EXERCISE AND MASSAGE DEVICE

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ABSTRACT

An exercise and massage device includes an elongate member made of rubber material for increasing the resilience and the flexibility of the elongate member, and for allowing the device to be used for rhythmic exercising purposes. One or both ends of the elongate member each includes an enlarged head or a weight, such as a magnetic or cylindrical or spherical weight. A hand grip may further be attached onto the elongate member and may be easily and quickly formed onto the elongate member with molding processes.
EXERCISE AND MASSAGE DEVICE
BACKGROUNDS OF THE INVENTION

[0001] 1. Field of the Invention

[0002] The present invention relates to an exercise device, and more particularly to an exercise and massage device.

[0003] 2. Description of the Prior Art

[0004] U.S. Pat. No. 1,254,974 to Erigis discloses one of the typical exercise and massage devices and includes a number of flexible tongues and a grip attached to the middle portion of the flexible tongues for rhythmic exercise purposes. The flexible tongues may not be solidly retained in the grip and may be easily moved relative to the grip and may thus be easily disengaged from the grip.

[0005] U.S. Pat. No. 4,665,316 to Yaman discloses the other typical exercise device and includes two handles attached to the ends of a short straight section of helically wound cable. The helically wound cable has a bad resilience and thus may not be used for massage purposes or for rhythmic exercises. In addition, a number of elements are required to be manufactured and assembled by workers, such that the exercise device is not good for mass production.

[0006] The present invention has arisen to mitigate and/or obviate the afore-described disadvantages of the conventional exercise and massage devices.

SUMMARY OF THE INVENTION

[0007] The primary objective of the present invention is to provide an exercise and massage device including a resilient and flexible structure having a greatly simplified configuration that is excellent for mass production and that may be made with less expenses.

[0008] In accordance with one aspect of the invention, there is provided an exercise and massage device comprising an elongate body made of rubber material for increasing the resilience and the flexibility of the elongate body, and for allowing the device to be used for rhythmic exercising purposes.

[0009] The elongate body includes at least one end having an enlarged head formed thereon and/or having a weight engaged therein. The weight is preferably a magnetic weight, and preferably includes a cylindrical or a spherical shape.

[0010] A hand grip may further be provided and attached onto the elongate body. The hand grip and/or the elongate body preferably includes a wavy outer peripheral surface. The enlarged head and/or the weight and/or the wavy outer peripheral surface and/or the hand grip may be easily formed and manufactured with one or more molding processes without additional assembling operations.

[0011] Further objectives and advantages of the present invention will become apparent from a careful reading of a detailed description provided hereinafter, with appropriate reference to accompanying drawings.

BRIEF DESCRIPTION OF THE DRAWINGS

[0012] FIG. 1 is a plane view illustrating the operation of an exercise and massage device in accordance with the present invention;

[0013] FIG. 2 is a cross sectional view taken along lines 2-2 of FIG. 1; and

[0014] FIG. 3 is a cross sectional view similar to FIG. 2, illustrating the other embodiment of the exercise and massage device.

DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENT

[0015] Referring to the drawings, and initially to FIGS. 1 and 2, an exercise and massage device in accordance with the present invention comprises an elongate body 10 including an enlarged head 17 formed or provided on either or both of the ends of the elongate body 10, and including a weight 11 engaged in either or both of the ends of the elongate body 10. The weight 11 may include a cylindrical shape (FIG. 2) or a spherical shape (FIG. 3) or the other shapes. A hand grip 12 is preferably provided and engaged onto the outer peripheral portion of the elongate body 10 for grasping or gripping purposes, and may be extended along the whole length or a portion of the elongate body 10. The elongate body 10 and/or the hand grip 12 preferably includes a wavy outer peripheral surface 14 formed in the outer peripheral portion thereof for facilitating the grasping or the gripping of the exercise and massage device.

[0016] The elongate body 10 may be made of rubber or composite or synthetic rubber materials having a suitable resilience and flexibility for allowing the ends of the elongate body 10 to be vibrated or swung relative to the hand grip 12 by the user (FIG. 1). The elongate body 10 may be formed by a molding or mold-injection process. The hand grip 12 may also be formed by a molding or a mold-injection process with the spongy or foamable materials, such as the polyurethane (PU), and may be easily and quickly formed onto the elongate body 10 by the molding process. The weights 11 may also be easily and quickly formed into the elongate body 10 by the molding process, and may be made by magnetic materials.

[0017] In operation, as shown in FIG. 1, the user may hold the hand grip 12 to vibrate the ends of the elongate body 10 for rhythmic exercising purposes. The user may also hold one end of the elongate body 10 and use the other end of the elongate body 10 to strike onto and to massage the user.

[0018] The rubber elongate body 10 and the hand grip 12 and the enlarged heads 17 and the weights 11 and the wavy outer surface 14 of the elongate body 10 and/or of the hand grip 12 may be easily and quickly made with one or more molding processes, and with less expenses. No elements are required to be assembled, such that the device may be made with mass production.

[0019] Accordingly, the exercise and massage device in accordance with the present invention includes a resilient and flexible structure having a greatly simplified configuration that is excellent for mass production and that may be made with less expenses.

[0020] Although this invention has been described with a certain degree of particularity, it is to be understood that the present disclosure has been made by way of example only and that numerous changes in the detailed construction and the combination and arrangement of parts may be resorted to without departing from the spirit and scope of the invention as hereinafter claimed.
I claim:

1. An exercise and massage device comprising:
   an elongate body, said elongate body being made of rubber material.

2. The exercise and massage device according to claim 1, wherein said elongate body includes at least one end having an enlarged head formed thereon.

3. The exercise and massage device according to claim 1, wherein said elongate body includes at least one end having a weight engaged therein.

4. The exercise and massage device according to claim 3, wherein said weight is a magnetic weight.

5. The exercise and massage device according to claim 3, wherein said weight includes a cylindrical shape.

6. The exercise and massage device according to claim 1 further comprising a hand grip attached onto said elongate body.

7. The exercise and massage device according to claim 6, wherein said hand grip includes a wavy outer peripheral surface.

8. The exercise and massage device according to claim 1, wherein said elongate body includes a wavy outer peripheral surface.