AEROBIC EXERCISE DEVICE

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ABSTRACT

The present invention provides an aerobic exercise device, which has contour of a nunchaku, comprising a pair of rubber holding rods having a receiving hole respectively, a pair of spheroidal revolvers located in said receiving holes respectively, and at least an elastic rope made by latex material being coupled with said revolvers by two ends thereof. The aerobic exercise device provided by this invention can have safer function when practicing because of its design.

Due to the contour of this invention is generated from a nunchaku, it has more function, such as martial arts training, Cardio Kick-Boxing, or Tae-Bo.
FIG. 1
(Prior Art)
AEROBIC EXERCISE DEVICE

REFERENCE CITED

[0001] U.S. Pat. No. 5,524,886
[0002] U.S. Pat. No. 5,547,190
[0004] U.S. Pat. No. 6,126,292
[0005] U.S. Pat. No. 6,196,921 B1
[0006] U.S. Pat. No. 6,299,537 B1

FIELD OF THE INVENTION

[0007] The invention herein relates to an exercise device, especially relates to a multifunction aerobic exercise device.

BACKGROUND OF THE INVENTION

[0008] There are more and more people interested in kung-fu. Mostly, they do such exercise by nunchaku. Nunchaku is a well-known martial arts training device and weapon. Typical nunchaku consists of two hardwood handles coupled with a short length of chain or cord at their ends. In FIG. 1A, it illustrates a traditional nunchaku 10, which comprises a pair of rigid handles 11 and a connecting chain 12. During combat, one handle normally is held in one hand while the other free handle is swung at the opponent or warding off the opponent's attacking. During practice or prior to combat, for physiological reasons and to confuse the opponent, one handle is held in one hand while the other, free handle is swung over the shoulder, under the arm, under the leg and around the waist of the person using the nunchaku 10. Thus, it is necessary to have a safer nunchaku for combatting or practicing. Besides, the connecting portions 111 of the solid handles 11, as shown in the FIG. 1A, are connected firmly by connecting posts. Therefore, it may cause the connecting chain 12 broken when whirling the nunchaku 10 forcefully. The solid handles 11 are typically made by rigid hardwood, plastic, or other similar material, so it may be easy to get hurt when combatting or practicing improperly. Particularly, if there are children or teenagers trying to use a nunchaku, it is important to have a safer device. Moreover, none of these nunchakus has elastic rope to allow the nunchaku has additional function such as aerobic exercise.

[0009] Furthermore, if there is no opponent for practicing or combatting, it is desirable to gain another advantage when using a multifunction nunchaku, for example, to be use as an aerobic exercise device for Cardio Kick-Boxing or Tae-Bo.

SUMMARY OF THE INVENTION

[0010] The invention herein provides an aerobic exercise device comprising a pair of rubber holding rods having a receiving hole respectively, a pair of spheroidal revolvers located in said receiving holes respectively, and at least an elastic rope made by latex material being coupled with said revolvers by two ends thereof.

BRIEF DESCRIPTION OF THE DRAWINGS

[0011] The present invention will be better understood from the following detailed description of preferred embodiments of the invention, taken in conjunction with the accompanying drawings, in which

[0012] FIG. 1 is a perspective view of a traditional nunchaku;

[0013] FIGS. 2A and 2B shows perspective views of an aerobic exercise device assembly in accordance with the present invention; and

[0014] FIG. 3A and FIG. 3B show picture of embodiment examples for how to use the present invention.

DESCRIPTION OF THE PREFERRED EMBODIMENTS

[0015] The following descriptions of the preferred embodiments are provided to understand the features of the present invention.

[0016] The FIG. 2A illustrates a perspective view of an aerobic exercise device assembly 20 in accordance with this invention, which comprises a pair of rubber holding rods 21 having a receiving hole 211 respectively, a pair of spheroidal revolvers 22 located in said receiving holes 211 respectively, and elastic ropes 23 made by latex material being coupled with said revolvers by their ends. In this embodiment example, the ends of elastic ropes are put into holes of the spheroidal revolvers 22 and tied tightly therein, or connected by glue. Besides, the spheroidal revolvers 22 are made by inflexible material as a universal joint, so the elastic ropes 23 may be not easy to break. In addition, it is easier and cheaper for manufacture.

[0017] Referring to the FIG. 2B, which illustrates the perspective view of this invention. Particularly, the rubber holding rods 21 are designed for holding easily, and the elastic ropes 23 are another feature for extending. Moreover, the material of said holding rods 21 and said elastic rope 23 are safe for combating or practicing. Therefore, this invention may be a nunchaku replacement for kids, it is much safer.

[0018] Furthermore, if there is no opponent for practicing or combatting, it is desirable to gain another advantage when using a multifunction nunchaku, for example, to be use as an aerobic exercise device for Cardio Kick-Boxing or Tae-Bo. Please referring to the FIGS. 3A and 3B, the present invention may be not only using as a nunchaku, but also an aerobic exercise device.

[0019] The present invention may be embodied in other specific forms without departing from the spirit of the essential attributes thereof; therefore, the illustrated embodiment should be considered in all respects as illustrative and not restrictive, reference being made to the appended claims rather than to the foregoing description to indicate the scope of the invention.

What is claimed is:

1. An aerobic exercise device comprising:
   a pair of rubber holding rods having a receiving hole respectively;
   a pair of spheroidal revolvers located in said receiving holes respectively; and
   at least an elastic rope made by latex material being coupled with said revolvers by two ends thereof.

2. The aerobic exercise device of claim 1, wherein said spheroidal revolvers are made by inflexible material as a universal joint.

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