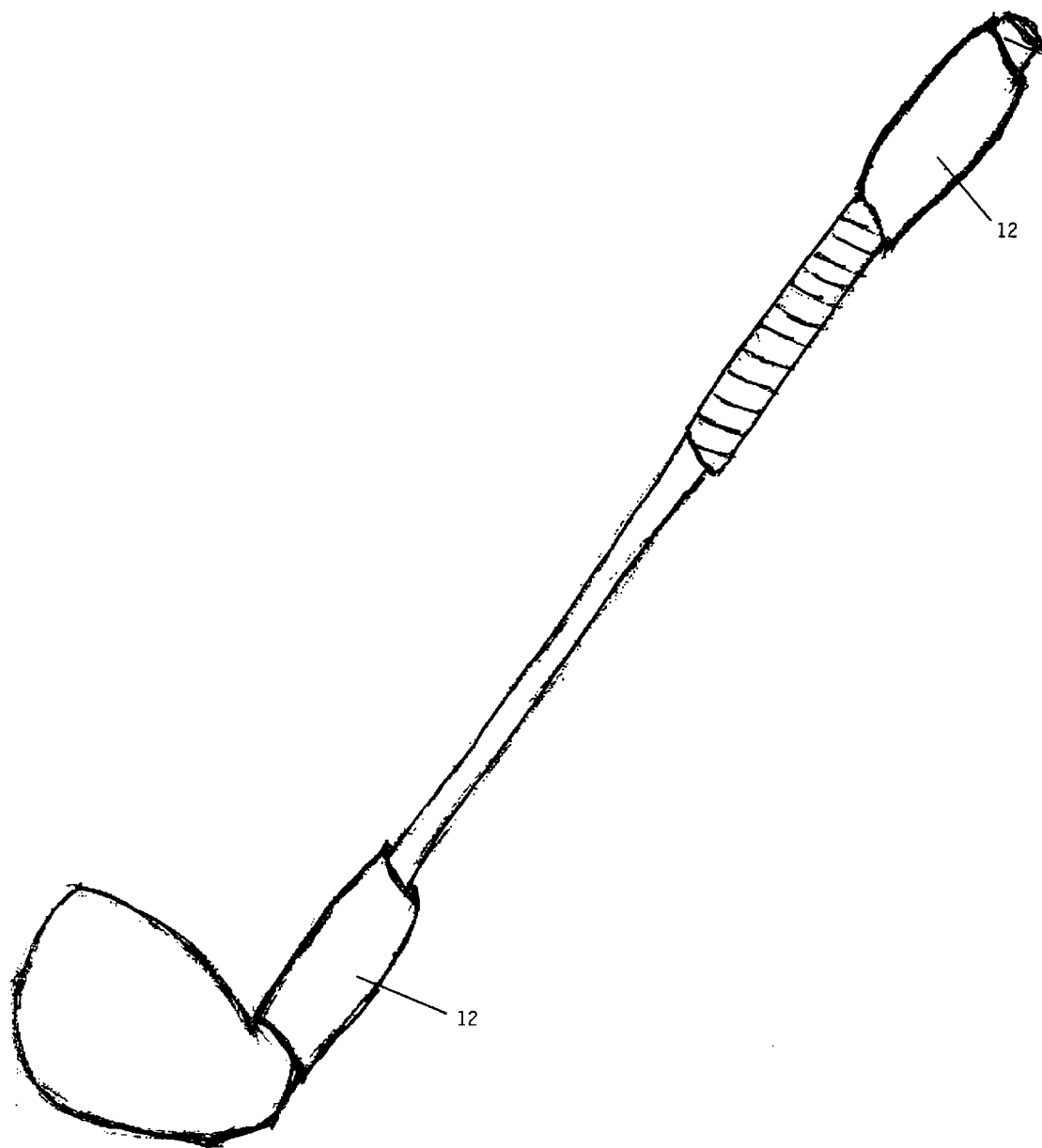


FIG. 4

EXERCISE METHOD AND APPARATUS

BACKGROUND OF THE INVENTION

[0001] 1. Field

[0002] This invention pertains to exercise methods and apparatuses. More particularly, it relates to an exercise method and apparatus employing an exercise shaft with ends, to which are added removable wrapping strap weights to provide inner core muscle strength.

[0003] 2. State of the Art

[0004] Numerous exercise methods and weight lifting apparatuses are known. The present invention is a method adapted to employ sports equipment with shafts and ends, such as a golf club, baseball bat, tennis racket, baton, etc. to which wrapping strap weights are added to provide increased resistance when performing inner core strength specific exercises.

SUMMARY OF THE INVENTION

[0005] The invention comprises an exercise method and apparatus employing an exercise device with an exercise shaft of sufficient length to be gripped by a user's two hands in a spaced apart position to extend parallel the arms and shoulders, and having spaced apart ends structured to accommodate removable wrapping strap weights added to provide increased resistance to build inner core muscle strength. The ends are adapted with structure to accommodate sets of matched pairs of increasingly weighted strap weights for strength training. Examples of typical exercise devices, which can be used as exercise shafts are golf clubs, baseball bats, tennis rackets, and other sporting equipment designed to be gripped by two hands in a parallel spaced apart position to extend the arms and shoulders and aid in performing stretching exercises.

[0006] The pairs of removable strap shaft weights are flexible to enwrap about the exercise shaft and include attachment structure to secure them around the ends of the exercise device such that they are held securely to the exercise shaft during the exercises.

[0007] They also can be added to or removed and replaced with similar sets of heavier weights as the user's strength requirements increase. These paired strap shaft weights usually include a gripping undersurface to prevent slippage when attached to the ends of the exercise shaft, and removable securing means, such as straps and buckles or hook and hook strips associated with the ends of the strap weights to removably secure them about the shaft ends. The preferred gripping surface is made of rubber of a gum like material to adhere to the exercise shaft proximate a hook or loop segment attached to one end to wrap around the shaft and removable secure to corresponding hook or loop strip segments on the upper surface of the strap shaft weight. Thus configured, the strap shaft weights are tightly secured to the ends of the shaft. Additional strap weights may then be wrapped around the positioned strap shaft weights to increase the weight load desired.

[0008] In another preferred embodiment, the strap weights comprise a pair of flexible strap weights filled with weighted shot, which enable the strap weights to wrap about and attach to the ends of the exercise shaft. The underside of the

shot filled strap weights includes rubberized segments, which grip the exercise shaft to prevent the weights from shifting during exercise use. Attached to the upper side of the shot filled strap weights having a longer length to adapt to both larger or smaller shafts are alternating hook and loop strip segments to secure the extra length of the strap weights to themselves, or allow more flexibility in adding other strap weights thereto to provide increased exercising weight resistance. Preferably, these strap weights are uniform in weight and in incremental denominations to minimize manufacturing costs. These incremental strap weights are then sequentially added to the shaft when increased weight is desired. As the exercises contemplated utilize the golfer's body weight as resistance, minimal weight additions in one-pound increments are all that is required to provide the necessary resistance to perform the exercises. The exercise shaft and paired strap weight system thus provides an exercise system and apparatus for performing a number of strength building exercises.

[0009] For example, employing a golf club as the exercise shaft, the exercise method described blow is performed with pairs of wrap around strap shaft weights attached to either end of the club.

Pure Endurance Workout

[0010] Note: Exercises listed below are not in any particular order, nor are they in the order in which the Pure Endurance Workout produces the most results.

[0011] The exercises listed below may be performed with a golf club as the exercise device. The workout method may also be used to train athletes in other sports such as:

[0012] Baseball

[0013] Tennis

[0014] Gymnastics

[0015] Personal Workout and Training

[0016] Dancers

[0017] Swimming

[0018] Ice Skating

[0019] The method is thus adaptable for strength training in a number of sports and adds additional paired weights to the exercise shaft as the athlete's strength and flexibility improves. The following are illustrative of the exercise method performed with a golf club as the exercise shaft device with a pair of strap weights attached to both ends:

[0020] (1) Impact Jumps or Frog Jumps:

[0021] The golfer begins by holding the club in the hands on the floor squatting on the ground on the balls of his/her feet similar to a frog position with knees together. The golfer then springs upward and forward extending both legs as the club is pushed down with straight arms towards the thighs. The golfer lands in the identical position he began in preparing to repeat the exercise.

[0022] This exercise will increase the inner core strength and muscle firing ability of the quads and buttocks with out bulking. This type of strength training will improve the power the golfer has at impact with the golf ball.

[0023] For best results this exercise should be done in sets of 3 for 60 seconds each, attempting to do as many as possible in the 60 seconds with out stopping.

[0024] (2) Reverse Hollow Holds:

[0025] This exercise begins by having the golfer on his back on the ground. The golfer holds the club above his head with the arms extended and touching the ears. The legs of the golfer remain straight with toes pointed. The golfer lifts his chest towards the ceiling at the same time the toes and legs of the golfer reach towards the ceiling. The golfer will find himself in a half moon or boat like position. This position should be held not pulsed.

[0026] This exercise will increase overall inner body core strength to assist the golfer at impact with the golf ball. The muscles will tighten and fire quicker with this type of strength training.

[0027] For best results this exercise should be done in sets of 3 for 30-60 second holds. To increase difficulty the golfer may rock and roll the Reverse Hollow Hold position, similar to how a boat would move when on water.

[0028] (3) Super Snaps:

[0029] The golfer begins this exercise by positioning himself on his back in the "Reverse Hollow Hold" position, above where the golfer is on the ground with the legs extended and straight, and the arms placed above his head straight while the arms continue to touch the ears and hands grasp the golf club. The golfer then lifts his upper body and golf club towards the ceiling as the legs and feet lift towards the ceiling fully extended "if able", to meet up with the club and upper body in the center creating a "V" lick position. Only the tailbone should be touching the ground at this point. The golfer then slowly lows both half's of his body back to the ground. The golfer should repeat that movement 5 times at which time the golfer then rolls his body over to his stomach while not touching his hands, club, chest, thighs, knees or feet on the floor. The golfer will find himself in a "Superman like position". Arms should be brushing the ears, remaining extended and straight with the upper body lifting towards the ceiling. The thighs and pointed feet will lift towards the ceiling as the golfer pulses that position 5 times before rolling back over to repeat the beginning of the exercise.

[0030] This exercise will increase the inner core strength of the ABS and quads for more body control ability, and will lengthen the hamstring.

[0031] For best results this exercise should be done in sets of 3 for 60 seconds attempting to do as many in the 60 seconds a possible.

[0032] (4) Impact Springs or Hollow Holds:

[0033] Impact Springs or Hollow Holds begin with the golfer in a push up type of position. However, the golfer squeezes the buttocks and tightens up the quads as the chest hollows up by trying to touch both shoulders together in front of the chest. The hips should remain lower than the chest during this exercise. The ABS are pulled in and tight as the arms are attempting to push through the floor and the back between the shoulder blades work to become as rounded and smooth as possible with the chin reaching towards the chest. Once the golfer reaches this position it

can be held, or the golfer can place the club parallel to his body and next to his hand on the floor. Starting as tight and hollow as possible without bending the arms or legs the golfer pops himself up and over the club. The hands on feet pop at the same time.

[0034] This exercise is a muscle firing exercise. It will increase strength and body control.

[0035] For the best results this exercise should be done 3 times and held for 60 seconds each time. If the golfer feels he is strong enough to pop the Hollow Holds or Impact Springs, the exercise should be done in sets of 3 for 60 seconds each attempting to do as many as possible in the 60 seconds.

[0036] (5) Mountain Climbers:

[0037] To begin this exercise the golfer starts with one foot turned in and in front of the other foot as well as in front of the body. The more distance between the feet with the toes turned in, the more inner thigh; buttocks and groin area will be worked. The hands hold the club either proximate the hips or behind the neck. The chest stays extended towards the ceiling. The golfer then bends his back knee until it is 1 inch from the ground and the front knee is bent and slightly behind the front foot. The golfer then springs upward changing feet positions and ending in the identical position he began only with the other foot turned in and in front.

[0038] This exercise is repeated a number of times and will assist the golfer in lower body control, quad, hamstring, buttocks and inner core strength.

[0039] For best results this exercise should be done in sets of 3 for 60 seconds each set attempting to do as many as possible in the 60 seconds.

[0040] (6) Quad Stretches:

[0041] The golfer begins by positioning himself on is back on the ground. Both legs begin by being placed side by side. One knee then bends allowing the foot to be moved along side the hip while both knees remain touching and the lower back remains on the ground. If the lower back lifts up off of the ground when the foot is placed up by the hip then the golfer should lift his upper body off the ground until the lower back touches the ground before the shoulders. Both knees must continue to touch the ground. To make sure that the knees are not separating the club should be placed on top of the legs closer to the knees. If the club teeters or falls off, the knees have separated.

[0042] This exercise should be held for 30-60 seconds in sets of 3.

[0043] For best results this exercise should be done after every exercise that works the quad.

[0044] (7) Straight Sitting or Posture Improver:

[0045] The golfer begins by sitting on the floor with his feet and legs extended out in front of the body with pointed toes. The thighs are tight forcing the heels to lift off the floor and the back of the knees touching the floor. The hands are placed on the floor next to the hips with straight arms and the fingers facing the toes. The ABS are pulled in and the shoulders are down and out of the ears as they pull back as if to squeeze a penny between the shoulder blades. The chin

is placed parallel to the floor. The club is placed across the hips to give the golfer an object to squeeze.

[0046] This exercise will improve posture, breathing ability and body control.

[0047] For best results this exercise should be held as often as possible for 30 to 60 seconds each time.

[0048] (8) Straight Sitting Extensions:

[0049] The golfer begins in the "Straight Sitting" position. He then extends one leg towards the ceiling and up off of the floor. The leg should remain completely straight as the leg is either held by its own strength or pulsed up and down. The hamstring should be attempting to lift the leg off the ground, no the quad. As the leg is lifted off the ground the body must continue to stay in the proper Straight Sitting position. The club is placed across the hips to give the golfer an object to squeeze.

[0050] This exercise will improve the strength in the hamstring if done correctly as well as the quad, ABS, shoulders and upper back muscles. The benefits of the Straight Sitting position will remain the same.

[0051] For best results this exercise should be done using three 30-60 second sets on each leg. The option to pulse the leg as many times in the 60 seconds or hold the leg in its extended position with out using the hands for 15-30 seconds, is the golfer's option.

[0052] (9) Crab Extension Walks:

[0053] The golf club is placed across the hips as the knees are bent and pulled up against the chest with the feet up and off of the floor. The hands are placed next to the hips flat on the ground fingers facing the toes. The golfer then pushes against the ground as the body lifts off of the ground using the shoulders and triceps to rotate the hips forward and back onto the ground. The body should be in the identical position the golfer began, however the body should have moved its self-forward from the spot in which it started.

[0054] This exercise will improve inner core strength in the ABS, triceps, quads, hip flexors and shoulders. This type of training teaches the muscles fluidity and control.

[0055] For best results this exercise should be done for 60 seconds 3xs attempting to do as many as possible with out putting the feet on the ground and with out stopping or resting the elbows on the ground.

[0056] (10) Push Up Pushes:

[0057] The golfer begins in the "Hollow Hold" or "Impact Spring" position. (See details of the Hollow Hold or the Impact Spring position under the Hollow Hold definition). The chest is lowered to the ground as the golfer pushes the arms straight and the entire body pops off of the ground and moves forward. While the body is popping and moving forward the Hollow Hold position should continue to be held. The club should be placed directly under the chest on the ground. The golfer should attempt to touch his chest to the club each time he lowers his chest to the ground.

[0058] This exercise will increase inner core chest strength, biceps (if the arms are placed out and away from the chest) triceps (if the hands are placed under the shoulders and next to the chest) and if the Hollow Hold position is held correctly it will improve inner core body strength.

[0059] For best results this exercise should be done in 3 sets for 30-60 seconds attempting to do as many as possible in the 60 seconds. The golfer may rest at any time, however they should remain in the Hollow Hold position.

[0060] (11) Down Hill Ski Stance:

[0061] The golfer begins with his feet in a wide stance. The stance should be wider than the shoulders with the toes facing slightly inward with the body weight over the toes as the knees are bent at a 90-degree angle. The chest should be not quite parallel with the floor. One end of the club is wedged between the floor and the foot, the other end of the club is placed across the opposite thigh as the arm nearest the end wedged extends to a complete straight arm position grasping the shaft near the wedge. The other hand holds the club on the thigh as that hand pushes the knees further apart with out moving the feet.

[0062] This Stretch will lengthen the inner thigh on the wedged side of the club.

[0063] For best results this exercise should be held for 30 seconds 3xs on each side.

[0064] (13) Club Crunches:

[0065] The golfer begins on his back with his knees bent at a 90-degree angle with the heels on the floor and the toes flexed, and the golf club placed under the shoulders on the floor and at the bottom of the neck. The golfer holds the club in place while the chest is being lifted up and towards the ceiling while attempting to touch his chest to his knees, when lowering the chest making sure not to allow the club to touch or rest on the floor. The side crunches should be done attempting to touch the opposite side of the club to the opposite knee, again not allowing the club to come back and touch or rest on the ground.

[0066] This exercise will strengthen the inner core upper ABS, and the obliques when the positions are rotated or done in sets in each position.

[0067] For best results this exercise should be done in sets of 3 for 60 seconds each attempting to do as many as possible in the 60-seconds.

[0068] (14) Extended V Sit:

[0069] This exercise begins by the golfer placing himself on his back on the ground with his arms either in a T position or down by his hips on the floor and the club placed across the hips and the thighs. The legs are extended and completely straight above the hips with pointed toes. The lower back must remain on the floor. If the lower back begins to lift off of the floor the Golfer must bend his legs slightly. The feet then pulse towards his nose in 3 different positions. One is with the feet pulsing side by side; the other is pulsing the right foot only, then the left. The golfer should not allow the tailbone or hips to leave the ground during the pulsing.

[0070] This exercise will strengthen the inner core of the lower ABS, buttocks and quads.

[0071] For best results 3 sets should be done in each position (feet, right foot, left foot) for 30-60 seconds each set.

[0072] (15) Extended V Straddle:

[0073] The golfer is placed in the "Extended V Sit" position with the club placed across the hips and thighs. After the golfer has positioned himself in the correct Extended V Sit, the legs are placed in a wide straddle position with the toes pointed and reaching towards the floor out side of the hips. The legs must work to stay completely extended and straight. The legs then lift toward the ceiling 1-inch every 5-10 seconds until the feet meet up above the hips in the Extended V Sit. The legs may also be lowered towards the floor in the same manner.

[0074] This exercise will lengthen and straighten the inner hamstring, ABS and groin muscle.

[0075] For best results this exercise should be done in sets of 3 moving the legs up ward and down ward 1 inch every 5-10 seconds.

[0076] (16) Pretzel Stretch:

[0077] The golfer begins by sitting on the ground in a cross-legged sitting position. One leg is moved out of the cross-legged sitting position while the other leg remains in the cross-legged sitting position. The leg and foot that has been moved is placed with the foot flat on the floor on the other side of the thigh that is in the cross-legged sitting position. Both hips must remain on the floor while the body twist's toward the cross-leg using the club to push against the foot on the floor to assist in more upper body rotation.

[0078] This exercise will stretch out the buttocks and loosen the back.

[0079] For best results this exercise should be done 3 times on each side being held for 15-20 seconds each.

[0080] (17) Rotator Cuff Rolls or Shoulder rolls:

[0081] The golfer begins with his feet placed in a wide stance slightly wider than his shoulders. The feet must remain facing forward and slightly turned in with the weight is over the toes with the club held with straight arms down in front of the upper thighs. The shoulders rotate by coming up to the ears rolling back towards the back wall and moving down towards the floor and rotating towards the front of the room. This rolling action is done both forwards and backwards. The elbow is placed in two different positions. One is with the elbow down by the rib cage the other is with the elbow up and level with the shoulder.

[0082] This exercise loosens the shoulder joint and rotator cuff.

[0083] For best results 8-16 rolls front and back with the elbows in both positions.

[0084] (18) Shoulder Shrugs:

[0085] This exercise is identical to the Rotator Cuff Rolls. The only alteration to this exercise is that the shoulders move up towards the ears and down towards the floor only.

[0086] The exercise will loosen the shoulders. For best results continue this exercise until the shoulders feel loose.

[0087] (19) Head Tilts:

[0088] The golfer begins with his feet placed in a wide stance slightly wider than his shoulders. The feet must remain facing forward and slightly turned in with the weight

is over the toes. The club is held in front of the upper thighs and hips. The shoulders remain down towards the ground while the head moves left to right trying to touch the ears to the shoulders, (with out lifting the shoulders to the ears.) The head also moves front to back touching the chin to the chest and the back of the head to the floor. The head then circles in a complete circle right and left keeping the shoulders pulling down and towards the floor.

[0089] This exercise will loosen the neck muscles.

[0090] Do this exercise until the neck feels looser.

[0091] (20) Club Swings:

[0092] The club is held down in front of the upper thighs and hips with straight arms as the legs are placed in a wide stance with the toes forward and slightly turned in with the shoulders pulling backwards and down. The golfer then twist's the upper body right and left, swinging the club as far around the body as possible with out moving the feet, however the heel may lift off of the ground to improve the fluidity of the swing. The knees are bent slightly while the head attempts not to move up or down front or back. The club can also be positioned at the chest with one arm bent holding the club up against the chest as the other arm is extended and completely straight and grasping the other end of the club. The club should have half of the club against the chest while the other half is tot he side of the chest.

[0093] This exercise will loosen the hips and back.

[0094] For best results this exercise should be done until the back is fully warm and loosened.

[0095] (21) Shoulder Pulses:

[0096] The golfer begins with his feet in a wide stance, arms overhead and straight while brushing up against the ears and grasping the club. The club is then pulsed backwards behind the head.

[0097] This exercise will strengthen the inner core of the muscles between the shoulder blades.

[0098] For best results this exercise should be done in sets of 3 for 15-20 seconds.

[0099] (22) Reverse Shoulder Pulses:

[0100] The golfer begins with his feet in a wide stance; the body is bent at the hips while attempting to touch the head tot he ground. The club is held above the head as the golfer pulses the club upward and towards the buttocks.

[0101] This exercise will strengthen the shoulders and the muscles between the shoulder blades.

[0102] For best results this exercise should be done in sets of three for 15-20 seconds.

[0103] (23) Half Moon Stretch:

[0104] The golfer begins with his feet in a wide stance with his toes slightly turned in. The club is held above the head with straight arms. One arm is then moved until it touches the ear continuing to hold one end of the club.

[0105] The other arm pulls the opposite end of the club down and slightly backwards until the golfer feel a stretch.

[0106] This exercise will stretch the armpit, lats, shoulder and triceps.

[0107] For best results this exercise should be done in 3 sets on each side for 10 seconds each.

[0108] (24) Parallel Stretch:

[0109] The golfer stands with his feet in a wide stance with the club held with straight arms out in front of the chest. The shoulders remain down and out of the ears as the club rotates to one side of the body continuing to keep the arms straight. The side in which the club is rotated to is the hand that is grasping the club from underneath the shaft and pulling it away from the other hand with out either hand letting go of the club.

[0110] This exercise will stretch the outer part of the shoulder.

[0111] For best results this exercise should be done in 3 sets for 10 seconds on each side

[0112] (25) L Stretch:

[0113] The golfer stands with his feet in a wide stance with the club positioned completely to the side of the body. If the club is on the right side of the body the left hand is positioned underneath the handle of the club. The other hand is sitting on top of the club fully extended and straight as the arm touches the ear. The left hand that is under the handle of the club pushes the club towards the ceiling while the other hand remains on top of the blade.

[0114] This exercise will stretch and open the armpit area.

[0115] For best results this exercise should be done on both sides until the armpit area feels looser.

[0116] (26) Standing V Stretch:

[0117] The golfer stands with his feet in a wide stance and the club down in front of the upper thighs and hips. Starting with the crown of the head as the chin touches the chest the golfer slowly rolls the body towards the floor stretching the entire spine as he rolls down. The weight must remain over the toes with the legs as straight as possible. The golfer then rolls his body back up towards the ceiling making sure the chin is the last to roll up.

[0118] This exercise will improve the flexibility in the hamstring and back.

[0119] For best results this exercise should be done until the back and hamstrings feel loose and warm.

[0120] (27) Hamstring Tilt:

[0121] The golfer begins with his feet in a wide stance with the weight over the toes. The body is bent at the hips as the head tries to touch the floor. The club is placed with the blade of the club against the outside of the foot and the handle of the club leaning against the outside of the hip. The golfer then extends the arm that is furthest from the club down to the shaft nearest the foot, the other hand holds the handle of the club at the hip as the body leans away from the club with out bending the knees.

[0122] This exercise will stretch the entire side of the body that is furthest away from the club, as long as the legs remain straight and the arm that is grasping the shaft near the foot is straight. The head should try to touch the leg that has the club leaning up against it.

[0123] For best results this exercise should be done in sets of 3 on each side for 15-20 seconds.

[0124] (28) Football Stretch:

[0125] The golfer begins with his feet in a wide stance. The feet should be a few inches wider than the shoulders with the toes forward and slightly turned in with the knees bent to a 90-degree angle. The chest is parallel to the floor as the elbows are placed on the knees pushing the knees outward with out moving the feet. The hands are grasping the club in front of the legs.

[0126] This exercise will stretch the inner hamstring.

[0127] For best results this exercise should be done until the inner hamstring is loosened and warm.

[0128] (29) Hamstring Pike Stretch:

[0129] The golfer begins by sitting on the ground with his feet side-by-side and straight in front of the body. The golfer reaches for his toes trying to put the stomach on his thighs before allowing the head to drop to the knees. The golfer remains in the pike sit with the body sitting up to wards the ceiling. One leg is lifted as it remains straight by the hands with a flexed and pointed toe and held at the point that the hamstring is getting the most stretch with out bending the knees. The club can be used to hook the blade onto the bottom of the foot as the golfer holds the shaft and lifts the leg into position.

[0130] This exercise will lengthen the Hamstring.

[0131] For best results this exercise should not be pulsed but held 3xs for 30-60 seconds.

[0132] (30) Tuck Sit:

[0133] The club is placed across the hips as the knees are bent and pulled into the chest with the knees together feet flat on the floor, chest lifting up, shoulders pulling back, chin parallel to the floor and hands placed on the floor next to the hips with the fingers facing forward. To work the quad more extend one leg off of the floor with a pointed toe pulsing the straight extended leg with out it bending or touching the floor.

[0134] This exercise will strengthen the quads, lower stomach, hip flexors, and upper back muscles between the shoulder blades.

[0135] For best results this exercise should not be pulsed but should be held with the knees together and spine flat for 15-30 seconds 3xs. If the leg is extended the leg may be pulsed 5-10xs 3 sets on each leg.

[0136] The above exercise method and apparatus is particularly adapted for use with those ages 15 through 85 desiring to develop inner core muscle strength. It extends and stretches the muscles, develops inner core strength while adding strength development, muscle firing ability and may be used in combination with other compatible exercises not employing the weighted exercise shafts like clubs, such as:

[0137] (a) Walking Push Ups:

[0138] The golfer assumes a regular push up position with his legs shoulder width apart. One hand is placed under the shoulder; the other hand is placed under the hip, or as far back as possible. The arms should begin completely straight

One hand is always in front of the other by stepping the hand forward as the chest is lowered to the ground.

[0139] (b) Forearm and Wrist Stretch:

[0140] The golfer remains standing. The arms are placed out in front of the body as one-hand positions the fingers down toward the ground with the forearm facing the ceiling. The other hand grasps the fingers that are facing the ground and slowly pulls the fingers back towards the body.

[0141] This exercise will lengthen the forearm and underneath the wrist.

[0142] This exercise will improve strength in the triceps, chest, biceps and shoulders. For best results do this exercise as often as needed to loosen up and lengthen the forearm.

[0143] For best results this exercise should be done in 3 sets for 30-60 seconds attempting to do as many as possible in the 60 seconds. The golfer may rest at any time, however they should not put their knees down, they should remain in the push up position.

[0144] (c) Reverse Wrist Lifts:

[0145] The golfer is placed on the ground with the knees bent underneath the body. The hands are placed in front of the body on the floor with the fingers facing the body and the tops of the hands on the ground. Slowly and smoothly using the strength of the wrists, not the strength of the body, the golfer will lift the backs of the hands off the floor leaving the knuckles of the hands on the ground.

[0146] This exercise is repeated slowly and smoothly using only the wrist strength. This will increase the inner core wrist strength and assist in diminishing wrist problems.

[0147] For best results this exercise should be done in sets of 3 for 30-45 seconds each attempting to do as many as possible smoothly and slowly in the 30 seconds.

[0148] (d) Wrist Lifts:

[0149] The golfer begins by sitting on the ground with his knees bent underneath his body. The hands are placed flat on the ground in front of the body with his fingers facing away from his body. Using the strength of the wrists, not using his body weight the golfer lifts the palm of the hands off the ground until just the finger tips are touching the ground.

[0150] This exercise is repeated is a smooth slow motion only using the wrist strength. This will increase inner core wrist strength and assist in diminishing wrist problems.

[0151] For best results this exercise should be done in sets of 3 for 30-45 seconds each attempting to do as many slowly and smoothly as possible in the 30 seconds.

[0152] (e) AB Stretches: (No Club)

[0153] The golfer places himself on the ground on his stomach with his elbows bent on the floor next to the rib cage. The chin stretches up toward the ceiling as the legs remain together on the floor. For more of a stretch push the arms straight.

[0154] This exercise will lengthen the ABS.

[0155] For best results do this exercise after AB work.

[0156] (f) Pike Stretch:

[0157] The golfer begins by sitting on the ground with his feet side by side and straight in front of the body. The golfer reaches for his toes trying to put the stomach on his thighs before allowing the head to drop to the knees.

[0158] This exercise will stretch the hamstrings, lower back and calves.

[0159] For best results this exercise should be held not pulsed until the hamstring feel warmer and loose.

[0160] Employment of the exercise method and apparatus thus provides a complete workout for those seeking strength training without adding undue bulk to interfere with one's golf swing and other strokes.

DESCRIPTION OF THE DRAWINGS

[0161] FIG. 1 illustrates a top view of a preferred embodiment of the invention FIG. 2 illustrates a view of the preferred embodiment of the invention shown in FIG. 1.

[0162] FIG. 3 illustrates a perspective view of the preferred embodiment of the invention shown in FIGS. 1 and 2.

[0163] FIG. 4 illustrates a perspective view of a pair of the preferred embodiments shown in FIGS. 1-3 attached to the golf club.

DESCRIPTION OF THE ILLUSTRATED EMBODIMENTS

[0164] FIG. 1 illustrates a top view of a preferred embodiment of the invention 10. It comprises a flexible strap weight 12 formed by sewing together a nylon top 14a and backing 14b to form a pouch into which weighted shot (not shown) is filled to provide a 1 pound weight. Attached to the top 14a are a series of alternating hook 16 and loop 18 strips used with universal strap weights 12 for differing sized shafts, which adhere to corresponding hook 16 and loop 18 strips of another flexible weight strap weight 12, when secured around the same to provide added weight.

[0165] FIG. 2 illustrates how the flexible strap weight 12 is bendable to wrap around a selected segment of a golf club shaft or handle. As shown in FIG. 3, attached underneath of the backing 14b is a rubber gripping surface 20, which when secured along the golf club shaft prevents the flexible strap weight 12 from shifting while attached to a golf club.

[0166] FIG. 4 illustrates a perspective view of a pair of the preferred embodiments of the strap weights 12 shown in FIGS. 1-3 attached to the handle and shaft proximate the head of a golf club. Thus secured about the shaft of the golf club, the weighted shaft may be used to perform a variety of exercises discussed above.

[0167] These flexible strap weights 12 are preferably made of a washable material and are filled with weighted shot that will not rust if exposed to water for cleaning. Other weighted filler may be used in lieu of the weighted shot. It is also contemplated that the strap weights 12 may be secured in position with other means, not shown, such as straps and buckles, or snap fasteners.

[0168] Although this specification refers to the illustrated embodiments, it is not intended to restrict the scope of the

appended claims. The claims themselves recite those features deemed essential to the invention.

I claim:

1. An exercise apparatus comprising:
 - a. an exercise shaft such as a golf club, baton, bat, or other item of sports equipment of sufficient length to be gripped by a user's two hands in a parallel spaced apart position to extend the arms and shoulders and having distal ends each of which accommodates
 - b. at least one flexible, removable strap weight having a predetermined weight with ends and of a length to removably enwrap the strap weight about the distal end of the shaft.
2. An exercise apparatus according to claim 1 wherein the strap weight comprises a flexible weighted strip having an underside with a gripping surface to grip the shaft, and an upper surface adapted to removably secure additional weighted strips thereto about the shaft so that increasing weights may be added for strength training.
3. A set of incrementally weighted paired flexible strap weights with ends each of a length to enwrap about the distal ends of an exercise shaft, and including a gripping under-surface to prevent slippage when attached to the exercise shaft, and including securing means associated with the ends to removably secure the strap weights about the shaft and/or about secured paired strap weights to add additional weight for a user performing exercises requiring increased weight.
4. An exercise method employing the device of claim 1, comprising:
 - a. attaching a pair of removable flexible strap weights of sufficient length to enwrap about ends of a golf club exercise shaft of sufficient length to be gripped by two hands in a parallel spaced apart position to extend the arms and shoulders,
 - b. gripping with two hands the shaft in the spaced apart position, and
 - c. performing desired stretching, and bending exercises.
5. An exercise method according to claim 4, wherein the user:
 - a. begins by holding the club in the hands on the floor squatting on the ground on the balls of his/her feet similar to a frog position with knees together, and
 - b. then springs upward and forward extending both legs as the club is pushed down with straight arms towards the thighs, landing in the identical position he/she began in.
6. An exercise method according to claim 4, wherein the user:
 - a. begins with his/her back on the ground holding the club above their head with the arms extended and touching the ears, with their legs remaining straight with toes pointed, and
 - b. lifts their chest towards the ceiling at the same time their toes and legs reach towards the ceiling in a half moon or boat like position, which is held, not pulsed.
7. An exercise method according to claim 4, wherein the user:
 - a. begins on the ground with the legs extended and straight, and the arms placed above his/her head and held straight touching the ears,

- b. grasps the exercise shaft with the hands,
 - c. lifts his/her upper body and golf club towards the ceiling as the legs and feet lift towards the ceiling fully extended "if able", to meet up with the club and upper body in the center creating a "V" like position with only the tailbone touching the ground at this point,
 - d. then slowly allows both half's of his/her body back to the ground, and
 - e. rolls their body over onto the stomach while not touching his/her hands, club, chest, thighs, knees or feet on the floor in a "Superman like bent flying position" with arms brushing the ears, remaining extended and straight with the upper body arched and lifting towards the ceiling and the thighs and pointed feet arched and lifting towards the ceiling.
8. An exercise method according to claim 4, wherein the user:
 - a. begins in a push up type of position and squeezes the buttocks to tightens up the quads as the chest hollows up by trying to touch both shoulders together in front of the chest with the hips remaining lower than the chest during this exercise,
 - b. pulls the ABS in and tight as the arms attempt to push through the floor and the back between the shoulder blades work to become as rounded and smooth as possible with the chin reaching towards the chest such that this position is held, or places the club parallel to the body next to the hand on the floor, and starting as tight and hollow as possible without bending the arms or legs,
 - c. pops him/herself up and over the club with the hands and feet popping up at the same time.
 9. An exercise method according to claim 4, wherein the user:
 - a. begins with one foot turned in and in front of the other foot as well as in front of the body such that the more distance between the feet with the toes turned in, the more the inner thigh; buttocks and groin area will be worked,
 - b. holds the club in the hands either proximate the hips or behind the neck with the chest extended towards the ceiling,
 - c. bends his/her back knee until it is 1 inch from the ground and the front knee is bent and slightly behind the front foot, and
 - d. springs upward changing feet positions and ending in the identical beginning position only with the other foot turned in and in front.
 10. An exercise method according to claim 4, wherein the user:
 - a. begins by positioning him/herself on their back on the ground with both legs placed side by side,
 - b. places the weighted club on top of the legs closer to the knees such that if the club teeters or falls off, it indicates the knees have separated,
 - c. bends one knee allowing the foot to be moved along side the hip while both knees remain touching and the lower back remains on the ground, provided that if the

lower back lifts up off of the ground when the foot is placed up by the hip, then the user lifts his upper body off the ground until the lower back touches the ground before the shoulders with both knees continuing to touch the ground.

11. An exercise method according to claim 4, wherein the user:

- a. begins by sitting on the floor with his/her feet and legs extended out in front of the body with pointed toes and the thighs held tight forcing the heels to lift off the floor and the back of the knees to touch the floor,
- b. places the club across the hips to give the user an object to squeeze,
- c. places the hands on the floor next to the hips with straight arms and the fingers facing the toes,
- d. pulls the ABS in and the shoulders down and out of contact with the ears as they pull back as if to squeeze a penny between the shoulder blades and
- e. places the chin placed parallel to the floor.

12. An exercise method according to claim 4, wherein the user:

- a. begins in a "Straight Sitting" position
- b. places the club across the hips to give the golfer an object to squeeze,
- c. extends one leg towards the ceiling and up off of the floor with the leg remaining completely straight as the leg is either held by it's own strength or pulsed up and down such that the hamstring attempts to lift the leg off the ground, no the quad, and
- d. holds the body in a straight sitting position as the leg is lifted off the ground.

13. An exercise method according to claim 4, wherein the user:

- a. places a golf club across the hips as the knees are bent and pulled up against the chest with the feet up and off of the floor,
- b. places the hands next to the hips flat on the ground fingers facing the toes, and
- c. pushes against the ground lifting the body off of the ground using the shoulders and triceps to rotate the hips forward and back onto the ground moving the body forward while maintaining the original position.

14. An exercise method according to claim 4, wherein the user:

- a. begins in a push up type of position squeezing the buttocks to tighten up the quads as the chest hollows up by trying to touch both shoulders together in front of the chest, and the hips remain lower than the chest,
- b. pulls the ABS in tight as the arms attempt to push through the floor and the back between the shoulder blades work to become as rounded and smooth as possible with the chin reaching towards the chest,
- c. places the club directly under the chest on the ground, and
- d. lowers the chest to the ground as the user pushes the arms straight and the entire body pops off of the ground

and moves forward as the user attempts to touch his/her chest to the club each time the chest lowers to the ground while holding the push up type position.

15. An exercise method according to claim 4, wherein the user:

- a. begins with his feet in a stance wider than the shoulders with the toes facing slightly inward with the body weight over the toes as the knees are bent at a 90-degree angle, and the chest is not quite parallel with the floor,
- b. wedges one end of the club between the floor and the foot and the other end of the club is placed across the opposite thigh, and as the arm nearest the wedged end
- c. extends to a complete straight arm position grasping the shaft near the wedge, with the other hand holding the club on the thigh as that hand pushes the knees further apart without moving the feet.

16. An exercise method according to claim 4, wherein the user:

- a. begins on his back with his knees bent at a 90-degree angle with the heels on the floor and the toes flexed,
- b. places the golf club under the shoulders on the floor and at the bottom of the neck, which is held in place while the chest is being lifted up and towards the ceiling, and
- c. attempts to touch his/her chest to his/her knees, when lowering the chest making sure not to allow the club to touch or rest on the floor while attempting to touch the opposite side of the club to the opposite knee without allowing the club to come back and touch or rest on the ground.

17. An exercise method according to claim 4, wherein the user:

- a. begins on his/her back on the ground with the arms either in a T position or down by the hips on the floor,
- b. places the club across the hips and the thighs, while the legs are extended and completely straight above the hips with pointed toes with the lower back remaining on the floor or if the lower back begins to lift off of the floor, bends the legs slightly, and
- c. pulses the feet towards the nose in 3 different positions:
 - i. one with the feet pulsing side by side;
 - ii. the other is pulsing the right foot only, and
 - iii. then pulsing the right foot only;

whereby the user does not allow the tailbone or hips to leave the ground during the pulsing.

18. An exercise method according to claim 4, wherein the user:

- a. begins on his back on the ground with the arms either in a T position or down by the hips on the floor,
- b. places the club across the hips and the thighs with the legs placed in a wide straddle position with the toes pointed and reaching towards the floor outside of the hips such that the legs must work to stay completely extended and straight, and
- c. lists the legs toward the ceiling 1-inch every 5-10 seconds until the feet meet up above the hips in the original position, or then lowers the legs towards the floor in the same manner.

19. An exercise method according to claim 4, wherein the user:

- a. begins by sitting on the ground in a cross-legged sitting position,
- b. moves one leg out of the cross-legged sitting position while the other leg remains in the cross-legged sitting position,
- c. places the leg that has been moved with its foot flat on the floor on the other side of the thigh of the leg that is in the cross-legged sitting position such that both hips remain on the floor while the body twist's toward the cross-leg, and
- d. uses the club to push against the foot on the floor to assist in more upper body rotation.

20. An exercise method according to claim 4, wherein the user:

- a. begins with feet placed in a wide stance slightly wider than the shoulders such that the feet remain facing forward and slightly turned in with the weight over the toes,
- b. holds the club with straight arms down in front of the upper thighs,
- c. rotates the shoulders by having them come up to the ears roll back towards the back and then down towards the floor and rotating towards the front in either a forward or backward motion, with the elbow placed in either of two different positions:
 - i. one with the elbow down by the rib cage, and
 - ii. the other with the elbow up and level with the shoulder.

21. An exercise method according to claim 20, wherein the user has the shoulders move up towards the ears and down towards the floor only.

22. An exercise method according to claim 4, wherein the user:

- a. begins with his feet placed in a wide stance slightly wider than his shoulders with the feet facing forward and slightly turned in with the weight over the toes,
- b. holds the club in front of the upper thighs and hips and the shoulders remain down towards the ground while the head moves left to right trying to touch the ears to the shoulders, without lifting to the ears,
- c. moves the head front to back touching the chin to the chest and the back of the head to the floor, and
- d. circles the head in a complete circle right and left keeping the shoulders pulling down and towards the floor.

23. An exercise method according to claim 4, wherein the user:

- a. holds the club down in front of the upper thighs and hips with straight arms as the legs are placed in a wide stance with the toes forward and slightly turned and the shoulders pull backwards and down, and
- b. twists the upper body is right and left swinging the club as far around the body as possible without moving the feet, provided the heel may lift off of the ground to

improve the fluidity of the swing, and the knees may be bent slightly, as the head attempts not to move up or down front or back.

24. An exercise method according to claim 23, wherein the club is positioned at the chest with one arm bent holding the club up against the chest as the other arm is extended and completely straight and grasping the other end of the club such that the club has half of the club against the chest while the other half is to the side of the chest.

25. An exercise method according to claim 4, wherein the user:

- a. begins with feet in a wide stance, arms overhead and straight while brushing up against the ears and grasping the club, and
- b. pulses the club backwards behind the head.

26. An exercise method according to claim 4, wherein the user:

- a. begins with his feet in a wide stance; the body bent at the hips while attempting to touch the head to the ground,
- b. holds the club above the head, and
- c. pulses the club upward and towards the buttocks.

27. An exercise method according to claim 4, wherein the user:

- a. begins with feet in a wide stance with toes slightly turned in,
- b. holds the club above the head with straight arms,
- c. moves one arm until it touches the ear continuing to hold one end of the club, and
- d. pulls the other arm opposite end of the club down and slightly backwards until the user feels a stretch.

28. An exercise method according to claim 4, wherein the user:

- a. stands with feet in a wide stance,
- b. holds the club with arms straight out in front of the chest and the shoulders remaining down and out of contact with the ears, and
- c. rotates the club to one side of the body as the user continues to keep the arms straight, and then to the opposite side in which the club is rotated such that the hand grasping the club from underneath the shaft pulls it away from the other hand without either hand letting go of the club.

29. An exercise method according to claim 4, wherein the user:

- a. stands with feet in a wide stance,
- b. positions the club completely to the side of the body such that if the club is on the right side of the body, the left hand is positioned underneath the handle of the club, and the other hand sits on top of the club fully extended and straight as the arm touches the ear, with the left hand under the handle of the club, and
- c. pushes the club towards the ceiling while the other hand remains on top of the club bladed end.

30. An exercise method according to claim 4, wherein the user:

- a. stands with feet in a wide stance and the club is down in front of the upper thighs and hips, with the chin touching the chest,
- b. rolls slowly the body towards the floor stretching the entire spine as he/she rolls down with the weight remaining over the toes and the legs as straight as possible, and
- c. then rolls his/her body back up towards the ceiling making sure the chin is the last to roll up.

31. An exercise method according to claim 4, wherein the user:

- a. begins with his feet in a wide stance with the weight over the toes and the body bent at the hips as the head tries to touch the floor,
- b. places the club with its blade against the outside of the foot and the club handle leaning against the outside of the hip, and
- c. extends the user's arm that is furthest from the club down to the shaft nearest the foot, such that the other hand holds the handle of the club at the hip as the body leans away from the club with out bending the knees.

32. An exercise method according to claim 4, wherein the user:

- a. begins with feet in a wide stance a few inches wider than the shoulders with the toes forward and slightly turned in with the knees bent to a 90-degree angle with the chest parallel to the floor,
- b. places the elbows on the knees and
- c. pushes the knees outward with out moving the feet and the hands grasp the club in front of the legs.

33. An exercise method according to claim 4, wherein the user:

- a. begins by sitting on the ground with feet side by side and straight in front of the body,
- b. reaches for their toes trying to put the stomach on the thighs before allowing the head to drop to the knees and as the user remains in the pike sit with the body sitting up towards the ceiling,
- c. lifts one leg as it remains straight by the hands with a flexed and pointed toe and held at the point that the hamstring is getting the most stretch with out bending the knees,
- d. hooks the blade of the club onto the bottom of the foot as the user holds the shaft and lifts the leg into position.

34. An exercise method according to claim 4, wherein the user:

- a. places the club across the hips, and
- b. bends the knees pulled into the chest with the knees together and feet flat on the floor, and
- c. lifts up the chest with shoulders pulling back, chin parallel to the floor and hands placed on the floor next to the hips with the fingers facing forward.

35. An exercise method according to claim 34, wherein the user extends one leg off of the floor with a pointed toe, and pulses the straight extended leg without it bending or touching the floor.

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