



(19) **United States**

(12) **Patent Application Publication**
Kim

(10) **Pub. No.: US 2003/0195094 A1**

(43) **Pub. Date: Oct. 16, 2003**

(54) **APPARATUS FOR TRAINING MUSCLES IN GONADAL REGION**

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(21) Appl. No.: **10/408,942**

(22) Filed: **Apr. 8, 2003**

(30) **Foreign Application Priority Data**

Apr. 12, 2002 (KR) 20-2002-0010992

Publication Classification

(51) **Int. Cl.⁷** **A63B 26/00; A63B 1/00**

(52) **U.S. Cl.** **482/142; 482/148**

(57) **ABSTRACT**

An apparatus for training muscles in a gonadal region in the human body, such as a sphincter muscle, is provided. The

muscles training apparatus includes an upper base maintained to be at a predetermined height from a lower base by a plurality of support rods, on the central portion of which a throughhole is formed, an ascent and descent seat coupled to the upper base ascendingly and descendingly, on which a user is seated, and an ascent and descent mechanism for ascending and descending the ascent and descent seat. The ascent and descent mechanism includes a movable shaft whose one end is fixed on the bottom of the ascent and descent seat and on the other end of which a roller member performing a rolling movement, is provided, a guide rod fixedly formed on a guide frame fixed around the throughhole on the bottom of the upper base, for supporting the movable shaft slidably to ascend and descend the ascent and descent seat, a rotating plate along the outer circumference of which raised portions and depressed portions are repeatedly formed and the outer circumference of which the roller member contacts, in which the rotating plate rotates together with the roller member, and a motor rotating the rotating plate. The muscles training apparatus formed of a simple structure, makes the ascent and descent seat ascend and descend repeatedly, at a state where a user is seated on the ascent and descent seat, to thereby train muscles near a weakened gonadal region.

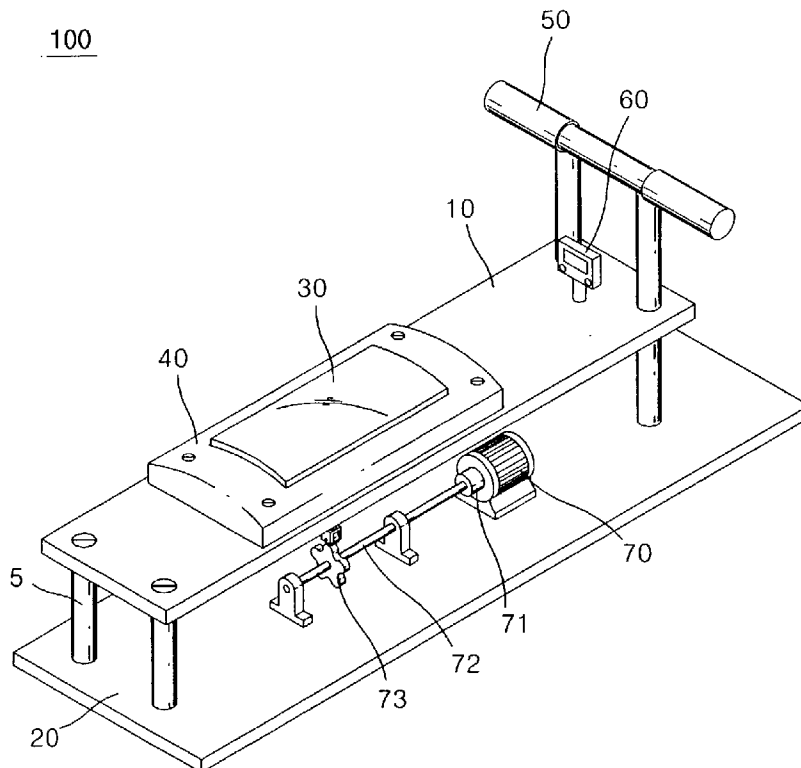


FIG. 1

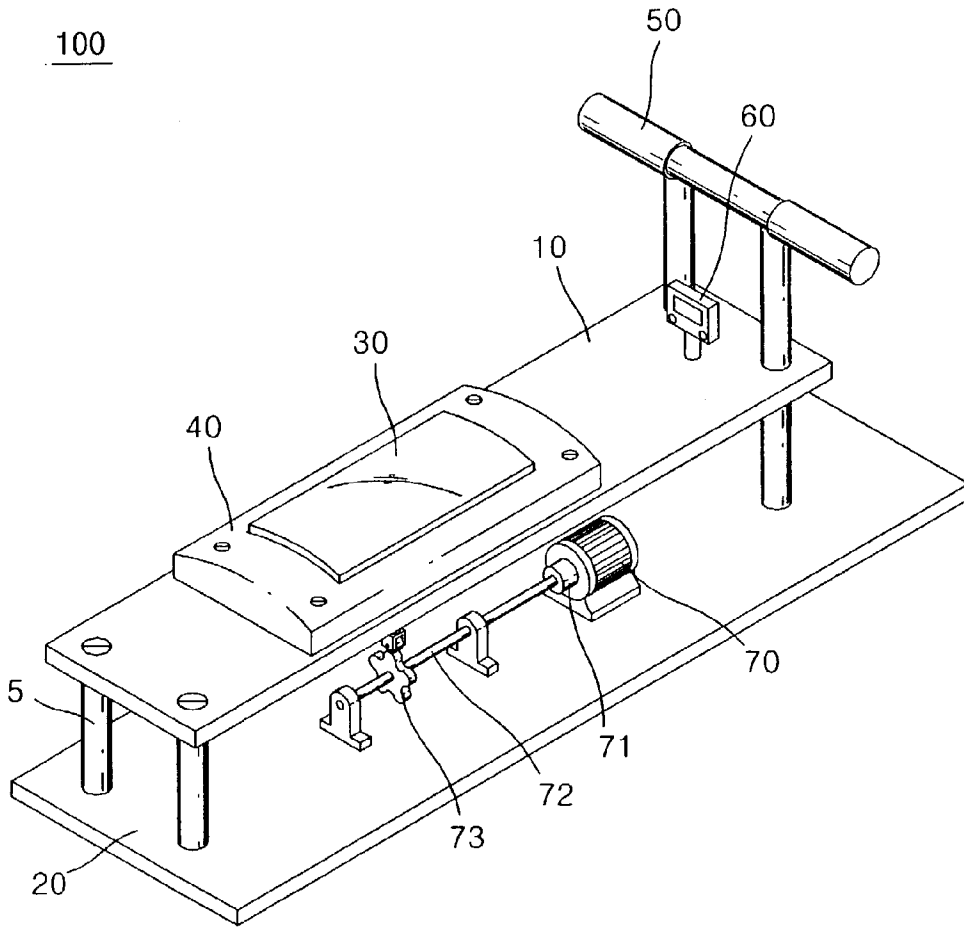


FIG. 2

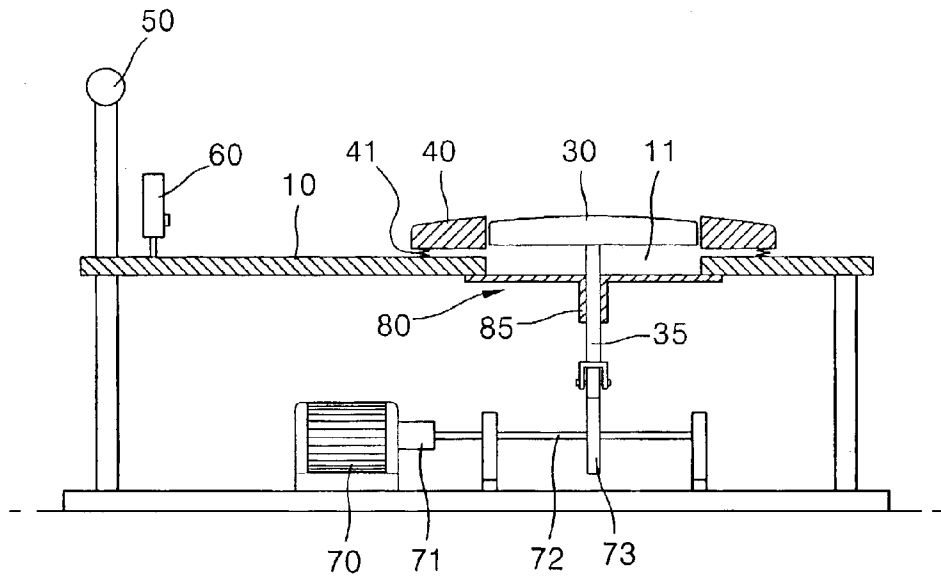


FIG. 3

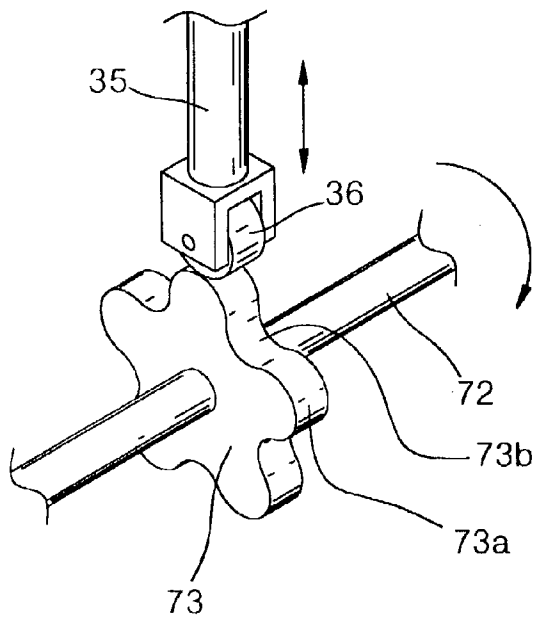


FIG. 4

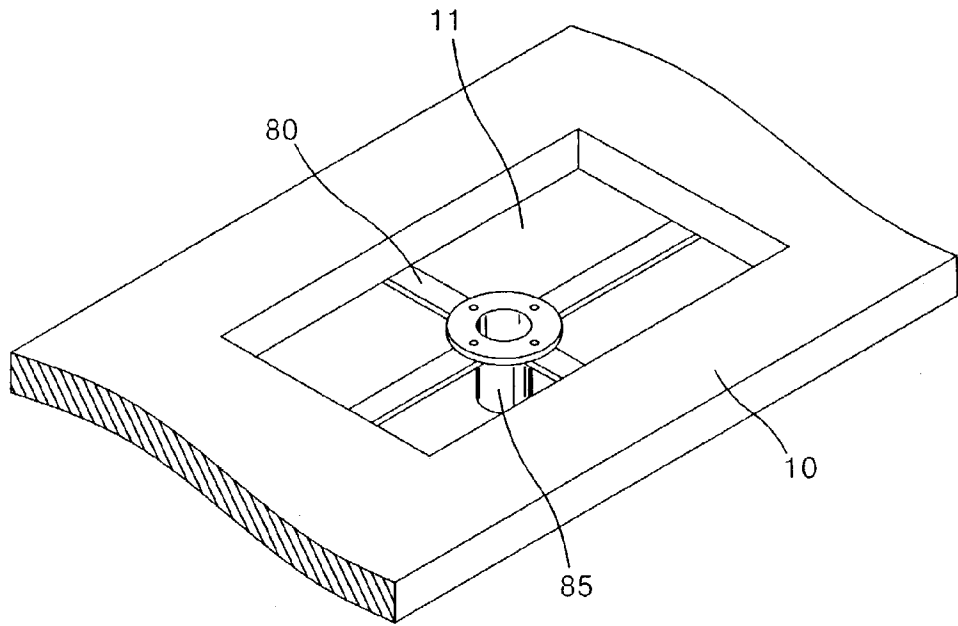


FIG. 5

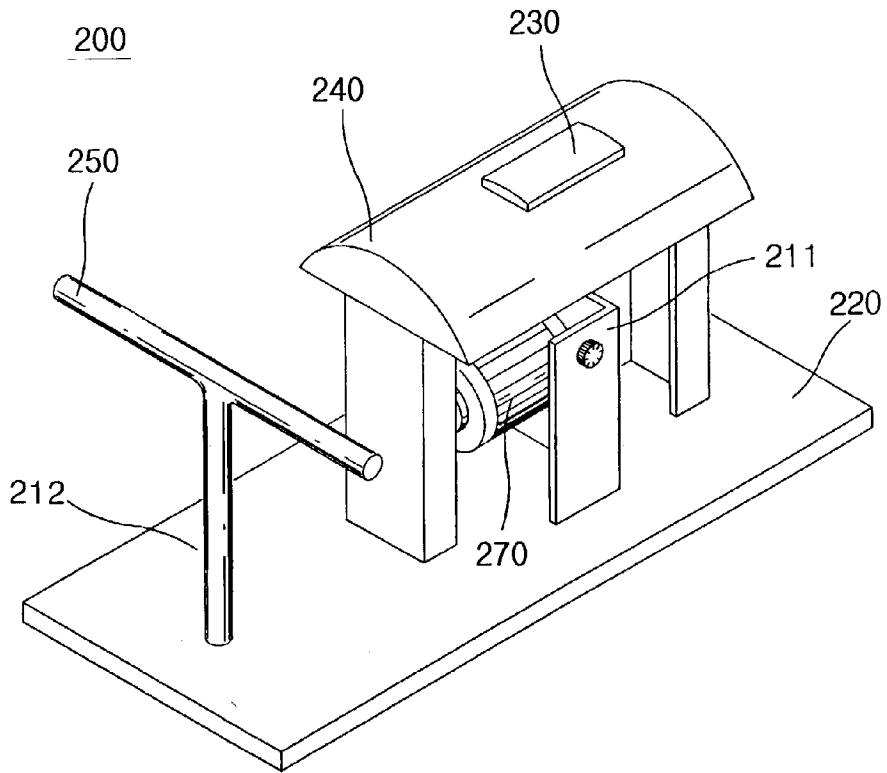


FIG. 6A

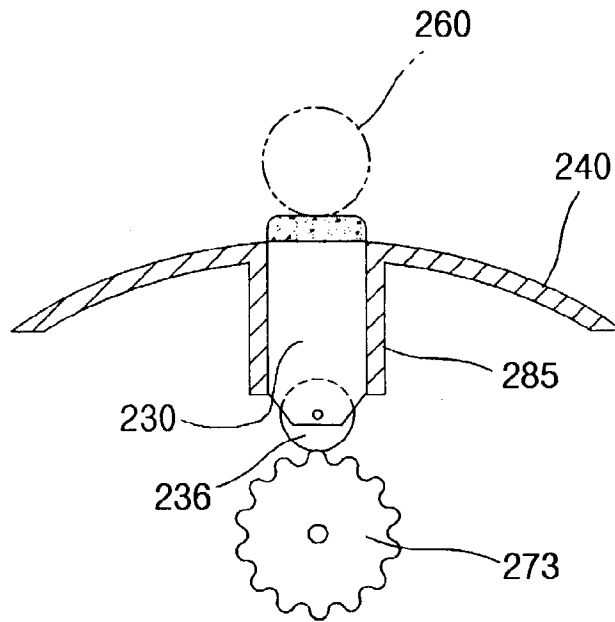


FIG. 6B

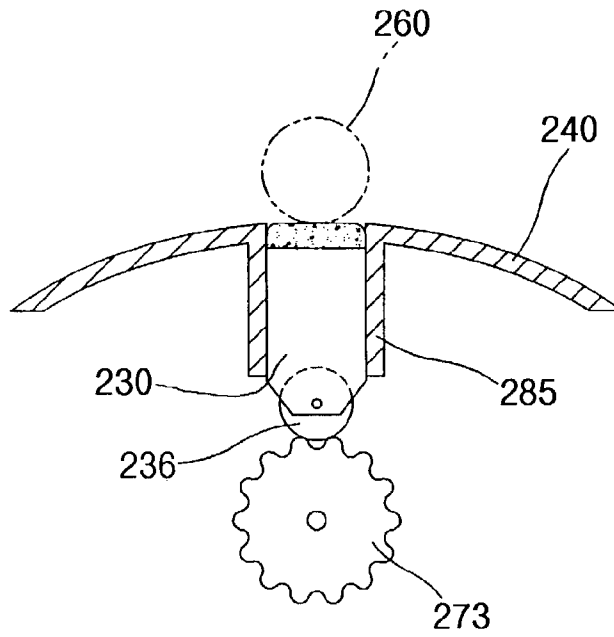
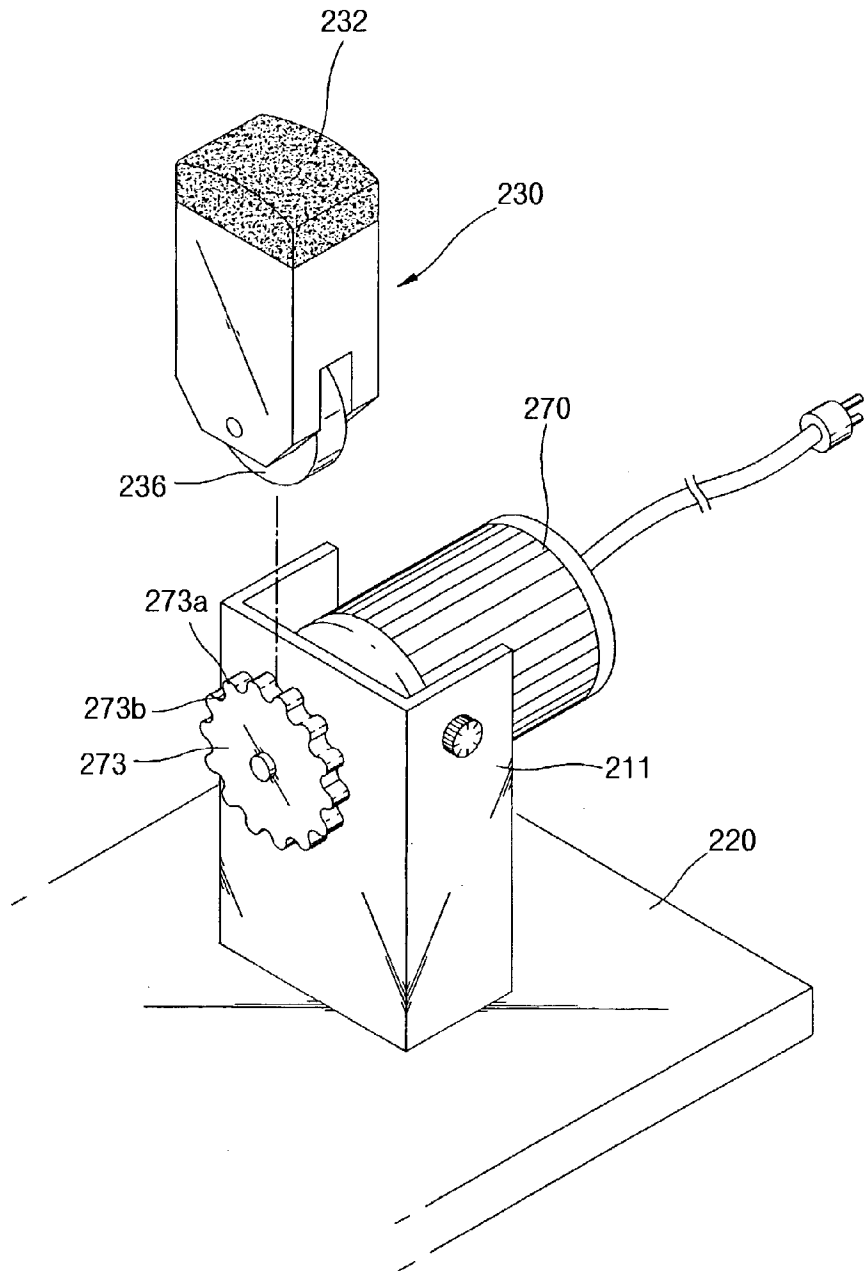


FIG. 7



APPARATUS FOR TRAINING MUSCLES IN GONADAL REGION

BACKGROUND OF THE INVENTION

[0001] 1. Field of the Invention

[0002] The present invention relates to an apparatus for training muscles in a gonadal region, and more particularly, to a gonadal muscles training apparatus for training muscles near a gonad, in order to cure urinary incontinence, prostatic hypertrophy, hemorrhoids, constipation, overweight, lowering of sexual appetite and sexual desire, which are caused by weakened muscles near the testicles and the penis of men.

[0003] 2. Description of the Related Art

[0004] As is well known, muscles near the gonad, for example, outer spongiosum muscles, corpus spongiosum muscles, hipbone corpus spongiosum muscles, perineum muscles membranes, perineum horizontal muscles, sphincters, etc., are one of the human body muscles each playing a role of opening or closing a particular portion. For example, the pupillary sphincter which is one of the sphincters plays a role of opening or closing the pupil of the eye, and the perineum sphincters play a role of expanding and contracting the muscles near the gonad.

[0005] A method for training muscles near the gonadal region is a sphincter autonomic exercise in which the sphincter muscles integrated with the genital organs and the circumference of the anus contracts and then relaxes the anal muscles repeatedly.

[0006] A sphincter muscle training implement is disclosed in Korean Utility Model Registration No. 20-234956, which is an auxiliary exercise implement for training an anal sphincter muscle using an additional implement during the contraction and relaxation exercise of the anus in order to increase an amount of exercise and reduce a tired feeling by inducing an interest. That is, the above disclosed art controls an exercise of the genital organs properly by an interval between two cylindrical tubes forming a contraction and expansion ring and a tensile force of the contraction and expansion ring, and contracts and relaxes the muscles near the gonadal region.

[0007] However, since the above disclosed art should have a user take an exercise while pulling the genital organs, the exercise is burdensome and the genital organs may be damaged, which has the user feel ill at ease in an actual use.

SUMMARY OF THE INVENTION

[0008] To solve the above problems, it is an object of the present invention to provide an apparatus for training muscles near the gonadal region, in which a user is seated on a fixed seat, makes a gonadal region contacting an ascent and descent seat, and drives a motor to make the ascent and descent seat repeatedly ascend and descend, to thereby make a friction with the perimeter of the gonadal region in order to develop muscles near the gonadal region and intensify his or her sexual function.

[0009] To accomplish the above object of the present invention, there is provided an apparatus for training muscles near a gonadal region, the muscles training apparatus comprising: an upper base maintained to be at a predetermined height from a lower base by a plurality of

support rods, on the central portion of which a throughhole is formed; an ascent and descent seat coupled to the upper base ascendingly and descendingly, on which a user is seated; and an ascent and descent mechanism for ascending and descending the ascent and descent seat.

[0010] The ascent and descent mechanism includes: a movable shaft whose one end is fixed on the bottom of the ascent and descent seat and on the other end of which a roller member performing a rolling movement; is provided; a guide rod fixedly formed on a guide frame fixed around the throughhole on the bottom of the upper base, for supporting the movable shaft slidably to ascend and descend the ascent and descent seat; a rotating plate along the outer circumference of which raised portions and depressed portions are repeatedly formed and the outer circumference of which the roller member contacts, in which the rotating plate rotates together with the roller member; and a motor rotating the rotating plate.

[0011] That is, the present invention enables men and women to train their muscles such as muscles near a gonad, that is, outer spongiosum muscles, corpus spongiosum muscles, hipbone corpus spongiosum muscles, perineum muscles membranes, membrane of muscles covering the perineum portion, and which are integrally linked each other, and are contracted and relaxed simultaneously. Accordingly, the present invention provides an effect of curing melancholia, impatience, asthenic diathesis, menopausal disorder, migraine, chronic constipation, overweighting, and premature ejaculation, in addition to prevention of urinary incontinence and reinforcing energies, through the muscles reinforcement training.

BRIEF DESCRIPTION OF THE DRAWINGS

[0012] The above and other objects and advantages of the present invention will become more apparent by describing the preferred embodiment thereof in more detail with reference to the accompanying drawings in which:

[0013] FIG. 1 is a perspective view illustrating an apparatus for training muscles in a gonadal region according to a first embodiment of the present invention;

[0014] FIG. 2 is a schematic sectional view of FIG. 1;

[0015] FIG. 3 is a perspective view showing an essential part taken from the FIG. 1 apparatus;

[0016] FIG. 4 is a perspective view showing an essential part of an upper base;

[0017] FIG. 5 is a perspective view illustrating an apparatus for training muscles in a gonadal region according to a second embodiment of the present invention;

[0018] FIGS. 6A and 6B are schematic view illustrating an operational state of the gonadal-region muscles training apparatus according to the present invention; and

[0019] FIG. 7 is a perspective view showing essential parts of the present invention.

DETAILED DESCRIPTION OF THE INVENTION

[0020] An apparatus for training muscles near a gonadal region according to preferred embodiments of the present invention will be described below in detail with reference to the accompanying drawings.

[0021] FIGS. 1 through 4 illustrate a muscles training apparatus according to a first embodiment of the present invention.

[0022] The muscles training apparatus 100 includes an upper base 10 maintained to be at a predetermined height from a lower base 20 by a plurality of support rods 5, on the central portion of which a throughhole 11 is formed, an ascent and descent seat 30 coupled to the upper base 10 ascendingly and descendingly, on which a user is seated, and an ascent and descent mechanism for ascending and descending the ascent and descent seat 30.

[0023] The ascent and descent mechanism includes a movable shaft 35 whose one end is fixed on the bottom of the ascent and descent seat 30 and on the other end of which a roller member 36 performing a rolling movement is provided, a guide rod 85 fixedly formed on a guide frame 80 fixed around the throughhole 11 on the bottom of the upper base 10, for supporting the movable shaft 35 slidably to ascend and descend the ascent and descent seat 30, a rotating plate 73 along the outer circumference of which raised portions 73a and depressed portions 73b are repeatedly formed and the outer circumference of which the roller member 36 contacts, in which the rotating plate 73 rotates together with the roller member 36, and a motor 70 rotating the rotating plate 73. The guide rod 85 is fixed to the guide frame 80 fixed on the bottom of the upper base 10. The rotating plate 73 is connected to a rotational shaft 72 and rotates by power of the motor 70 having a reduction gear 71.

[0024] Also, a handle 50 is provided on the upper base 10 so that a user can use it for safety, and a timer 60 is provided on the upper base 10 to control a driving time of the motor 70.

[0025] A fixed seat 40 is provided on the upper base 10, in which the ascent and descent seat 30 is coupled with the fixed seat ascendingly and descendingly. The upper base 10 and the fixed seat 40 are connected by springs 41. In this case, when a user is seated on the ascent and descent seat 30, the fleshy inside of the thigh of the user closely contacts the edges of the fixed seat 40 and the closely contacting fleshy inside of the thigh expands and contracts by a frictional force when the ascent and descent seat 30 ascends and descends. Here, the user can feel a sense of cushion when he or she is seated on the fixed seat 40, by means of the springs 41.

[0026] The apparatus for training muscles near the gonadal region having the above-described structure is used as follows.

[0027] A user is seated on an ascent and descent seat 30, in which case he or she outstretches his or her legs so that the his or her gonadal region contacts the ascent and descent seat 30. Here, the inner portions of the fleshy inside of the thighs closely contact the edges of the fixed seat 40.

[0028] The timer 60 is set for a time during which the muscles near the gonadal region are exercised or trained. Then, power is applied to the muscles training apparatus in order to drive a motor 70, after taking a hold of a handle 50.

[0029] Then, a rotating plate 73 rotates. Accordingly, raised portions 73a and depressed portions 73b of the rotating plate 73 contact a roller member 36 by a rolling movement, to thus make the ascent and descent seat 30 ascend and descend, repeatedly.

[0030] Therefore, since the user's hip portion repeatedly ascends and descends, and simultaneously the user's fleshy inside of the thighs contact the edges of the fixed seat 40 by a frictional force, the muscles near the gonadal region contract and expand repeatedly.

[0031] As described above, the muscles training apparatus according to the present invention stimulates the muscles near the gonadal region to thus train the muscles.

[0032] Meanwhile, the muscles training apparatus according to the above-described embodiment of the present invention is used without having the fixed seat 40, that is, with the fixed seat 40 removed. In this case, the fleshy of the user's thighs make a friction with the edges of the upper base 10. Thus, the upper base 10 is made of a soft material such as sponge to thereby be used comfortably.

[0033] The present invention is not limited in the above-described embodiment. It is apparent to one who is skilled in the art that there are many variations and modifications without departing off the spirit of the present invention and the scope of the appended claims. As an example, a rotating plate having the continuously formed raised portions and depressed portions has been described in order to describe the structure of ascending and descending the ascent and descent seat, but is not limited thereto. However, an inclined block can be provided on the bottom of the roller member, in which the ascent and descent seat can ascend and descend up and down according to the left and right movement of the inclined block.

[0034] FIGS. 5 through 7 illustrate a muscles training apparatus according to a second embodiment of the present invention.

[0035] The muscles training apparatus 200 shown in FIGS. 5 through 7 includes a base 220 positioned in the lower portion of the muscles training apparatus 200, a fixed seat 240 whose support plates 211 and 212 are maintained to be at a predetermined height from the base 220, on the portion of which a user is seated a throughhole is formed; an ascent and descent seat 230 protruding by a predetermined height, for example, about 3 mm through 7 mm from the fixed seat 240 in the throughhole; and an ascent and descent mechanism for ascending and descending the ascent and descent seat 230.

[0036] The ascent and descent mechanism 230 includes a guide 285 formed to the fixed seat 240, for guiding the ascent and descent seat 230 up and down, a roller member 236 rotatably coupled with the lower end of the ascent and descent seat 230, a rotating plate 73 along the outer circumference of which raised portions 73a and depressed portions 73b are repeatedly formed and the outer circumference of which the roller member 36 contacts, and a motor 270 rotating the rotating plate 273.

[0037] When the rotating plate 273 rotates by the driving motor 270, the roller member 236 contacts the outer circumference of the rotating plate 273, to thus ascend and descend through the throughhole formed on the fixed seat 240. Here, the upper portion of the ascent and descent seat 230 contacts the user's gonadal region and thus is attached with a cushion member 232 in order to prevent a damage of the gonadal region.

[0038] Also, a handle 250 is provided on one side of the fixed seat 240 so that a user can use it for safety.

[0039] As shown in FIGS. 6A, 6B and 7, the muscles training apparatus is used as follows.

[0040] A user is seated on a fixed seat 240, in which case he or she outstretches his or her legs so that the his or her gonadal region 260 contacts the ascent and descent seat 230 protruding from the fixed seat 240 by about 3 mm through 7 mm. Then, power is applied to the driving motor 270, to rotate the rotating plate 273. In this case, the ascent and descent seat 230 ascends and descends and stimulates the gonadal region 260 to thus contract and expand the muscles near the gonadal region 260 to train them.

[0041] Here, the gonadal region 260 is stimulated by contacting the cushion member 232, to prevent damage of the gonadal region 260.

[0042] As described above, the muscles training apparatus formed of a simple structure, makes the ascent and descent seat ascend and descend repeatedly, at a state where a user is seated on the ascent and descent seat, to thereby train muscles near a weakened gonadal region. As a result, the present invention solves the defects of the conventional art which has caused a burdensome training course and a damage to the genital organs, by making an exercise of and pulling the genital organs.

What is claimed is:

1. An apparatus for training muscles near a gonadal region, the muscles training apparatus comprising:

an upper base maintained to be at a predetermined height from a lower base by a plurality of support rods, on the central portion of which a throughhole is formed;

an ascent and descent seat coupled to the upper base ascendingly and descendingly, on which a user is seated; and

an ascent and descent mechanism for ascending and descending the ascent and descent seat.

2. The muscles training apparatus of claim 1, wherein the ascent and descent mechanism includes:

a movable shaft whose one end is fixed on the bottom of the ascent and descent seat and on the other end of which a roller member performing a rolling movement is provided;

a guide rod fixedly formed on a guide frame fixed around the throughhole on the bottom of the upper base, for

supporting the movable shaft slidably to ascend and descend the ascent and descent seat;

a rotating plate along the outer circumference of which raised portions and depressed portions are repeatedly formed and the outer circumference of which the roller member contacts, in which the rotating plate rotates together with the roller member; and

a motor rotating the rotating plate.

3. An apparatus for training muscles near a gonadal region, the muscles training apparatus comprising:

a base positioned in the lower portion of the muscles training apparatus;

a fixed seat whose support plates are maintained to be at a predetermined height from the base, on the portion of which a user is seated a throughhole is formed;

an ascent and descent seat protruding by a predetermined height, from the fixed seat in the throughhole; and

an ascent and descent mechanism for ascending and descending the ascent and descent seat,

whereby the muscles near the gonadal region of the user seated on the fixed seat repeatedly contract and expand.

4. The muscles training apparatus of claim 3, wherein the ascent and descent mechanism comprises a guide formed to the fixed seat, for guiding the ascent and descent seat up and down;

a roller member rotatably coupled with the lower end of the ascent and descent seat;

a rotating plate along the outer circumference of which raised portions and depressed portions are repeatedly formed and the outer circumference of which the roller member contacts; and

a motor rotating the rotating plate.

5. The muscles training apparatus of claim 3, wherein the ascent and descent seat protrudes from the fixed seat by about 3 mm through 7 mm.

6. The muscles training apparatus of claim 3, wherein a cushion member contacting the gonadal region is provided on the upper portion of the ascent and descent seat.

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