ADJUSTABLE HANDLE FOR ELASTIC CORDS

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ABSTRACT
A new, safely designed and universal apparatus (10) comprising of a solid circular rod of predetermined diameter and length with a plurality of holes (40) through which elastic cords (20) can be intertwined in a predetermined fashion and used as a grasp during resistance exercising conducted by fifty plus senior citizens or anyone involved in resistance exercising.
ADJUSTABLE HANDLE FOR ELASTIC CORDS

CROSS-REFERENCE TO RELATED APPLICATIONS

[0001] Not Applicable

FEDERALLY SPONSORED RESEARCH

[0002] Not Applicable SEQUENCE LISTING OR PROGR-AM

[0003] Not Applicable

BACKGROUND OF THE INVENTION

[0004] 1. Field of the Invention

[0005] This invention relates to a handle apparatus used in providing a grasping point for elastic cords, specifically to an improved design, that provides a stable handle for grasping and that allows for adjustment of length of said elastic cords to compensate for the user's height.

[0006] 2. Background of the Invention

[0007] Elastic cords have long been used for muscular fitness exercises. As more senior people use this type of material for exercise and muscular strength building, it is increasingly important to provide an easy way of adjusting the length of said elastic cords to the height of the user and to various exercises to provide the correct tension and resistance appropriate to the user.

[0008] In order for an elastic cord to be effective it must be connected to a stationary base or platform. The user will typically pull on the elastic cord in the performance of an exercise creating tension which then exercises and strengthens the muscle being worked. With more of the over fifty aged persons working with this type of exercise apparatus, it becomes very important to provide a stable and more adjustable means of grasping the elastic cords safely and simply.

[0009] This handle or grasping point is connected to the resistance or elastic cord in such a way as to provide a comfortable grasping point and at the same time provide a process of adjusting the length based upon the height of the user or the type of exercise being performed.

[0010] There are many types of elastic cords used in resistance exercising and many platforms from which this type of exercising is done. When elastic cords are used it is necessary for the user to grasp a handle device attached to the cord for leverage and stretching the cord. The present invention seeks to provide an improved apparatus which provides a safe, simple, and functional handle for grasping that also allows for cord length adjustments.

[0011] There are many existing handles available for use with elastic cords used in resistance training. None allow the ease of flexibility that many seniors will need when it comes to stability and ease of use. None allow for simple and easy adjustment of the length of elastic cords used in exercising when the cord needs to be adjusted for length to match the height of the user. Inventions such as that of U.S. 2005/0131223 A1 to Downer et al. (2005) discloses an exercise device with elastic resistance that includes a rigid bar as a grasp or handle for the user. This device, however is complicated, expensive to manufacture, and has limited versatility in the way of exercise and application. US patent 2006/0063652 A1 to Berman et al. (2006) shows a handle for use with elastic cords; however, it is limited to one length of cord, expensive to manufacture, and requires multiple pieces within the construction that could be easily broken with use.

[0012] US patent 2005/0054497 A1 to Hull (2005) provides a simple design for grasping a resistance or elastic tube but offers no adjustability of length of the tube by the user. Users of different heights would need to purchase different lengths of elastic cords to use effectively with their individual height.

[0013] US patent 2005/0170937 A1 to van Straaten (2005) offers once again a handle that requires special adaptation of the elastic cords being used and does not allow for the flexibility of adjustment of cord length.

[0014] 3. Object and Advantages

[0015] It is the object of the present invention to provide an apparatus and method of adjusting the length of elastic or resistance cords used in exercising based upon the height of the user and or the tension desired by the individual user.

[0016] 1. Adaptability: This present invention is suitable in any environment, home or institution where doubled elastic cords are used for exercising and the cord is attached to a basic platform or support and the height of the users may vary.

[0017] 2. Portability: The present invention is a stand alone apparatus which means it does require other devices to make it work or specific areas to make it work. This invention can be used in any application where adjustment of length of the doubled resistance or elastic cord is required.

[0018] 3. Functionality: The present invention is designed to provide a method to adjust the length of elastic or resistance cords where the doubled elastic or resistance cord is attached to a stationary location.

[0019] 4. Simplicity: The present invention is designed for ease of grasping for fifty plus seniors and ease of adjustment of length by simple movement of the elastic cord ends.

[0020] 5. Safety: The present invention is designed with safety in mind to meet the needs of those individuals who grasp elastic cords for exercise. Not only does the friction between the elastic cord and the handle prevent slippage but as long as the user is grasping the handle he is increasing the friction thus further reducing the risk of slippage of the elastic cord.

SUMMARY

[0021] In accordance with the present invention a hand grasp device used in conjunction with elastic or resistance tubing that allows the adjustment of the length of the elastic or resistance tubing to adapt to the height of the user when the end of the tubing is attached to a stationary platform or point.

DRAWINGS

Figures

[0022] In these drawings, closely related figures have the same number but different alphabetic suffixes.
FIG. 1 shows a perspective view of the handle attached to an elastic cord with a clasp attachment that is used for connecting the cord to a stationary point.

FIG. 2 shows how the preferred method of attaching the elastic cord with the handle by intertwining the cord with the handle.

FIG. 3 shows the handle without elastic tubes connected and the preferred design.

FIG. 4 shows a user performing an exercise from a stationary base using the handles with two doubled elastic cords.

DRAWINGS
Reference Numerals

10 cord handle
40 cord handle holes
20 elastic cord
50 stationary base
30 connecting clasp

DETAILED DESCRIPTION

A reference numeral (10) represents the cord handle of a present invention as shown in FIG. 1. This cord handle (10) comprises a solid tube comprised of a plastic or similar rigid material with a plurality of holes drilled through the cord handle and spaced evenly across the length of the tube. The elastic cord (20) is a single elastic cord commonly used in resistance exercising that is doubled and intertwined through the holes in the handle. The elastic cord clasp attachment (30) is the contact point for attachment.

Referring to FIG. 2: The elastic cord is intertwined through the holes (40) of said cord handle in a fashion to produce friction when tension is placed on the elastic cord (20) by attaching the clasp to a point and grasping and pulling on the cord handle (10) during exercise movements.

Referring to FIG. 3: FIG. 3 shows the simple design of the cord handle (10) with holes (40) drilled evenly across the length of the solid tube of the cord handle (10).

Referring to FIG. 4: FIG. 4 shows a user (60) performing a resistance exercise using the cord handle (10) as a grasping point with elastic cords (20) attached to a stationary base (50) via a connecting clasp (30) at the bottom of the doubled elastic cord (10).

Accordingly the reader will be able to determine the advantages and benefits of this present invention as it relates to its features and function. This apparatus is designed in response to meet the needs of a specific group of population, namely the seniors and those individuals who require simple and adjustable equipment while performing resistance exercises with elastic cords.

Although the description above explains the details, these should not be construed as limiting the scope of the invention, but merely to illustrate some of the preferred embodiments.

As a result, the extent of the present invention should be determined by the claims and their legal equivalent.

I claim:

1. A simple apparatus comprising of a substantially
   (a) a solid circular rod made of a substantially rigid
   material such as plastic with a predetermined diameter
   and a predetermined length.
   (b) said solid circular rod having a plurality of holes
   drilled through the said solid circular rod at predeter-
   mined diameters and predetermined and equally spaced
   locations for the length of said solid circular rod
   whereby the solid circular rod shall provide an apparatus
   where an individual user can intertwine elastic cords
   through the holes of the solid circular rod in a predeter-
   mined fashion and by grasping the solid circular rod
   can use the circular rod as a handle for elastic cord
   exercises.

2. The simple apparatus as in claim 1, wherein said solid
   circular rod, when used as an exercise apparatus, can allow
   for the adjustment of the length of the elastic cord inter-
   twined in a predetermined fashion through the handle and
   thus allow users of different heights to use the apparatus
   and cord for various exercises.

   Whereby the user can simply extend both ends of the
   elastic cord through the holes of the solid circular rod
   to allow for increasing or decreasing the length of the
   elastic cord.

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