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(54) **ALRON BODY BUILDING APPARATUS**

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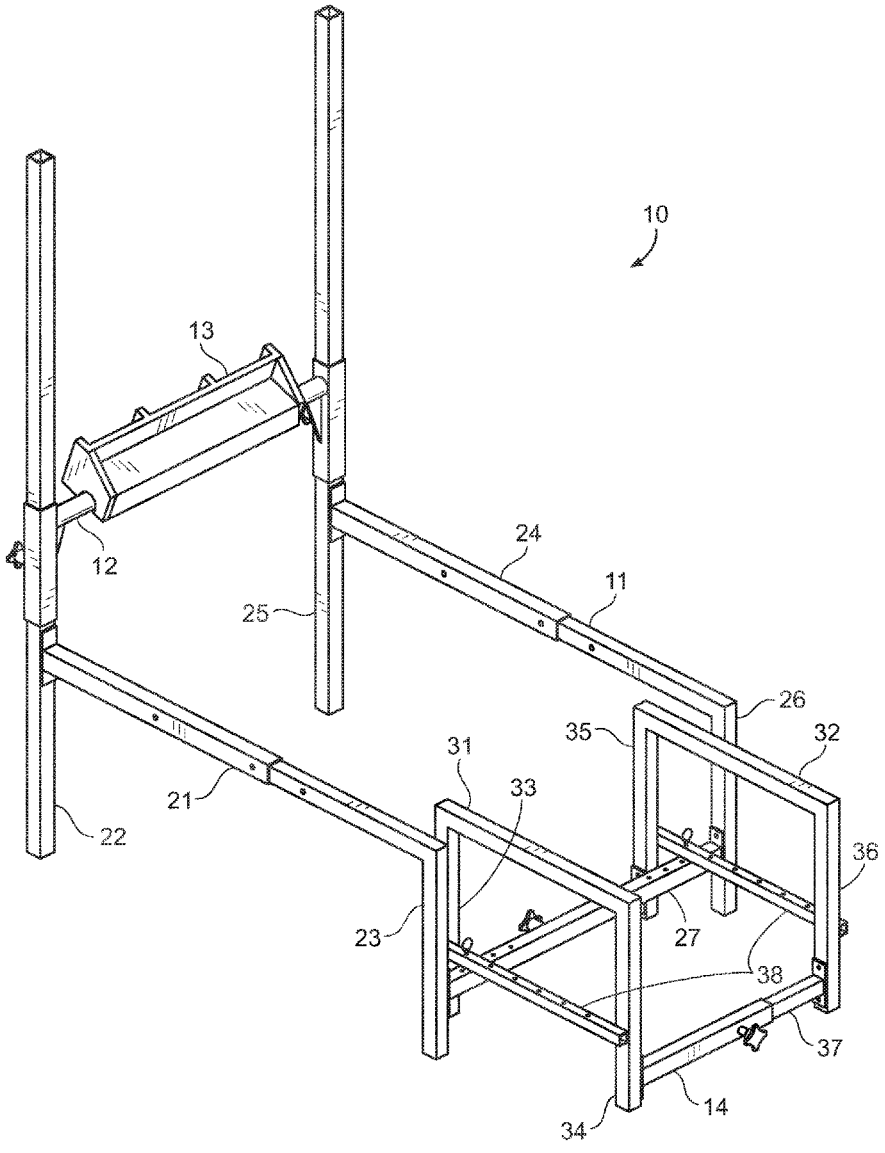
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(57) **ABSTRACT**

An exercise machine configured for exercising at least the chest and arms is disclosed herein. The exercise machine can include a main frame for supporting a height adjustable rear bar and a subframe for supporting at least one forward bar. The exercise machine can be used to complete pushups by using the rear bar to support a person's feet and the forward bar(s) to support a person's hands. The ability to adjust the height of the rear bar allows a person to adjust the difficulty of pushups completed on the exercise machine. The rear bar can also be adjusted to a height appropriate for a person to complete pullups.



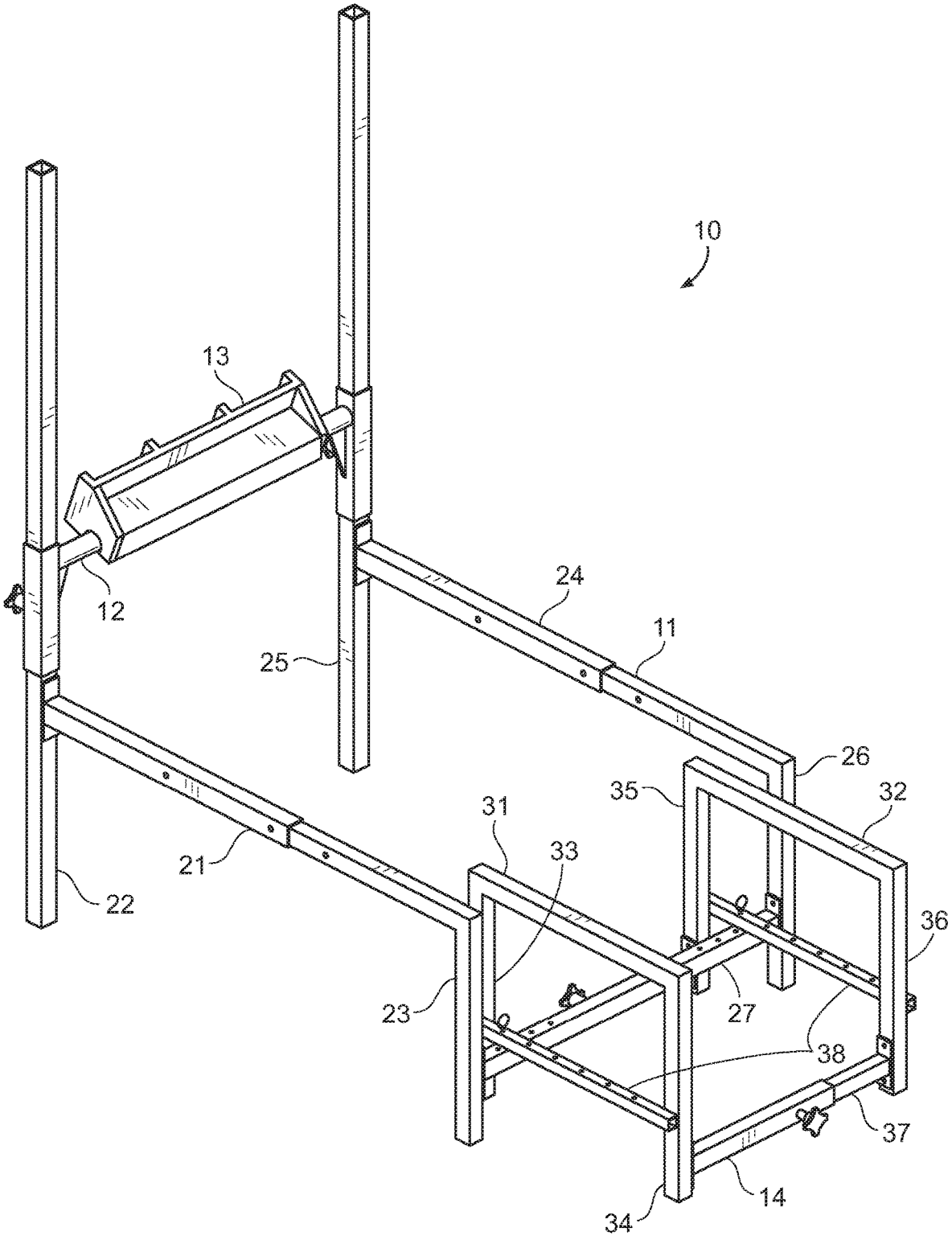


FIG. 1

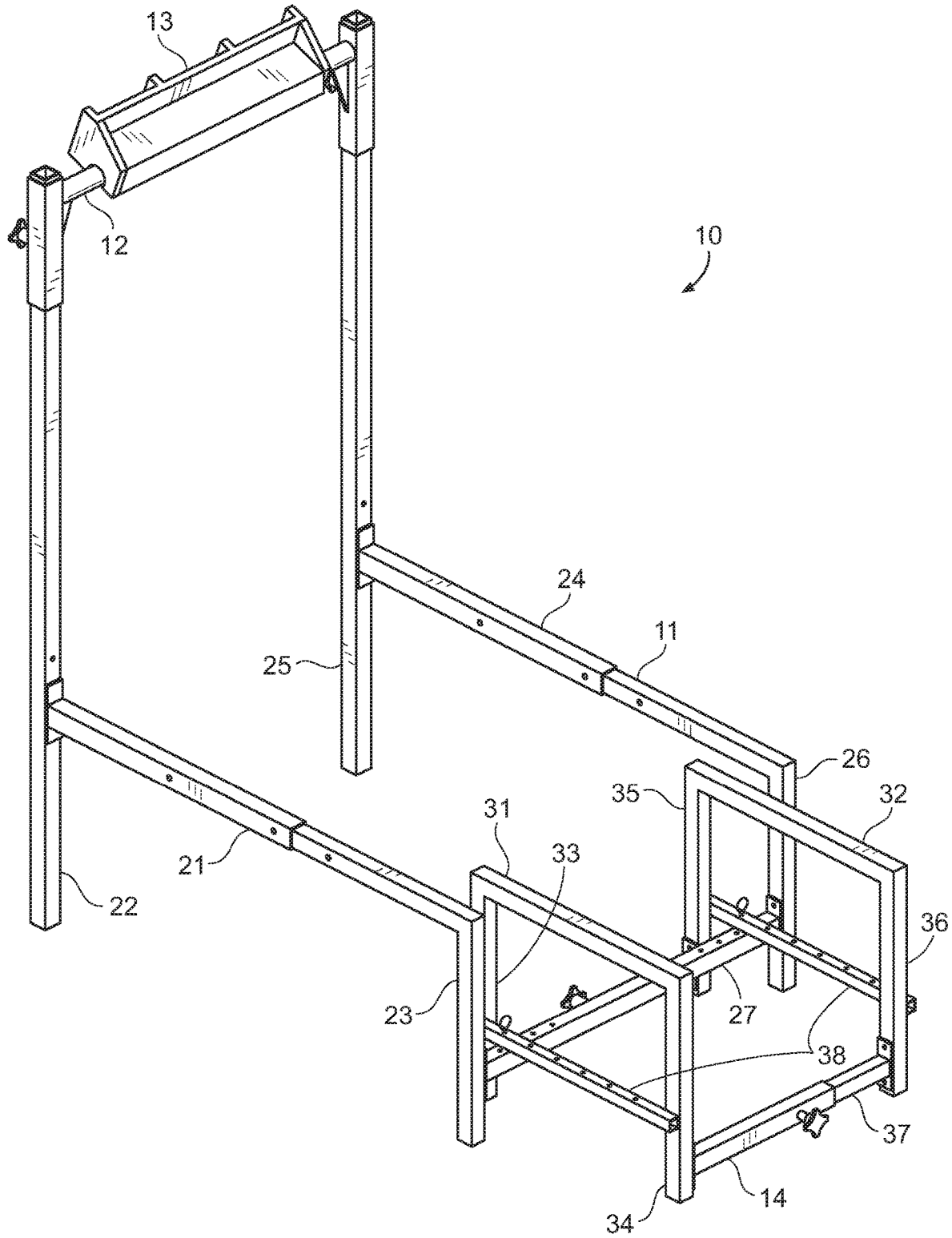


FIG. 2

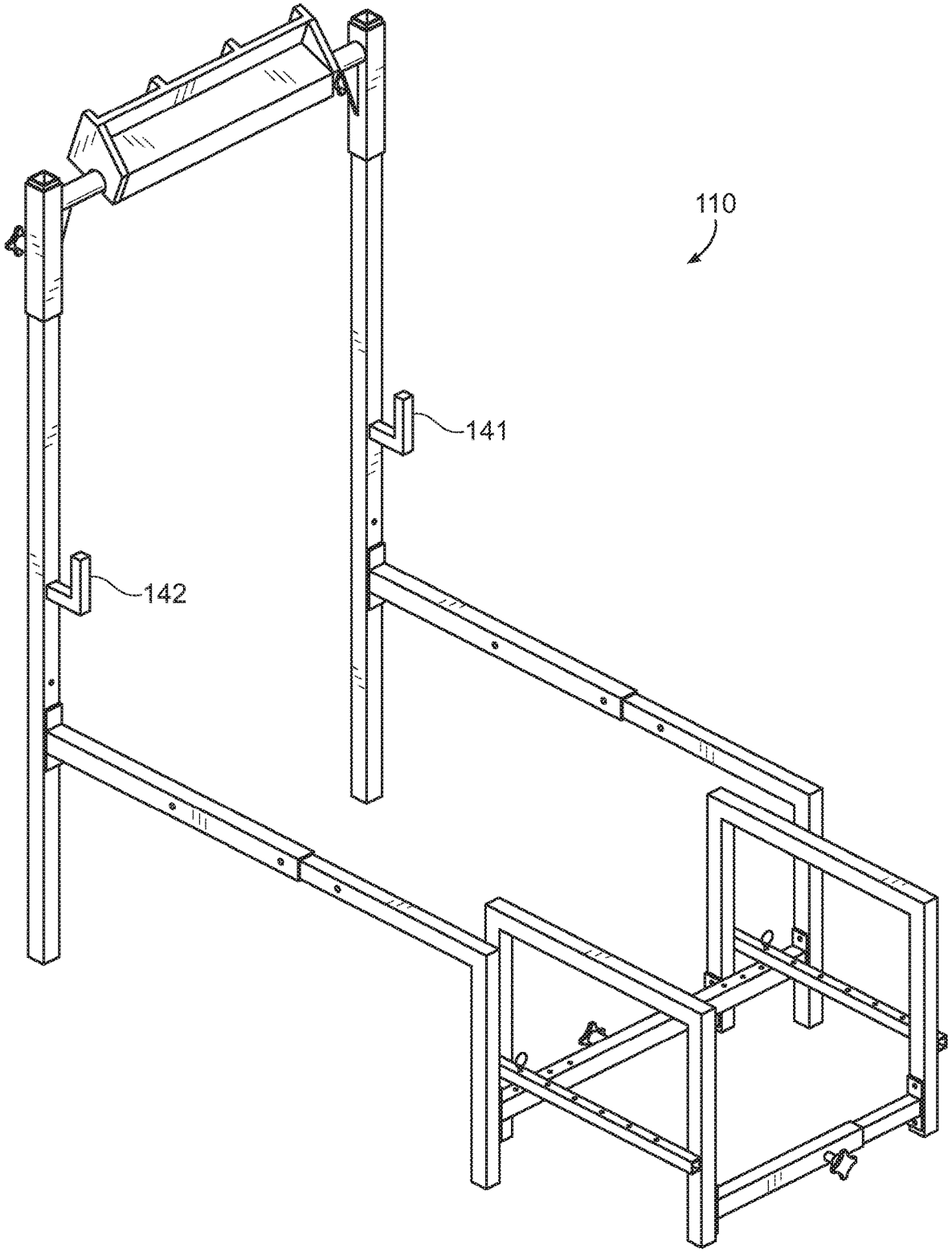


FIG. 3

ALRON BODY BUILDING APPARATUS

CROSS REFERENCE TO RELATED APPLICATIONS

[0001] This application claims the benefit of U.S. Provisional Patent Application No. 62/668,360 filed May 8, 2018, which is hereby incorporated by reference in its entirety.

FIELD OF THE INVENTION

[0002] The present invention relates to exercise equipment and, more particularly, to exercise equipment configured for upper body exercises.

BACKGROUND OF THE INVENTION

[0003] Exercise equipment can be used for multiple goals, including but not limited to physical fitness and rehabilitation from injuries. Pushups are an exercise that strengthen the pectorals, deltoids, triceps, triceps and serratus anterior muscles. Pushups are typically done on the ground with the body extended and supported at one end by the toes and at the other end by the hands. A person completing the pushup exercise uses their arms and chest muscles to move their upper half up and down about a fulcrum located where the person's toes contact the ground. Pullups are an exercise that strengthen the trapezius, rhomboids, pectorals, deltoids, infraspinatus, latissimus dorsi, teres major, subscapularis, biceps, brachialis, brachioradialis, flexor carpi radialis, flexor carpi ulnaris, palmaris longus, flexor digitorum profundus, flexor digitorum superficialis, and flexor pollicis longus, external oblique, and erector spinae muscles. A pullup is typically performed by a person hanging below a bar by their hands and with their arms outstretched. A person completing a pullup exercise uses their muscles to pull their head above the bar and then returns to an arms outstretched position.

BRIEF SUMMARY OF THE INVENTION

[0004] The present invention is an exercise machine that is configured to exercise or strengthen the arm and chest muscles. While the presently disclosed exercise machine is configured to target the arm and chest muscles, other muscles can be exercised or strengthened.

[0005] The exercise machine disclosed herein, in some embodiments, can comprise a main frame supporting a height adjustable rear bar and a subframe supporting at least one forward bar. In some embodiments, the forward bar is also height adjustable. The exercise machine can be used to complete pushup and pullup exercises, among others. Pushups can be accomplished by resting a person's feet on the rear bar and a person's hands on the forward bar(s). The distance of the forward bar(s) relative to the rear bar can be adjusted based on the person's height. The height of the rear bar and/or the forward bar can be adjusted to adjust the difficulty of the pushup. Pullups can be accomplished by setting the rear bar to a height appropriate for a particular person to accomplish pullups.

BRIEF DESCRIPTION OF THE SEVERAL VIEWS OF THE DRAWINGS

[0006] FIG. **1** is a perspective view of the exercise machine in a first position.

[0007] FIG. **2** is a perspective view of the exercise machine in a second position.

[0008] FIG. **3** is a perspective view of an alternative embodiment of the exercise machine in a second position.

DETAILED DESCRIPTION OF THE INVENTION

[0009] In FIG. **1** is a perspective view of the exercise machine **10** in a first position. The first position can be used for a person to complete exercises that include pushups. While only two positions are shown in the drawings, it is appreciated that the rear bar could be positioned lower than the first position, higher than the second position and at any position between the first and second position.

[0010] The directions used herein to describe the exercise machine **10** are merely exemplary and provided for clarity. Directions are given based on a person on the exercise machine in a pushup position, so that the rear of the machine is towards the person's feet, the front of the machine is towards the person's head, the left side of the machine is towards the person's left side and the right side of the machine is towards the person's right side. The term longitudinal is used to describe a direction between the rear and front of the machine. The term lateral is used to describe a direction between the left side and right side of the machine.

[0011] The exercise machine **10** comprises a main frame **11** that supports a rear bar **12**. The rear bar **12** is preferably height adjustable and can include a detachable foot rest **13**. In some embodiments, the rear bar **12** is height adjustable in a range of about 1.0 to 1.5 times the height of a user. In the exemplary embodiment, the main frame **11** comprises a right longitudinal support **21** connected to a right rear leg **22** on one end and a right forward leg **23** on another end, a left longitudinal support **24** connected to a left rear leg **25** on one end and a left forward leg **26** on another end. The main frame **11** can include a lateral member **27** connecting the right forward leg **23** and the left forward leg **26** for enhanced strength. In some embodiments, the right longitudinal support **21** and the left longitudinal support **24** can be adjustable in length, providing an adjustment between the longitudinal position of the right rear leg **22** and the right forward leg **23** and between the longitudinal position of the left rear leg **25** and the left forward leg **26**. The height of the right longitudinal support **21** and the left longitudinal support **24** is merely exemplary and can be positioned higher or lower in some embodiments. In some embodiments, the right longitudinal support **21** and/or the left longitudinal support **24** are positioned on the ground. In some embodiments, the right longitudinal support **21** and/or the left longitudinal support **24** are positioned at about the same height as the right rear leg **22** and the left rear leg **25**. In some embodiments, the exercise machine **10** further comprises a means for anchoring it to a floor or deck. The means for anchoring can include, for example, tabs attached to the exercise machine **10** with fasteners driven through the tabs and into a floor or deck.

[0012] The right rear leg **22** and the left rear leg **25** preferably extend upward to a height appropriate to support a pullup bar. For most people. the right rear leg **22** and the left rear leg **25** can terminate at a height of less than eight feet. The right rear leg **22** and left rear leg **25** are preferably between and including five feet and eight feet in height.

[0013] The right rear leg **22** and the left rear leg **25** are preferably connected via the adjustable rear bar **12**. The right

rear leg **22** and the left rear leg **25** can optionally be connected via one or more fixed lateral members for additional strength. The detachable foot rest **13** can be used to support a person's feet while completing pushups. The detachable foot rest **13** can be removed for other exercises, such as pullups.

[0014] The subframe **14** supports a right bar **31** and a left bar **32**, which can be used to support a person's hands for completing pushups. The right bar **31** can be supported by a right rear leg **33** and a right front leg **34**. The left bar **32** can be supported by a left rear leg **35** and a left front leg **36**. While the subframe **14** is supported by four legs, it is appreciated that more or fewer legs could be used to provide adequate stability for the right bar **31** and left bar **32**. The right bar **31** and left bar **32** can be connected laterally by a lateral member **37** for strength and to set the lateral distance between the bars. The lateral member **37** can be a fixed length or an adjustable length to provide an adjustable distance between the right bar **31** and the left bar **32**. In some embodiments, the right rear leg **33** and the right front leg **34** can be linked via a longitudinal member **38** for additional strength. Similarly, in some embodiments, the left rear leg **35** and the left front leg **36** can be linked via a longitudinal member **38** for additional strength. In some embodiments, the adjustable rear bar **12** is height adjustable in a range of about 1.0 to 3.0 times the height of the right bar **31** or the left bar **32**.

[0015] The subframe **14** can be fixed or movable relative to the main frame **11**. In some embodiments, the subframe **14** is selectively attached to the main frame **11**. The right bar **31** and left bar **32** are positioned in about a longitudinal direction, providing a range of distances relative to the rear bar **12** for users of various heights. The subframe **14**, if movable relative to the main frame **11**, could be moved longitudinally relative to the rear bar **12** to adjust the exercise machine **10** for users of various heights.

[0016] FIG. **2** is a perspective view of the exercise machine **10** in a second position. In the second position, the rear bar **12** has been moved higher relative to its position in the first position. The rear bar **12** is preferably adjustable relative to the ground and the right bar **31** and the left bar **32** to provide adjustments for pushups and pullups. The rear bar **12** can be set at a height relative to the ground for a person to complete pullups. The rear bar **12** can also be adjusted relative to the height of the right bar **31** and the left bar **32** to change the difficulty of pushups completed on the exercise machine **10**. Raising the rear bar **12** tends to increase the difficulty of pushups and lowering the rear bar **12** tends to decrease the difficulty of pushups.

[0017] FIG. **3** is a perspective view of an alternative embodiment of the exercise machine **110** in a second position. The elements in the alternative embodiments which are substantially the same as the corresponding elements of the first embodiment described are identified with the same numeral. Elements which are similar (but not necessarily identical) in function are denoted by the same numeral plus **100**.

[0018] The exercise machine **110** further comprises a first hook **141** and a second hook **142** that can be included in some embodiments. The hooks **141** & **142** are positioned in an exemplary position and can be fixed or repositionable within the inventive concept herein. The hooks **141** & **142** can be used to temporarily attach additional exercise accessories, including but not limited to, arm curl bars, bench press bars, and other exercise accessories that require a fixed location during, before or after use.

[0019] While the exercise machine **10** has been described relative to a person in a traditional pushup position, there are other exercise positions explicitly and implicitly contemplated. For example, a person could complete pushups on the exercise machine **10** by placing their toes on the detachable footrest **13** and their hands on the right bar **31** and left bars **32**, by using their body weight to provide resistance against extending their arms relative to their chest. In another example, a person could complete an exercise on the exercise machine **10** by placing their heels on the detachable footrest **13** and their hands on the right bar **31** and left bars **32**, using their body weight to provide resistance against contracting their arms relative to their chest. In this example, a person could hang their chest below the level of the right bar **31** and left bar **32** during a portion of the exercise, pulling their body upward, against the resistance provided by their body weight.

[0020] What has been described is an exercise machine configured for strengthening at least the arms and chest. In this disclosure, there are shown and described only the preferred embodiment of the invention, but, as aforementioned, it is to be understood that the invention is capable of use in various other combinations and environments and is capable of changes or modifications within the scope of the inventive concept as expressed herein.

1. An exercise apparatus, comprising:
a main frame supporting a height adjustable rear bar, wherein the rear bar further comprises a detachable ledge;
a subframe supporting at least one forward bar;
wherein the main frame and subframe are selectively fixed in position relative to one another.

2. The exercise apparatus of claim **1**, wherein the forward bar further comprises an adjustable height.

3. The exercise apparatus of claim **1**, further comprising a plurality of height adjustable forward bars.

4. The exercise apparatus of claim **1**, wherein the subframe is selectively attached to the main frame.

5. The exercise apparatus of claim **1**, wherein the height adjustable rear bar further comprises a fixed position higher than the forward bar.

6. The exercise apparatus of claim **5**, wherein the height adjustable rear bar further comprises a fixed position about 1.0-1.5 times the height of a user.

7. The exercise apparatus of claim **5**, wherein the height adjustable rear bar further comprises a fixed position about 1.0-3.0 times the height of the forward bar.

8. The exercise apparatus of claim **1**, wherein the rear bar is configured for a user to complete pull-ups and the heights of the ledge and forward bar are configured for a user to complete pushups.

9. The exercise apparatus of claim **8**, wherein the main frame further comprises vertical members supporting the rear bar, the vertical members comprising removable hooks or pegs.

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