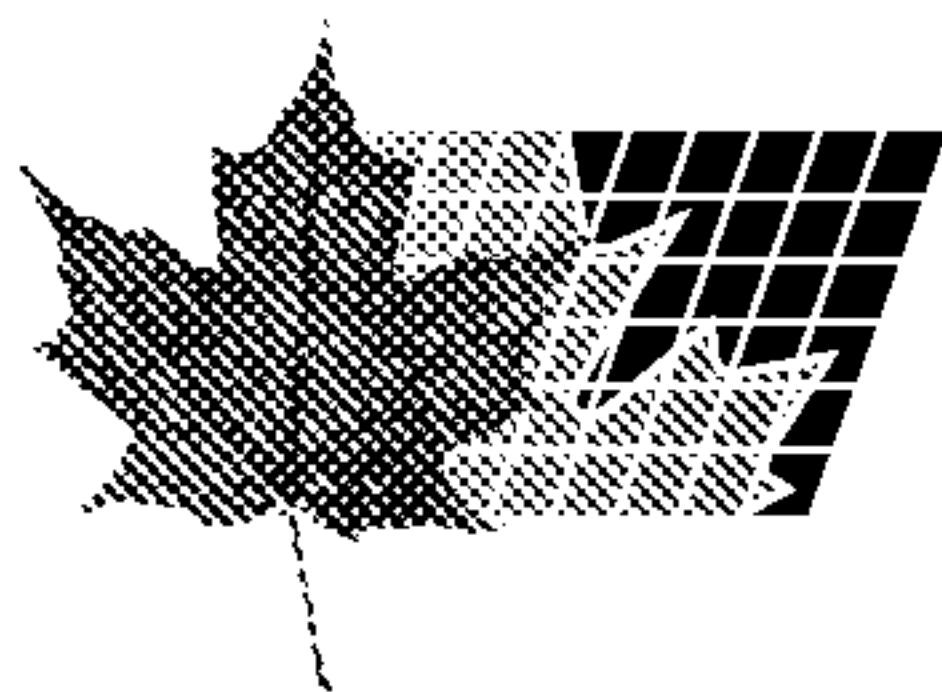




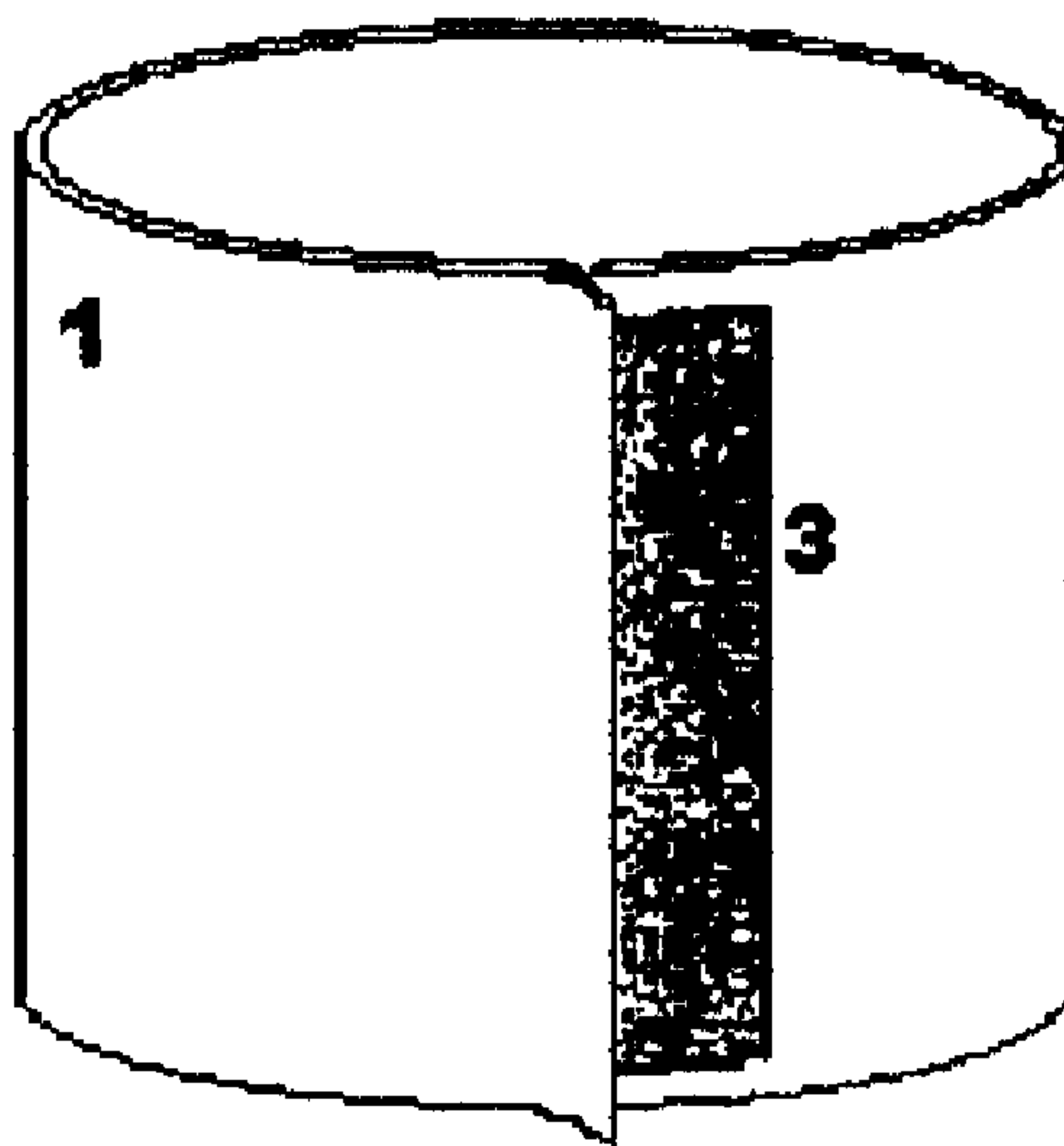
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(54) **EXERCISEUR DU FAISCEAU PUBO-COCCYGIEN
(EXERCISEUR P.C.)**

(54) **PUBOCOCCYGEUS TRAINER (P.C. TRAINER)**



(57) An exercising device of generally circular shape for exercising the pubococcygeus and surrounding pelvic muscles with parallel external sleeves containing weights that are movable relative to each other so as to permit the device to assume a circular curvature in encircling relation about the penis of the user, the size and light-weight material offering a revolutionary and practical method of Weight training for the pubococcygeus and surrounding pelvic muscles.

Abstract of the disclosure

An exercising device of generally circular shape for exercising the pubococcygeus and surrounding pelvic muscles with parallel external sleeves containing weights that are movable relative to each other so as to permit the device to assume a circular curvature in encircling relation about the penis of the user, the size and light-weight material offering a revolutionary and practical method of weight training for the pubococcygeus and surrounding pelvic muscles.

Description

This invention relates to a device for exercising the pubococcygeus and surrounding pelvic muscles.

All men desire a stronger penis and surrounding pelvic muscles, but never before has there been a practical and effective method to perform weight training for this muscle.

In the past people have tried performing exercises for the pubococcygeus and surrounding muscles using a wet towel for resistance. This method is hard to balance, uncomfortable and one cannot set, increase or record the amount of weight being used.

The preferred practice of the P.C. Trainer is to strengthen the pubococcygeus and surrounding pelvic muscles by securing the device to the penis and performing several simple lifting exercises. The device will be available at several different weights and one size will fit all. Anyone who uses this invention properly can expect results. As is the case with any exercise, prolonged use can cause temporary soreness to the muscle.

The description of the invention which follows, together with the accompanying drawing should not be construed as limiting the invention to the examples shown and described because those skilled in the art in which this invention appertains will be able to devise other forms thereof within the ambit of the impounded claims.

FIG. 1 – Shows ⁽¹⁾ nylon material band and ⁽³⁾ soft side of Velcro which is sewn to ⁽¹⁾.

FIG. 2 - Shows ⁽²⁾ parallel sleeves which are sewn to ⁽¹⁾, and ⁽⁴⁾ hard side of Velcro which is sewn to ⁽¹⁾.

FIG. 3 – Shows ⁽¹⁾, ⁽²⁾ which must be filled with appropriate amount of sand and sewn to ⁽¹⁾, and ⁽³⁾ which is sewn to ⁽¹⁾.

All materials may be replaced by similar materials. For example polyurethane for nylon etc. One variation which is not shown is of the same device with extra weights which can be attached to ⁽¹⁾ or ⁽²⁾ via Velcro for extra resistance.

Claims

A generally circular shape-assuming exercise device specifically designed for use on the penis of user, to exercise the pubococcygeus and surrounding pelvic muscles, in encircling relation about the said penis comprising a body having several sewn sleeves therealong containing sand in each said sleeve in parallel relation to each other and on an exterior side of said body such that adjacent said sleeves are adapted to partake of relative movement resulting in a circular configuration without said sand being relocated to the extreme left or extreme right, a band of nylon material lateral of said body having an operative position in encircling relation about the said penis of the said user, said lateral material band being fastened to said penis by Velcro.

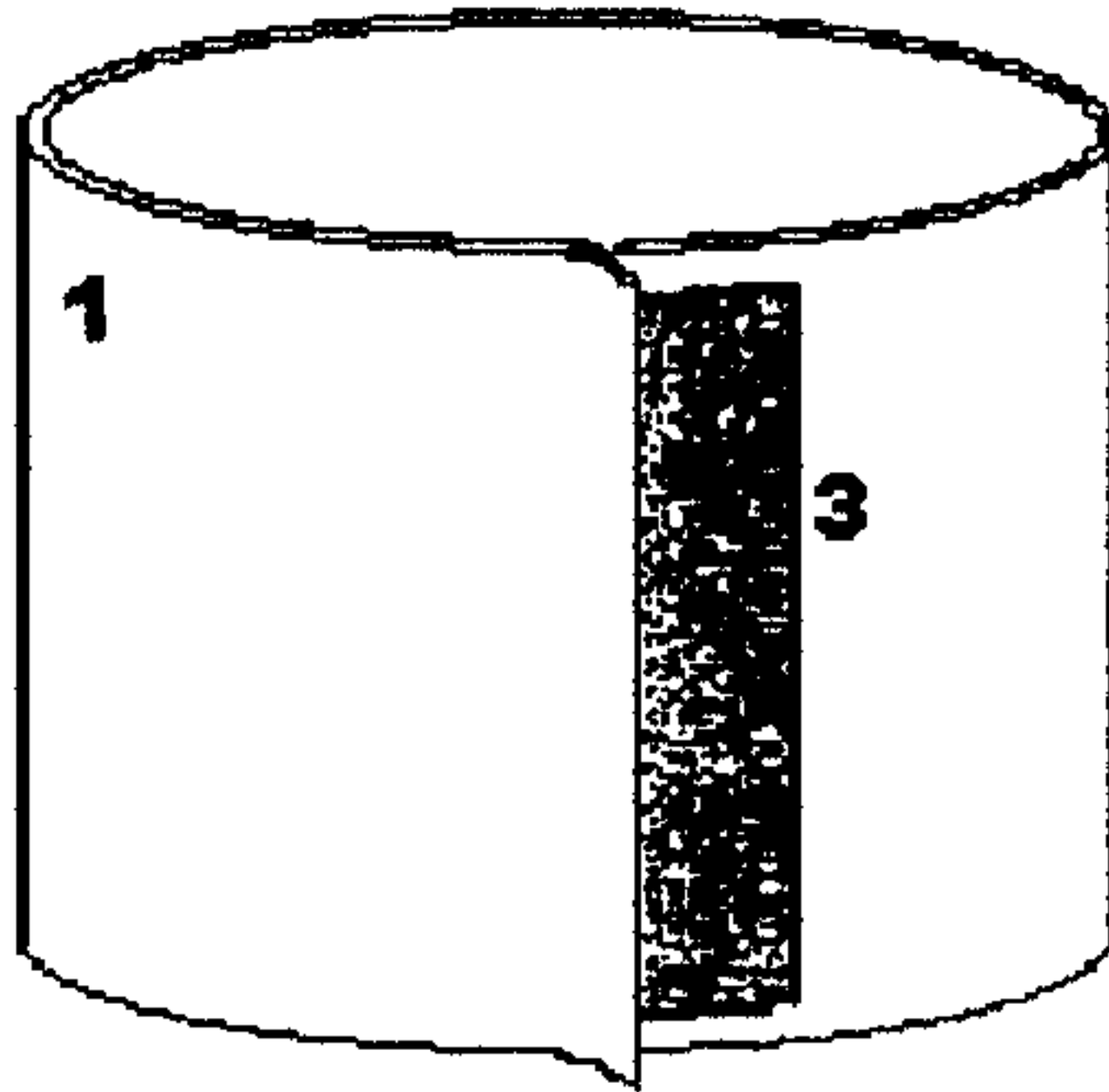


FIG. 1

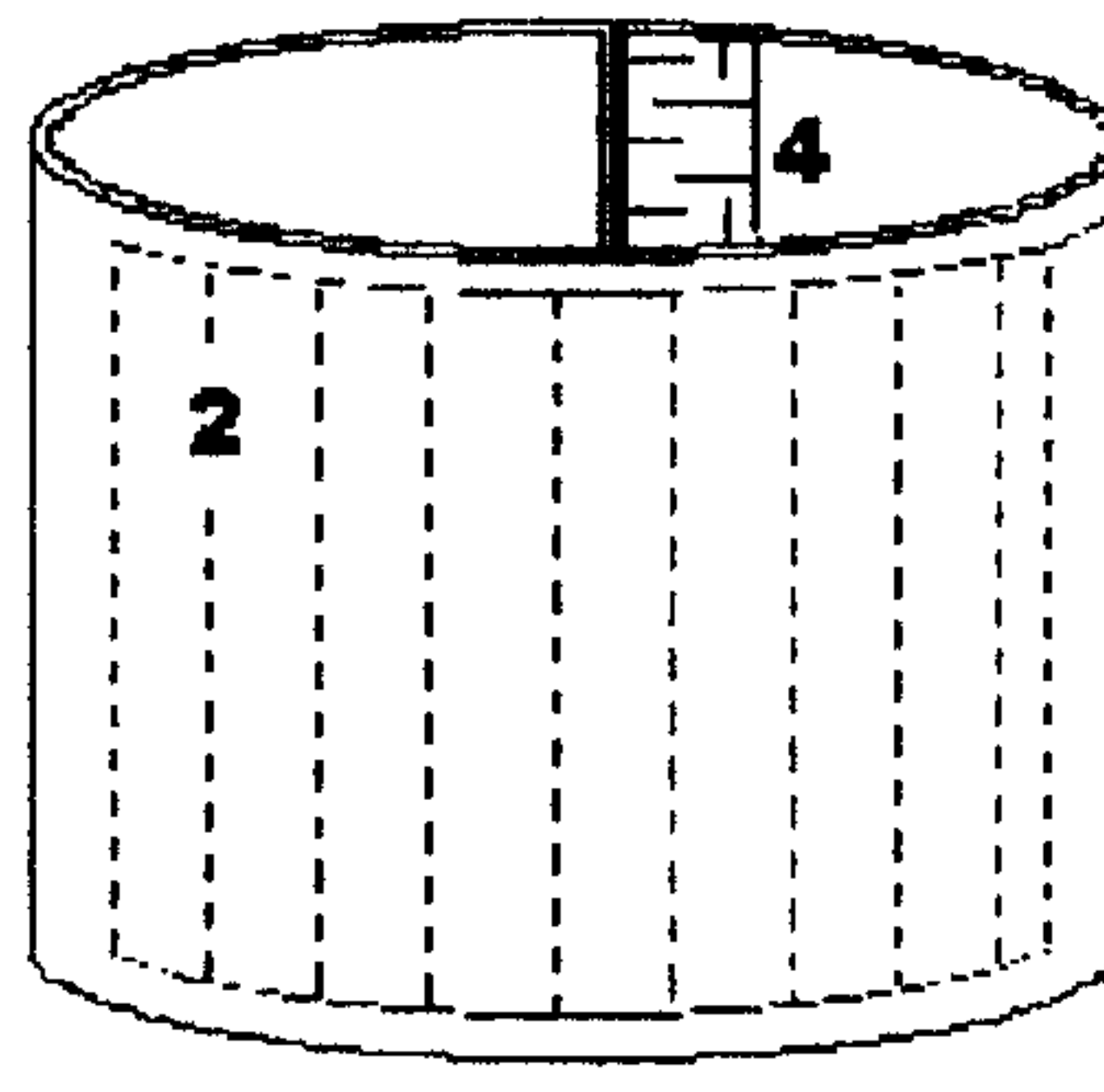


FIG. 2

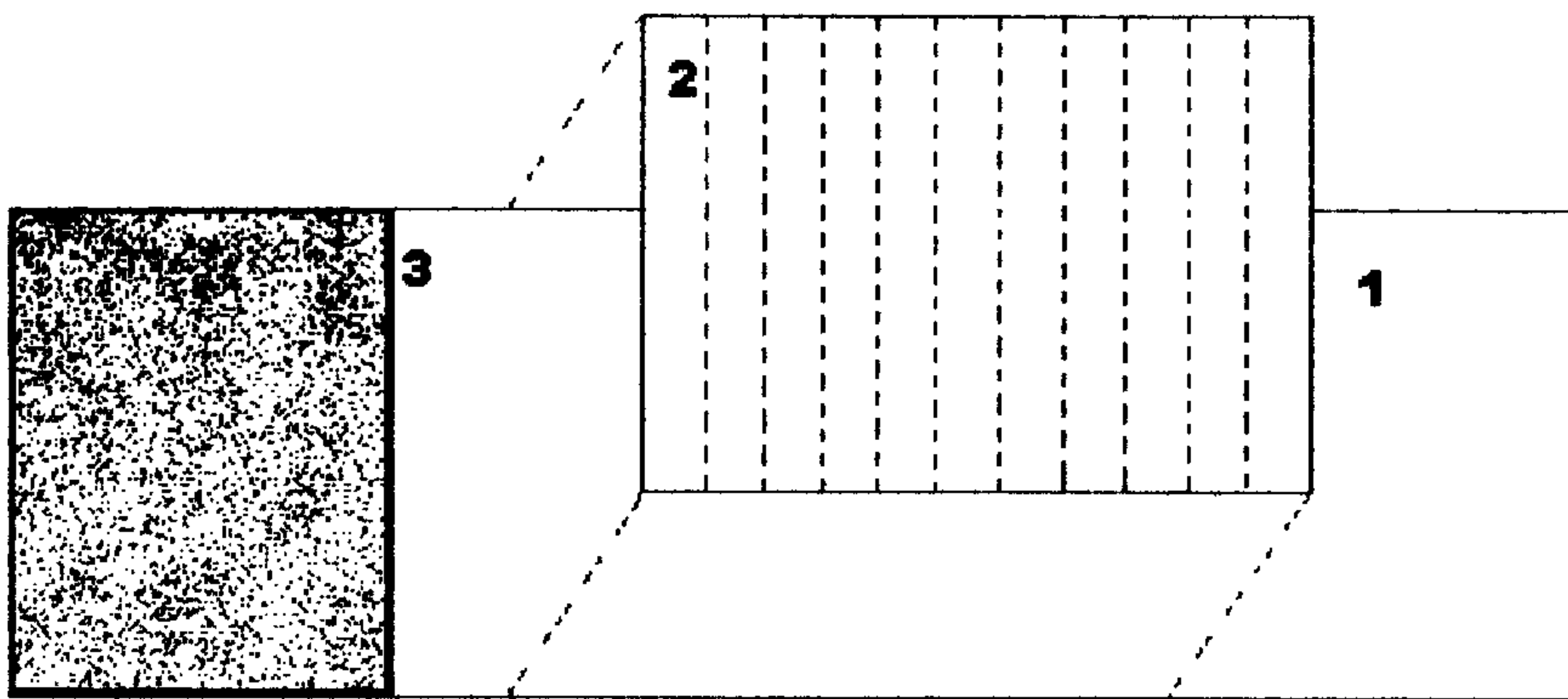


FIG. 3

