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(54) **HEAVY DUTY FITNESS EQUIPMENT BAG**

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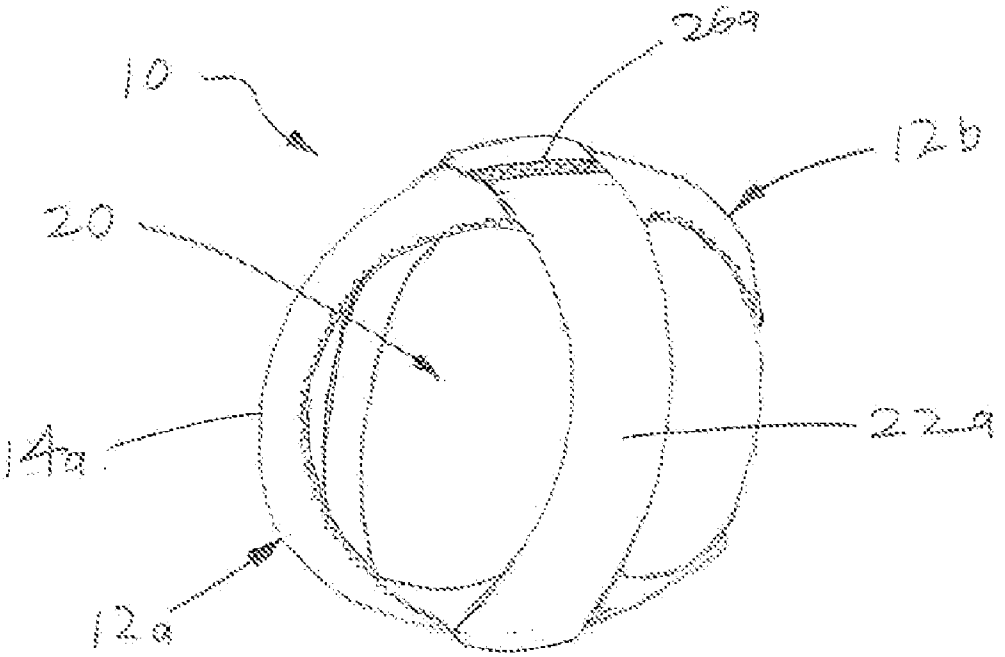
(57) **ABSTRACT**

A weighted exercise device includes an inner bag for filler content containment; and an outer bag, wherein the inner and outer bags have a reinforced double closure to eliminate leaking, bursting, migration or seepage of filler content.



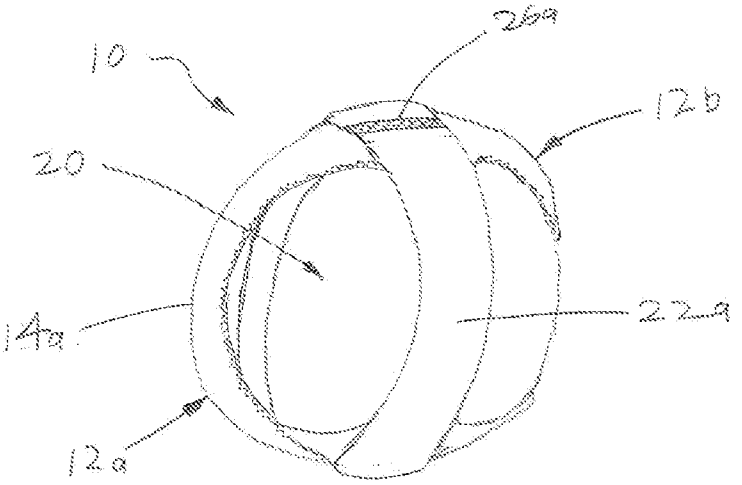

10
26a
12b
20
22a
14a
12a

FIG. 1

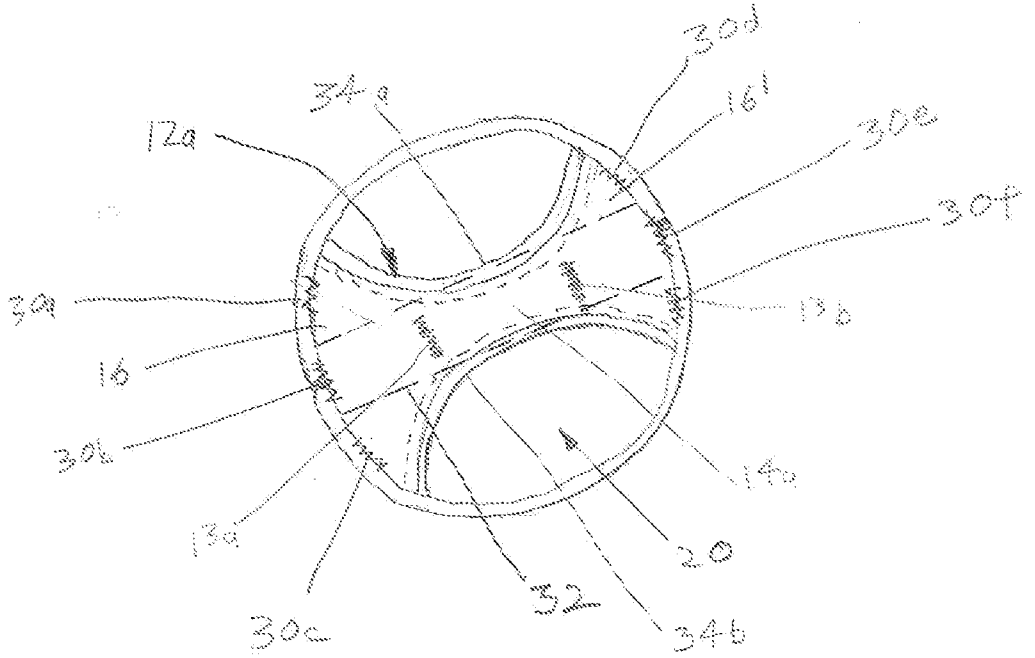

30d
34a
16'
12a
30e
30f
39
12b
16
30b
14a
13a
20
32
30c
34b

FIG. 2

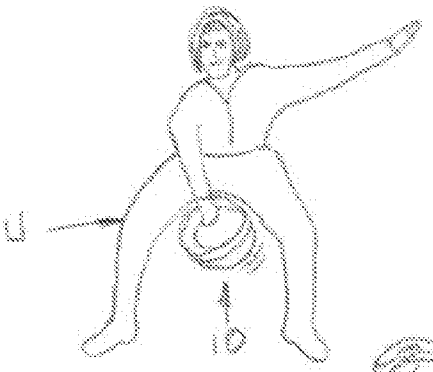


FIG. 3a

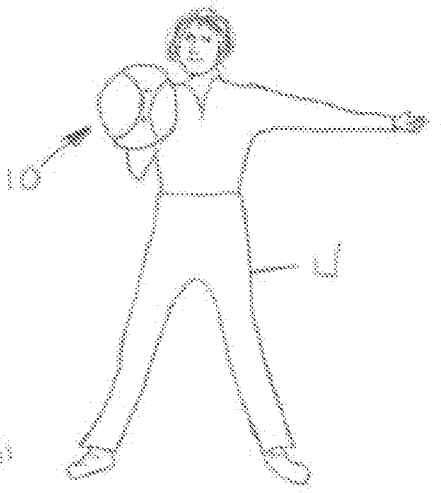


FIG. 3b

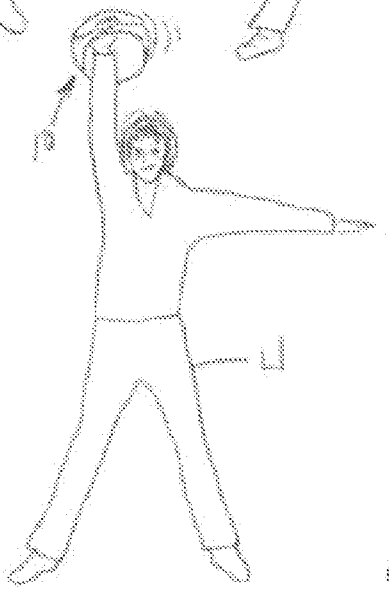


FIG. 3c

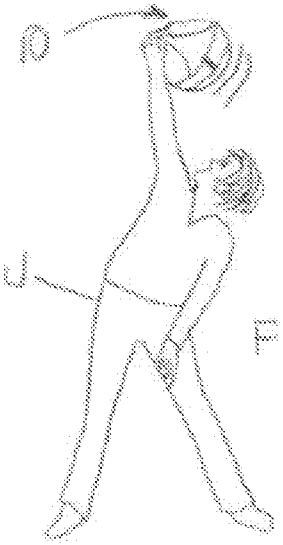


FIG. 3d

FIG. 3e

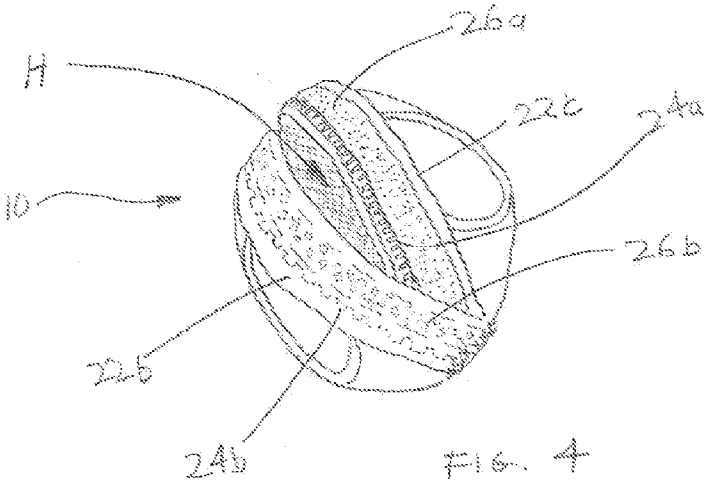

H
10
26a
22c
24a
26b
22b
24b

FIG. 4

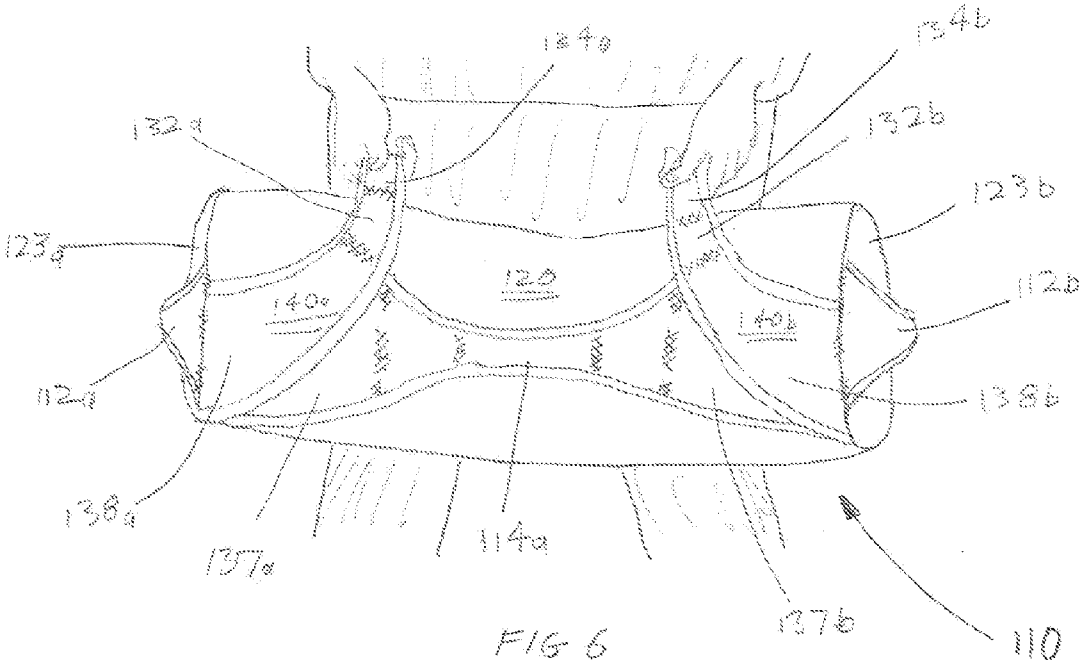

134b
132a
132b
123b
123a
120
140a
140b
112b
112a
138b
138a
114a
137a
137b
110

FIG 6

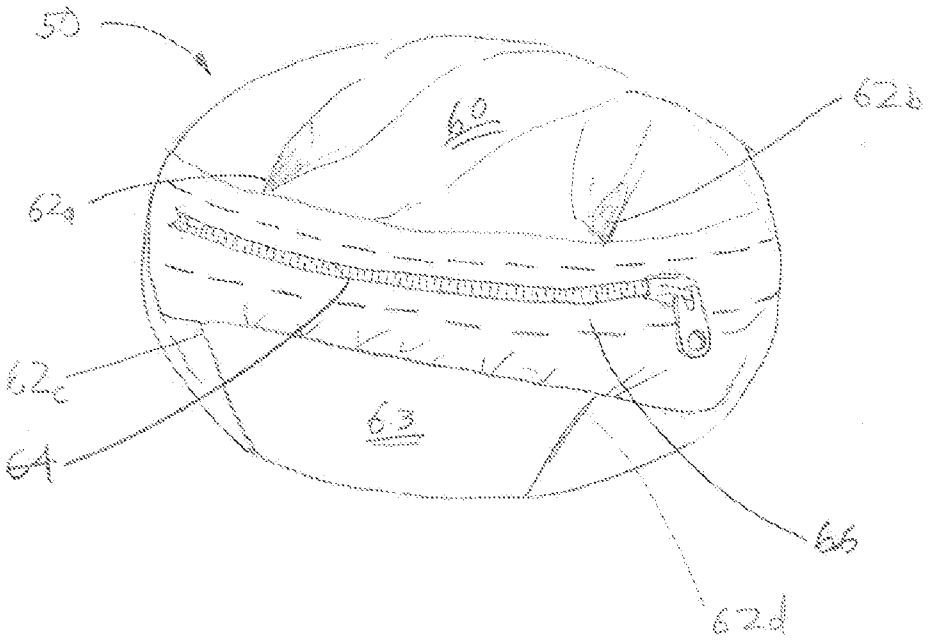


FIG 5

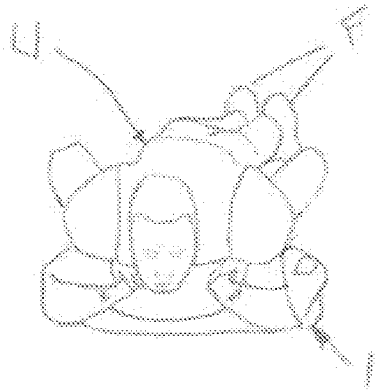


FIG. 7a

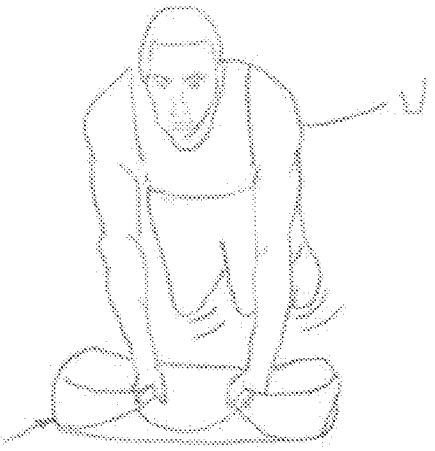


FIG. 7b

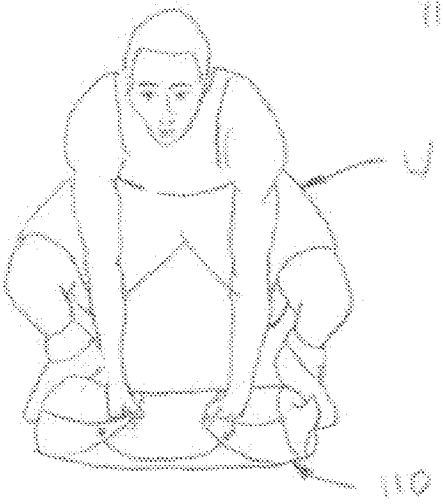


FIG. 7c

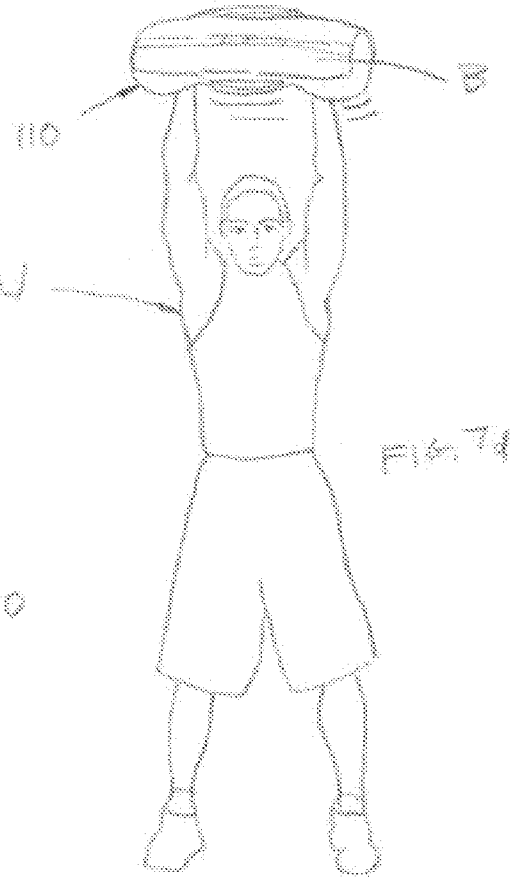


FIG. 7d

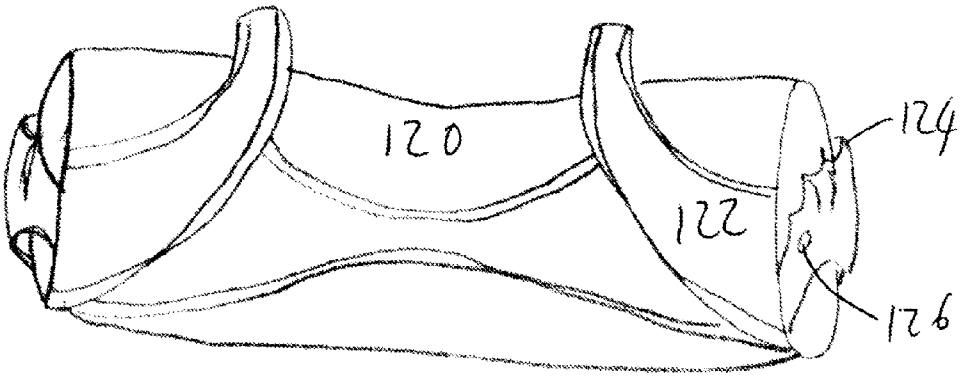


FIG. 8A

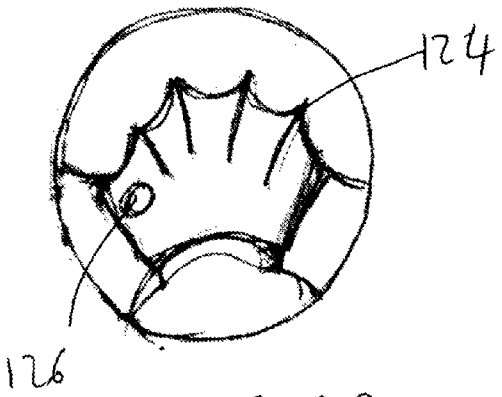


FIG. 8B

HEAVY DUTY FITNESS EQUIPMENT BAG

[0001] The present application claims priority to Provisional Application Ser. No. 61/457,025 filed on Dec. 10, 2010, the content of which is incorporated by reference.

FIELD OF THE INVENTION

[0002] The present invention relates to fitness and training equipment.

BACKGROUND OF THE INVENTION

[0003] Exercise and fitness equipment are commonly used to build strength, increase performance and flexibility, and improve general health and function of athletes and individuals. For years, athletes have used duffle bags filled with sand to "throw around", carry, and to pick up for weight training exercises.

[0004] Duffle bags are awkward to use in weight training and have limited range of manipulative motion since they only have one handle. Obviously duffle bags were not intended for weight training. Another uncommon weighted bag used for weight training is the sandbag. Like the duffle bag, sandbags may be filled with sand and thrown around in various types of exercises with the objective of improving strength and performance.

[0005] More recently The Woody Bag™ described as a weighted exercise bag and commercialized on the Internet by Iron Woody LLC of Olney, Mont. This device is basically an outer tubular bag with straps for grasping. Sand is filled into a nylon tubular sack (inner bag) of about the same size as the outer bag. The inner bag has an open mouth or entranceway at one end thereof to be filled by the user. Upon filling the inner bag, it is then sealed off with a twist-tie or zip-tie type of closure. Duct tape also is a suggested means for closing the inner bag. The outer bag is made of PVC material and closed off with a zipper once the inner bag is inserted, filled and closed.

[0006] A common problem with the type of exercise bag just described is that a substantial amount sand may leak out of the inner bag as well as the PVC bag when the exercise bag is thrown about or used as a weight lifting device. Another problem is that the straps, being standard polypropylene webbing typically about 1½" wide, are difficult to grip. Strap edges may bring about injuries to the hands such as cuts and blisters. Long term use is difficult without wearing gloves. The webbing straps were sewn onto the bag body and at times would tear out when used.

[0007] Certain exercise bags of the type described have an alternative hand-grip design called a handle wrap and consisting of standard PVC vinyl fabric which is doubled back upon itself and wrapped around the existing polypropylene webbing straps. This hand-grip modification offers marginal improvement in that it provides only modest additional padding or gripping performance. Generally speaking, known "fill-able" exercise bags are unpleasantly stiff and difficult to handle. As a consequence of various shortcomings of the nature just explained, initially popular, fill-able exercise bags fell out of use fairly quickly and, in fact, are believed no longer available in the marketplace.

[0008] A purported improvement on The Woody Bag™ is The Ultimate Sandbag® commercialized by Joshua Henkin of Scottsdale, Ariz. Sometimes referred to as the USB, this exercise device includes an outer bag in nylon fitted with one or more inner bags. The principle behind this sandbag is to have a inner bag prefilled with sand or any other weighted material and then insert one or more of the weighted inner bags into the outer bag depending on the user's preference. The changes over The Woody Bag™ include the introduction of multiple inner bags and incorporating hook and loop fasteners (e.g. of the type sold as VELCRO® closures). The Velcro® closure made sealing the inner bag much easier than The Woody Bag™ closure.

[0009] Bags of the USB type just referenced also tend to leak or slowly lose sand or other filler. As with the earlier described Woody Bag™ the latter type bag has employed the same, unsatisfactory strap construction. It, too, cuts into the hand and fingers causing discomfort and difficulty of use. As with the Woody Bag™ and similar bags, the Ultimate Sandbag® incorporates the same basic webbing stitched onto the fabric with standard stitching practices much like any common backpack or duffle bag. Common stitching of this sort is not adequately durable to withstand rapidly accelerated movements and impacts typical of exercise bag use. Besides, weak stitching renders the bags vulnerable to breakage.

[0010] Exercise bags of the multi-inner bag type just described have been found awkward to use when loosely filled only with a single liner. They generally include an alternate handle style (commonly called a flap) constructed of nylon fabric doubled-back upon itself, but with a cushioned insert. Like other known structures this flap presents a challenge to secure gripping and is often found more difficult to use than a webbing strap. Durability of the double-backed flap construction is found to be inferior to a webbing strap.

[0011] The poor product construction and durability of pre-existing exercise bags has driven many gyms and users away from their use even though such bags could be used with a superior fitness regimen. The popular demand for bag devices, more specifically sandbag or other flexibly weighted bags in aggressive training regimens has resulted in the introduction of a series of failure prone products. Multiple problems face the exercising consumer: faulty or weak fabrication, bag leakage, inferior grip designs resulting in grip failure and/or hand injuries. These factors are of increasing concern to personal trainers, athletes, fitness centers and gymnasiums.

[0012] Messy sandbags and weighted bags regularly requiring repair or replacement are common. Even the supposedly simple activity of filling the exercise bag can be a messy process and difficult to manage without experiencing sand (or filler substance) overflowing into the environment. Of course, in the interest of both cleanliness and safety, frequent clean-up is necessary after bag filling process and often after use in an exercising session. All told, end users increasingly complain about the problems seemingly inherent in the use of sand-filled exercise bags. Gym management personnel also complain of untidiness and maintenance demands due to bag leakage, handle grip injuries and breakage, and slippery floors brought about by spilled sand.

BRIEF SUMMARY OF THE INVENTION

[0013] In one aspect, a weighted exercise device includes an inner bag for filler content containment; and an outer bag, wherein the inner and outer bags have a reinforced double closure to eliminate leaking, bursting, migration or seepage of filler content.

[0014] In another aspect, one embodiment of the invention consists of two bags, an inner bag for sand containment and an

outer bag with handles and other attributes employed in numerous exercises. The inner bag consists of a industrial strength material (though not necessarily limited to nylon) sewn and taped for the containment of sand. The outer bag is a stronger, more durable material including novel handles for exercise manipulation by the exercising user. The unique handle fabrication is ergonomically designed and padded for user comfort and safety. Both the inner and outer bags have double-secure, continuously covered closures to eliminate leaking, bursting or any unwelcome migration or seepage of filler contents. Moreover, the novel environmentally clean fill system disclosed herein establishes a manageable and secure bag filling process. The clean fill system allows the user to fill the inner bag with a flat funnel type structure that attaches to the inner bag during the filling process.

[0015] The exercise bag of one embodiment of the invention may have a number of configurations, two of which are illustrated herein as embodiments, though such illustrations are not intended as, in any way, limiting possible configurations within the intended scope. These embodiments are depicted as generally ball-like shape and generally tubular shape of the well known duffle bag. The term "ball-like" as used herein is intended to include shapes ranging from spherical balls to oval or various polygonal shapes. Generally tubular, in the present context is intended as referencing exercise bag structures that are at least somewhat elongated in form, but not necessarily having a consistently round periphery. Indeed, other exercise bag configurations embraced by the present disclosure could include horseshoe, pancake, and so on, without departing from the spirit and scope of the present invention. The inner bag also has several versions, that have been developed for more specific purposes. One being a inner bag with an inner tunnel that secures the weighted material within it and then the outer chamber within the inner bag is to be filled with soft materials such as towels, bedding or clothing and the inner bag will then be place into the outer bag and used as a punching bag such as Boxers and Mixed Martial Artists use in training.

[0016] The novel exercise bag system presented herein is constructed of fabrics, fasteners, and ancillary features developed for extreme durability and performance. A significant benefit from preferred embodiment and its method of use is the unique clean fill system developed to address widely experienced filling issues as discussed here above. In addition, this product is readily portable either empty or filled, and it is transportable to virtually any destination.

[0017] Unlike all known exercise bag systems, the double closure system of the preferred embodiment virtually eliminates leakage. The broad-based padded handles provide excellent grips that help prevent injury to hands and fingers. Further, these specially developed handles ensure ease of gripping while expanding the number of strength-building exercise routines that may be undertaken. The unique construction using SPT™ bar tacking in high-stress locations, such as directly adjacent to the handles or where joined fabric panels and zippers are located. In one embodiment, seams are further taped and bound, in another embodiment, high stress seams are reinforced with a layer of binding/webbing prior to, or after sew up and then bound and stitched again to engineer seams that can handle high stress from the explosive action the bags endure. This extra reinforcement and strategic configuration provides exceptional strength and helps keep fugitive sand and sand dust from migrating out of the bag.

[0018] Unlike devices that commonly use Cordura® nylon, one embodiment of the invention preferably employs a three-ply laminated material composed of industrial strength material, open cell foam and backing material. This is important because the durability is far superior to previously known exercise bags. In one embodiment, a three-ply fabrication further provides a desirable degree of stiffness giving form and shape to the unique bag and maintaining its configuration even tough physical use. This unique three-ply construction may also be accomplished with other forms of material, such as polyesters, Dacron, and so on. This advantage is not possible with previously available exercise bags.

[0019] Putting the weighted bags of one embodiment of the invention in use provides a versatility of exercise regimen not possible with pre-existing exercise bags. For example, the innovation set forth herein enables swinging the unique weighted bag around the users body in various planes, thus challenging all muscle groups and stability patterns in ways other exercise equipment cannot safely do—a routine which would result in physical injury if performed with known exercise bags. Likewise, the uniquely comfortable handles of one embodiment of the invention allow for exercise sessions of considerably longer periods.

[0020] Another embodiment of the invention includes an accessory strapping system that allows the invention to be strapped to the user, other fixed points or to other exercise equipment. This unique feature results in significantly expanded performance versatility in terms of exercise variations and combinations—"a whole gym in a single unique exercise system."

[0021] Lastly, one embodiment of the invention is an additional outer bag that would potentially not have handles or a limited amount in order to address specific exercising training requirements and specifications. Another embodiment of this additional outer bag would be one that could contain one or more of the bags to facilitate using several bags at one time as a group exercise. There is not anything currently available that allows this type of group activities with multiple participants.

[0022] Advantages of various embodiments of the invention may include one or more of the following:

[0023] 1) a weighted exercise bag, including its method of fabrication and use, wherein said bag is durable and non-leaking when put in use;

[0024] 2) a weighted bag that with safe, ergonomic handles and handle placement;

[0025] 3) specially padded handles for user comfort;

[0026] 4) a secure and clean sand filling system;

[0027] 5) continuous and secure double closures on inner and outer bags;

[0028] 6) a bag usable as a weighted training device in a variety of sizes and shapes;

[0029] 7) an easily transportable weighted exercise bag;

[0030] 8) a durable weighted bag configured for versatility for multiple exercise movements;

[0031] 9) weighted exercise bag accessory bags and strapping for increased exercise movement potentials.

[0032] Advantages of the preferred embodiments may include one or more of the following. The exercise device helps in improving strength and performance by strengthening muscles and challenging balance and stability within the exercise movement due to the shifting contents of the innovative product and methods of use thereof. The weighted training bag and system of one embodiment of the invention,

as well as the method of use of the exercise bag, overcome numerous problems associated with pre-existing bags and systems. Unlike normally sewn fabrics common to fabricated exercise gear, the weighted training bag and system presented and described herein are substantially more reliable in terms of durability in construction and materials. For example, one embodiment of the invention is specially fabricated for rugged toughness and longevity with "bar-tacking" (or Strong Power Tack™ [SPT™]* stitching by Alpha Strong LLC) at key stress points, seam finishing throughout, and the use of multilayered fabrics. SPT™ is a uniquely rigorous application of the sewing art generically known as bar-tacking. For purposes of the present disclosure, the terms "SPT™" and "bar-tacking" are used interchangeably. The preferred embodiments and methodologies disclosed herein may be used in order to create and utilize a durable, comfortable, and versatile exercise bag that is clean and easy to fill.

BRIEF DESCRIPTION OF THE DRAWINGS

[0033] FIG. **1** is a perspective end view of one embodiment of the invention illustrating components of a first embodiment;

[0034] FIG. **2** is a side perspective view of one embodiment of the invention first embodiment illustrated in FIG. **1** and further showing a unique handle construction;

[0035] FIGS. **3***a*, **3***b*, **3***c*, **3***d* and **3***e* depict a series of front perspective views illustrating typical exercise positions with the invention first embodiment;

[0036] FIG. **4** is a perspective view of the leak-resistant double closure feature of the first embodiment;

[0037] FIG. **5** is a perspective view of a variation of an inner bag component of one embodiment of the invention;

[0038] FIG. **6** is a perspective view of a second embodiment present invention, more particularly a generally tubular configuration;

[0039] FIGS. **7***a*, **7***b*, **7***c* and **7***d* are front perspective views illustrating one embodiment of the invention in the generally tubular bag embodiment as typically used in exercise positions.

[0040] FIG. **8**A is a perspective view of an embodiment with glove type handles at the end while FIG. **8**B is a rear view of the embodiment of FIG. **8**A.

DETAILED DESCRIPTION OF THE INVENTION

[0041] In the following detailed description of various embodiments of the invention, reference is made to the accompanying drawings forming a part hereof, and in which is shown, by way of illustration, specific embodiments in which the invention may be practiced. These embodiments are described in sufficient detail to enable those skilled in the art to practice the invention, and it is to be understood that other embodiments may be utilized and that changes may be made without departing from the spirit and scope of the present invention. The following detailed description is, therefore, not to be taken in a limiting sense, and the scope of the present invention will be defined only by claims to follow in a non-provisional patent application.

[0042] The first embodiment of the present invention is depicted in FIG. **1** as a generally ball-shaped exercise bag **10** including ergonomic padded handles **12***a*, opposite side ergonomic padded handle **12***b*, handle grip **14***a* and **14***b* (not shown, but located on handle **12***b* generally opposite grip **14***a*), bag body **20**, end panel **22***a* and opposing side end panels **22***b* and **22***c* (detailed in FIG. **4**). The body of bag **20**, the end panels **22***a*, **22***b* and **22***c* are made of multilayer industrial strength fabric but not limited to such materials. Said end panels are sewn to body **20** with heavily stitched seams and bar tacks or SPT™ bar tacks **26***a* and **26***b* (the latter of which is not shown but of course is located generally diametrically of **26***a*) to ensure superior strength. Inside ball bag **10** is a second separate inner bag filled with sand or similar appropriate filler material as will be described with reference to subsequent figures.

[0043] In FIG. **2**, padded handle **12***a* comprises multilayered fabric such as nylon or polyester material or woven webbing or the like forming two plies with a midway point defined by bar tacks or SPT™ bar tacks at either end **13***a* and **13***b* (jagged lines). Between these mid points, and between the two plies, is a durable filled grip **14***a* for grip strength and volume. At the opposite ends of handles **12***a* are handle bases **16** and **16'** consisting of the two plies for extra durability, strength and weight distribution. On the opposite side of ball bag **10**, although not shown, is the opposite handle **12***b* (more or less identical to handle **12***a*), handle bases **18** and $\mathbf{18}^{1}$ and a durable filled grip **14***b* lying between SPT™ bar tacks **13***c* and **13***d*. As previously stated one embodiment of the invention requires substantial strength qualities in order to be used for training. In order to accomplish this objective, handle **12***a* is configured so as to be flared out at its handle bases **16** and $\mathbf{16}^{1}$ to provide additional structure for the tossing around when put in use.

[0044] Typically the handle bases **16** and **16'** are secured to ball bag **10** through substantially stronger than normal sewing, for example double and triple stitched, when attached to body **20**. To improve the strength of the handle **12***a*, additional SPT™ bar tacks **30***a*, **30***b*, and **30***c* are sewn under the handle base **16** and SPT™. Similarly, bar tacks **30***d*, **30***e*, and **30***f* are sewn under handle base **16'**. These SPT™ bar tacks provide substantial strength for durability when ball bag **10** is put in use. The SPT™ bar tacks are similar to traditional bar tacks except they are strategically engineered into the product to provide maximum strength to the end product and placed in high-stress locations along handle bases **16** and $\mathbf{16}^{1}$ to improve durability. To address comfort, grip **14***a* may be filled with a round, somewhat flexible tube, such as PVC or foam type substance, providing a moderately rigid grasping means. This tube (not shown) is contained within the confines of SPT™ bar tacks **13***a* and **13***b*. While not discussed, the features of handle **12***b* are essentially identical to those outlined hereabove for handle **12***a*.

[0045] Ball bag **10** may be made of any sort of durable material providing the material chosen can withstand the extreme use as will be illustrated in FIG. **3**. When put in use, exercise bag ball **10** may weigh as much as 15 lbs. to 30 lbs, or more or less, and may be frequently accelerated and slammed to the ground during a user's workout. The principal requirement of the material type used is that it can withstand such rigorous impacts repeatedly.

[0046] Likewise, the filler used in durable filled grip **14***a* may be any suitable filler that provides substance for a desirably secure grip. To further support the strenuous activities used with ball bag **10**, an additional handle reinforcement **32** defined by its outer stitching (illustrated by dashed lines) may also be stitched-in directly beneath handle assembly **12***a* and spanning from beyond handle base **16** upwardly and over grip **14***a*, then back down through and past handle **16'**. The stitching is thus that handle reinforcement **32** is sewn directly to the

outer sewn bindings **34***a* and **34***b* on grip **14***a* to further enhance strength and durability. This, added to the combination of heavy duty stitching throughout, flared handle bases **16** and **16'**, the use of SPT™ bar tacks **30***a*, **30***b*, **30***c*, **30***d*, **30***e* and **30***f*, and handle reinforcement **32**, delivers exceptional strength qualities to deal with the considerable abuse ball bag **10** must endure.

[0047] In FIG. **3***a*, one embodiment of the invention exercise bag ball **10** is shown in use with user U swinging ball bag **10** between her legs (referred to as a swing). In FIG. **3***b*, user U has snatched bag ball **10** to an intermediate disposition. FIG. **3***c* shows user U completing a snatch of ball bag **10** (by moving it) to an overhead disposition. In FIGS. **3***d* and **3***e*, user U is illustrated as turning her body with ball bag **10** overhead. FIGS. **3***d* and **3***e* are particularly illustrative of how the weight of ball bag **10** shifts. It is this unique shifting of weight that provides outstanding muscle building of all the minor muscle groups. In the case of FIGS. **3***d* and **3***e*, this exercise with the unique ball bag benefits the muscle groups around the wrist and, to maintain balance, there will be muscle building of the minor muscle groups throughout the back and stomach regions.

[0048] In FIG. **3***a*, while the swinging motion is similar to that of a barbell or Kettlebell, the shifting of the weight in ball bag **10** still is evident. Likewise, as illustrated in FIGS. **3***b* and **3***c*, the weight shift in FIG. **3***b* will be prominently displayed behind the user's hand. This shifting weight is the foundation of the superior exercises that users can conduct.

[0049] User U may also employ both hands for all the exercise motions or positions illustrated in FIGS. **3***a*, **3***b*, **3***c*, **3***d*, and **3***e*. Ball bag **10** may also be employed for virtually any types of strength training exercise used by weightlifters and with the added functionality and benefits mentioned herein. It becomes an easy task for a weightlifter to discover new ways to use ball bag **10** with its shifting effect to enhance and develop a broader range of muscles and muscles groups, an accomplishment not possible with other types and styles of weightlifting.

[0050] This overall functionality is becoming more important to athletes (and to athletes' trainers) to improve overall muscular integrity as well as to prevent injury. Many and limb injuries are the results of a lateral, unnatural movement. Thus athletes are vulnerable to injuries such as twisting a knee, straining an elbow and so on.

[0051] The shifting weight and functionality of one embodiment of the invention is also excellent for rebuilding muscles after an injury. For example, a person with a shoulder or elbow injury may not realize the wide spectrum of muscles surrounding the damaged shoulder or knee that must be rebuilt in order to prevent further damage or injury. In order to do this, a physical therapist prescribes specific abstract exercises to build up the various muscles. These traditional methods typically require numerous different forms of exercise equipment to address the necessary rebuilding of the various muscle groups. The ball bag substantially addresses the building up of these muscles without the need of various forms of equipment, and primarily credited to its shifting weight.

[0052] Due to the inherent instability of the sandbag itself, each repetition delivers something different to the user's central nervous system requiring immediate adaption, which is continuously challenging the muscles to strengthen. Thus, improving speed, agility and reaction time and leading to positive results in both beginners and pros.

[0053] In FIG. **4**, one embodiment of the invention ball bag **10** is sealed by continuous double closure along end panel **22***c* that incorporates a hook and loop fastener (e.g., Velcro®) closure. More specifically, the closure structure includes a hook strip **28***a* affixed to lower end panel piece **22***c* and loop strip **28***b* (dotted lines and loops) and attached to the underside of upper end panel piece **22***b*, and inner zipper closure **24***a* and **24***b* as shown secured to their respective end pieces. Notably, ball bag **10** is featured in FIG. **4** in an open disposition with the inside of ball bag **10** depicted as H. Of course, the hook and loop strips **28***a* and **28***b* could be reversed with essentially identical effect.

[0054] As shown, when inner zipper elements **24***a* and **24***b* are closed, and then outer hook and loop elements **28***a* and **28***b* are closed, the inner zipper closure of **24***a* and **24***b* is securely covered. The primary purpose of having an inner zipper structure (**24***a* and **24***b*) covered by the outer closure hook and loop strips **28***a* and **28***b* is that, when the two fasters are secure in place, the strip covering substantially prevents any possibility that fugitive sand will seep or leak from the inner bag (not shown) as will be illustrated in FIG. **5**. Other versions of the opening for either the outer bag or the inner bags are zip-loc type closures, screw cap and simple cap closures. The importance of a secure highly leak-resistant closure system as described in one embodiment of the invention is that sand leaking from a bag can cause a very dangerous situation for users vulnerable to slipping. This is particularly true since many gyms will have concrete flooring where sand may create a dangerously slippery surface. Moreover, the double closure system is vital to keeping the filler opening securely closed throughout the extreme use it receives while slammed and tossed repeatedly.

[0055] Throughout its fabrication, ball bag **10** heavy duty stitching is used along with SPT™ bar tacking to ensure quality strength. It is particularly important to note that every stress point is reinforced in one way or another with extra heavy duty stitching, or more importantly by SPT™ bar tacking.

[0056] Inside ball bag **10**, all stitching of seams is heavily reinforced. In addition, strength and security are increased by binding the heavy duty stitched seam with a binding tape. This step not only increases the strength of each seam but it continues to seal the ball bag **10** so as to keep the weight materials such as sand inside the bag rather than migrating through the seams.

[0057] In FIG. **5** inner bag **50** is of similar size and shape as ball bag **10** only slightly smaller but without handles. Inner bag body **60**/**63** more or less makes up the entire circumference of shell **50** and forms its generally round shape by a combination pleats **62***a*, **62***b*, **62***c* and **62***d* and, when filled with sand, fills out into a generally round form.

[0058] A unique aspect of inner bag **50** is the reinforced double closure opening that consists of an outer zipper **64** with an inner closure being a hook and loop (e.g., Velcro®) fastener **66** (between the dotted lines) that lies directly beneath zipper **64** both of which are much like that used in ball bag **10**. However, there is one important difference in that the order of the closures is reversed and for good reason. When filled with sand, it is highly desirable to keep sand away from zipper **64** since the sand would cause fouling of the ability to close upon itself. Thus, the inner closure provided by a dense hook and loop strip(s) **66** such as those fasteners employed in ball bag **10** substantially prevents sand from reaching zipper **64** and prevents fouling after being filled.

[0059] The density of material that makes up inner bag **50** is such that it does not allow sand to seep through the fabric. This is typically a closely woven fabric much like that used for tents or back packs. To fill inner bag **50**, a user only needs to unzip zipper **64**, open up hook and loop closure **66**, then pour the desired amount of sand inside to desired weight. In the case of the ball bag, this would be from 15 pounds to 30 pounds, though this amount is in no way to be considered limiting with respect to the invention scope. Once the desired weight is reached, closure **66** is secured then zipper **64** is secured and, finally, inner bag **50** is placed inside ball bag **10**.

[0060] As will be illustrated with respect to the generally tubular bag **110** in FIG. **6**, its inner bag (not illustrated) is substantially the same type of bag as inner bag **50** except that it is generally tubular in shape and slightly smaller in size than outer tubular bag **110**, with substantially the same type of double closure, which is also reverse of its bag's closures. An inner bag for tubular bag **110** would not require the added pleats and would comprise a generally tubular body with end panels at the opposing ends thereof.

[0061] In FIG. **6** generally tubular bag **110** is being held by user U and is much like that of ball bag **10** except its handle configurations are somewhat different. Generally tubular bag **110** comprises ergonomic padded handle **112***a*, opposite side ergonomic padded handle **112***b*, handle grip **114***a* and **114***b* (not shown) respectively, generally tubular bag body **120** with end panels **123***a* and **123***b* on the opposing side. Bag body **120** and end panels **123***a* and **123***b* are fabricated of multilayer industrial strength fabric much like that of ball bag **10**, but not limited to such materials. Inside the generally tubular bag **110** is a second liner filled with sand, as described in FIG. **5**. Likewise the hook and loop closure (not shown) and the zipper closure (not shown) for bag **110** are of the same construction as ball bag **10**.

[0062] The heavy duty construction of generally tubular bag **110** is likewise similar to ball bag **10** with the primary variations of generally tubular bag **110** being that it also has a second set of handles **132***a* and **132***b* running substantially perpendicular to the length of bag body **120** with grips **134***a* and **134***b* positioned atop tubular bag **110**, and another extra set of lateral handles **114***a* and **114***b* (not shown on opposite side) located on or near the long tubular sides in an approximate middle location (i.e., generally equidistant from top to bottom and end to end). These handle sets **132***a* and **132***b*, and **114***a* and **114***b*, provide for an additional set of exercises not possible with ball bag **10**.

[0063] Taking a closer look at handles **132***a* and **132***b*, the long sweeping straps **138***a* and **138***b* as shown sweep downward to the lower outer extremities of tubular bag **110** (as viewed in FIG. **6**) and provide exceptional strength, a requirement easy to understand since these bags may be filled with as much as 80 pounds or more of sand. On the opposite side of tubular bag **110** the handles likewise sweep down and out to adjoin to (and support) its lower, outer extremities. As shown the sweeping straps **138***a* and **138***b* end out in a flared disposition for added strength, much like those illustrated in handles **12***a* and **12***b* of ball bag **10**.

[0064] Likewise handles **114***a* and **114***b* have sweeping straps **137***a* and **137***b* that sweep down (as viewed in FIG. **6**) and flare outwards and upwards at their ends providing exceptional strength qualities. The overlapping of handles in the regions of **140***a* and **140***b* provide for incredible overlapping high-stress relief at the most vulnerable locations as will be illustrated in FIGS. **7***a*, **7***b*, **7***c*, and **7***d*. As illustrated in FIG. **6**, SPT™ bar tacks are applied in every point of stress, for example directly below the upward pull of handles **132***a* and **132***b*.

[0065] The multi-handle bag configuration just described, with its phenomenal strength, provides users with the ability to apply and perform a myriad of weight shifting and weight lifting exercises to strengthen and improve an incredibly large number of muscles and muscle groups. The handles may vary in number and location as specialty training requirements arise. It can be said that no other exercise aid or machine available today can provide the wide range of muscle control and development exercises as tubular bag **110**. In fact, the possible exercise variations are far too numerous to list herein.

[0066] In FIG. **7***a* one embodiment of the invention uses a tubular bag **110** which is shown in use with user U grasping the two perpendicular handles and with his body in a push up position. User U may elevate his feet F and suspend himself momentarily strengthening a myriad of stomach and back muscles. Next, in FIG. **7***b* user U pushes up off the ground doing a burpee and pulling himself into a squat position as illustrated in FIG. **7***c*. In doing just these two motions, and by grasping bag **110**, user U is strengthening several muscle groups independently since each time this action is performed the shifting of his hand position on bag **110** will vary, thus requiring different muscles and groups to be exercised.

[0067] From the squat position, user U may then lift (or snatch) bag **110**, lifting it upwardly overhead and suspending it, all the while the shifting bag weight causes the user to adapt instantly to the shifting weight, all of which results in strengthening various muscle groups. With each repetition, the weight shifts and a different set of muscles is strengthened. For example, when the weight in bag **110** shifts forward as shown with its bottom B facing forward, it services different muscles groups than when the bag is shifted backwards, where the bag top would be facing forward.

[0068] FIG. **8**A is a perspective view of an embodiment with glove type handles at the end. FIG. **8**B is a rear view of the embodiment of FIG. **8**A. The outer bag of FIG. **8**A is of similar size and shape as ball bag **10** but with thumb and finger glove type handles. Inner bag body **120**/**122** more or less makes up the entire circumference of the shell and forms a generally round shape, and when filled with sand, fills out into a similar shape as the outer bag. The embodiment of FIG. **8**A has padded handles **122** for working out or for carrying the bag during travel. Additionally, the bag includes end hand pocket sleeves **124**-**126** for inserting fingers and thumb there through. The bag includes carrying shoulder strap that can be pulled out and main zip openings on the side for easy opening during travel packing and/or insertion of sand bag liner.

[0069] Regardless of the configuration of the bag, the many unique qualities, particularly in combination, deliver exceptional workout performance never before accomplished in the field. The traditional approaches by prior supposed-experts have fallen grossly short of the objective of providing a quality weighted training bag with adequate durability, let alone far superior durability. It should be understood by the reader that the amount of time and testing conducted by the inventors to configure weighted bags as described and illustrated herein is clearly substantial.

[0070] Although various embodiments of the present invention have been described in the foregoing detailed description and illustrated in the accompanying drawings, it will be understood that the invention is not limited to the

embodiments disclosed, but indeed may assume numerous arrangements, rearrangements, modifications, and substitutions of elements or steps without departing from the spirit and intended scope of the invention herein set forth.

What is claimed is:

1. A weighted exercise device, comprising:
an inner bag for filler content containment; and
an outer bag, wherein the inner and outer bags have a reinforced double closure to eliminate leaking, bursting, migration or seepage of filler content.

2. The device of claim **1**, wherein the reinforced double closure comprises an outer zipper with an inner closure being a hook and loop fastener directly beneath the outer zipper, where the inner closure substantially prevents sand from reaching the outer zipper and prevents fouling after filling the inner bag.

3. The device of claim **2**, wherein the inner closure provided by a dense hook and loop strip(s) substantially prevents sand from reaching zipper and prevents fouling after being filled.

4. The device of claim **1**, wherein the double closure comprises a zip-loc type closure, screw cap closure, cap type closure.

5. The device of claim **1**, wherein the reinforced double closure comprises an outer hook and loop fastener with an inner closure being a zipper directly beneath the outer hook and loop fasterner, where the inner closure substantially prevents sand from reaching the outer zipper and prevents fouling after filling the inner bag.

6. The device of claim **1**, wherein the filler content comprises sand, or other weighty materials that the user has access to.

7. The device of claim **1**, wherein the bags are collapsible after draining the filler content for mobility and wherein the bags are easily refilled with the filler content for exercise.

8. The device of claim **1**, wherein the inner and outer bag comprises a ball.

9. The device of claim **1**, wherein the inner and outer bag comprises a tubular bag.

10. The device of claim **1**, wherein the outer bag comprises oppositely positioned ergonomic padded handles, handle grips and side end panels

11. The device of claim **10**, comprising:
a second set of handles running substantially perpendicular to the length of a tubular bag body; and
grips positioned atop the tubular bag, and
a second set of lateral handles located on or near the sides of the tubular bag.

12. The device of claim **10**, wherein the padded handle comprises
a multilayered fabric forming two plies with a midway point defined by bar tacks, and a durable filled grip between the two plies for grip strength and volume;
handle bases at the opposite ends of handles with two plies

13. The device of claim **10**, wherein the padded handle is flared out at handle bases to provide additional structure for tossing purpose.

14. The device of claim **10**, wherein the padded handle comprises a hand pocket sleeve to receive a hand during exercise.

15. The device of claim **1**, comprising a three-ply laminated material composed of industrial strength, open cell foam and backing material.

16. The device of claim **1**, comprising one or more zipped openings or end sleeves.

17. The device of claim **1**, comprising an accessory component system that would allow for more than one bag to be used together or to strap to the user or a fixed point or other exercise equipment.

18. A method for exercising with a weighted exercise device including an inner bag for filler content containment and an outer bag, wherein the inner and outer bags have a reinforced double closure to eliminate leaking, bursting, migration or seepage of filler content, wherein the reinforced double closure comprises an outer zipper with an inner closure being a hook and loop fastener directly beneath the outer zipper, where the inner closure substantially prevents sand from reaching the outer zipper and prevents fouling after filling the inner bag, the method comprising:
filling the inner bag by
unzipping the zipper,
opening the hook and loop closure,
pouring a desired amount of filler material inside to desired weight;
securing the hook and loop closure;
securing the zipper; and
placing the inner bag inside the outer bag.

19. The method of claim **18**, comprising swinging the unique weighted bag around the users body in various planes, thus challenging all muscle groups and stability patterns in ways other exercise equipment cannot safely do.

20. The method of claim **18**, comprising strapping or enclosing the exercise device with a weighted exercise bag accessory for increased exercise movement potentials.

21. The method of claim **18**, comprising:
swinging the bag between two legs;
snatching the bag to an intermediate disposition;
completing a snatch of the bag by moving the bag to an overhead disposition;
turning a body with the bag overhead;
shifting of bag weight to provide muscle building of minor muscle groups,
building muscle groups around a wrist and back and stomach regions.

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