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(54) **EXERCISER**

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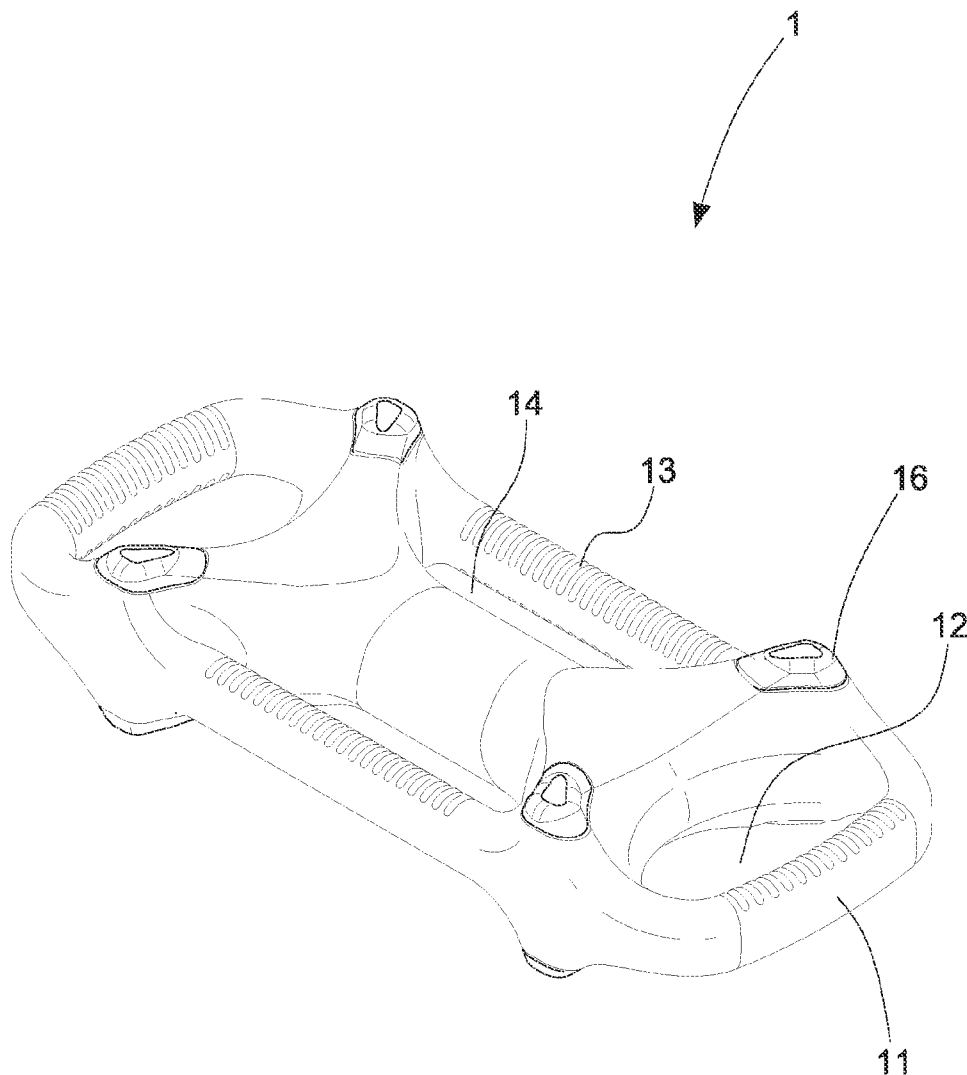
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(57) **ABSTRACT**

An exerciser includes a rectangular main body having a certain weight. The main body includes two short sides and two long sides. Each short side is provided with a first handle. Each long side is provided with a second handle. The user can hold the first handles or the second handles with both hands for weight training. The main body has at least one slide surface on an edge surface thereof. Through the slide surface, the user can hold the main body to be placed on the ground for slide training. The present invention provides multiple training modes for exercises and fitness effects.



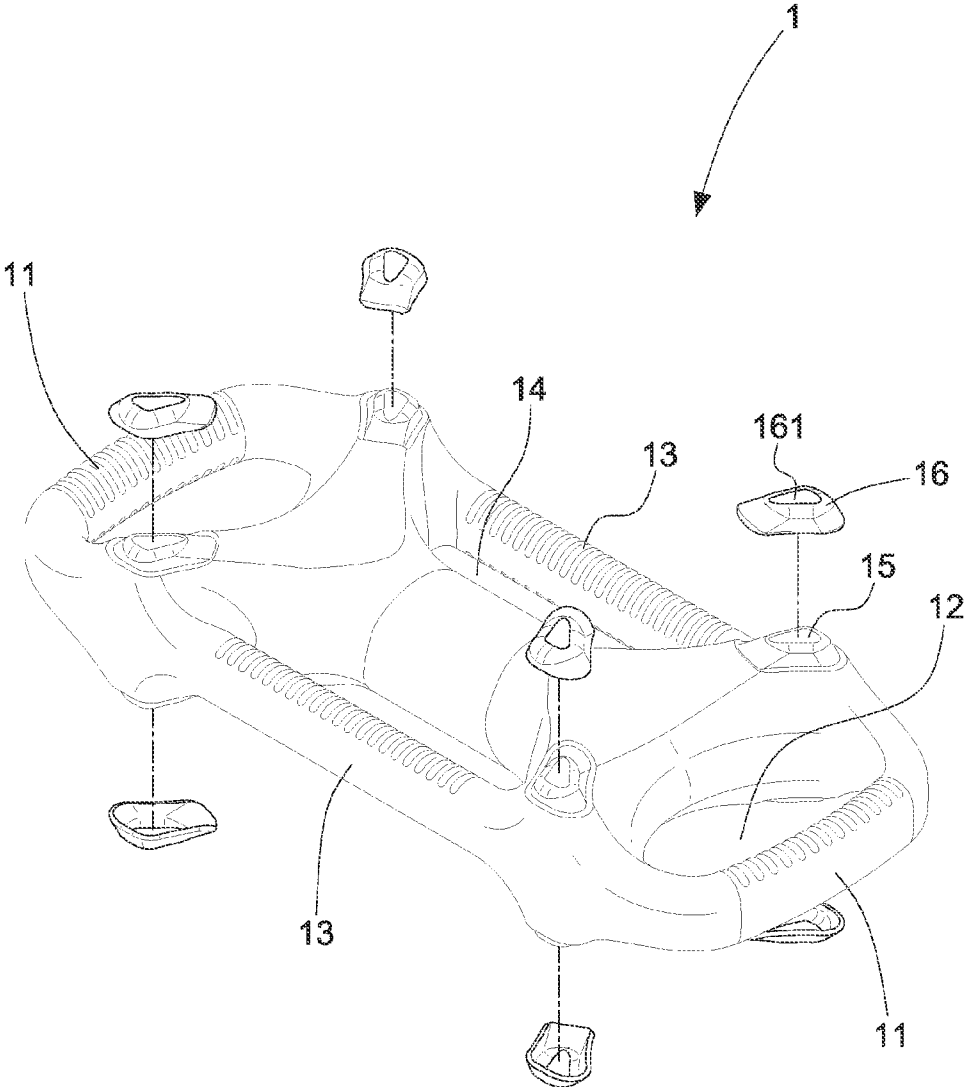


Fig.1

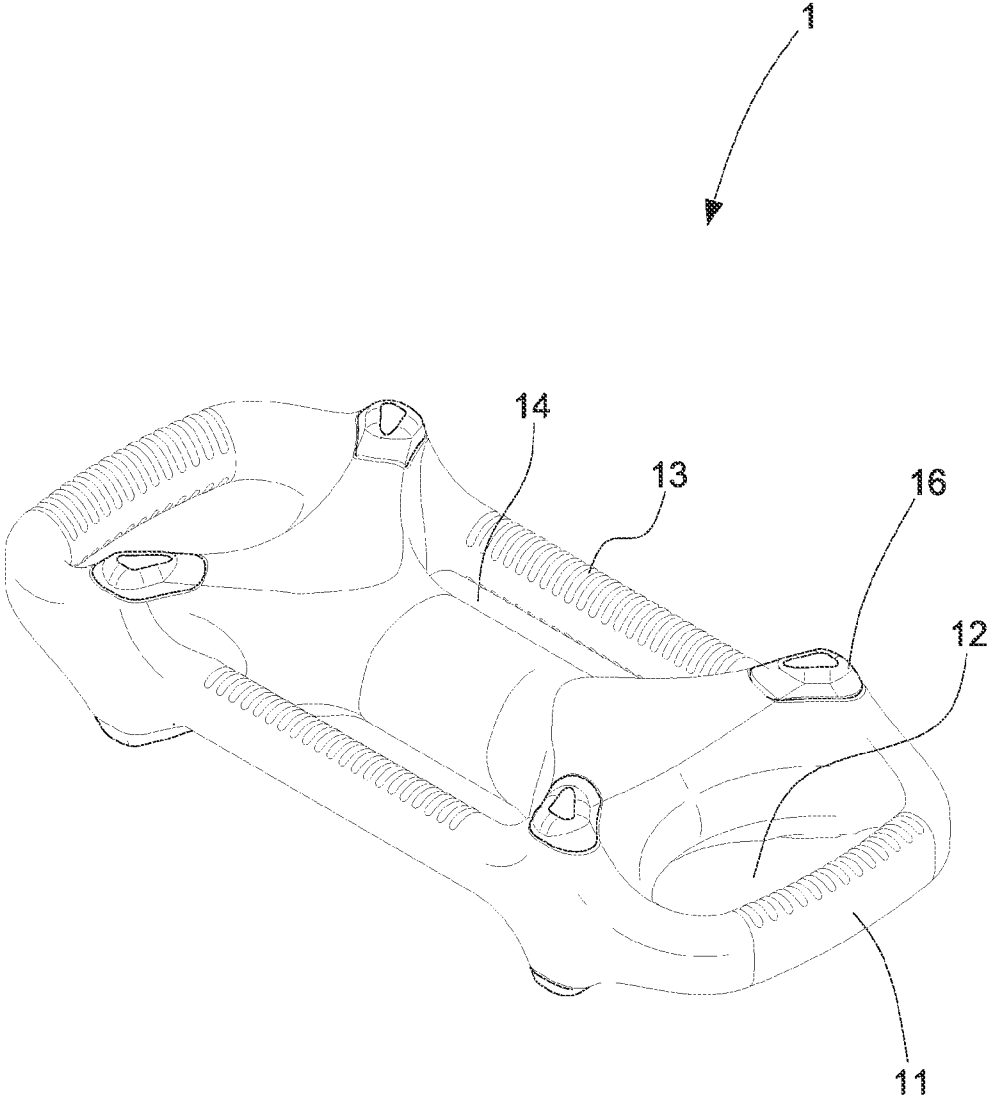


Fig.2

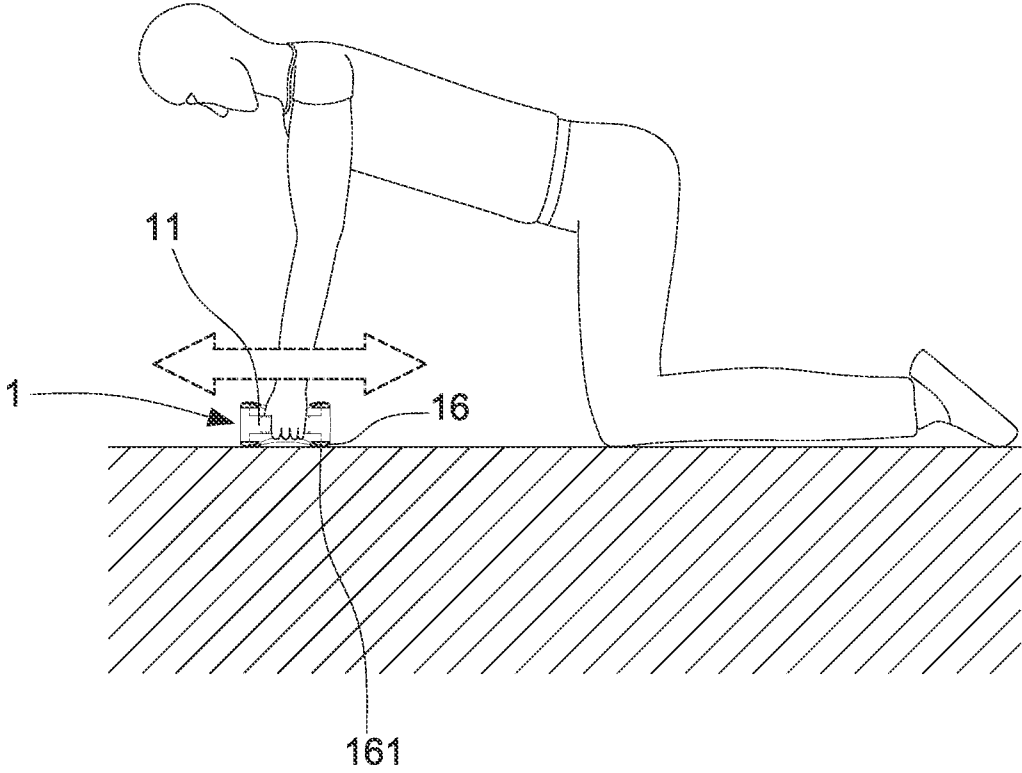


Fig.3

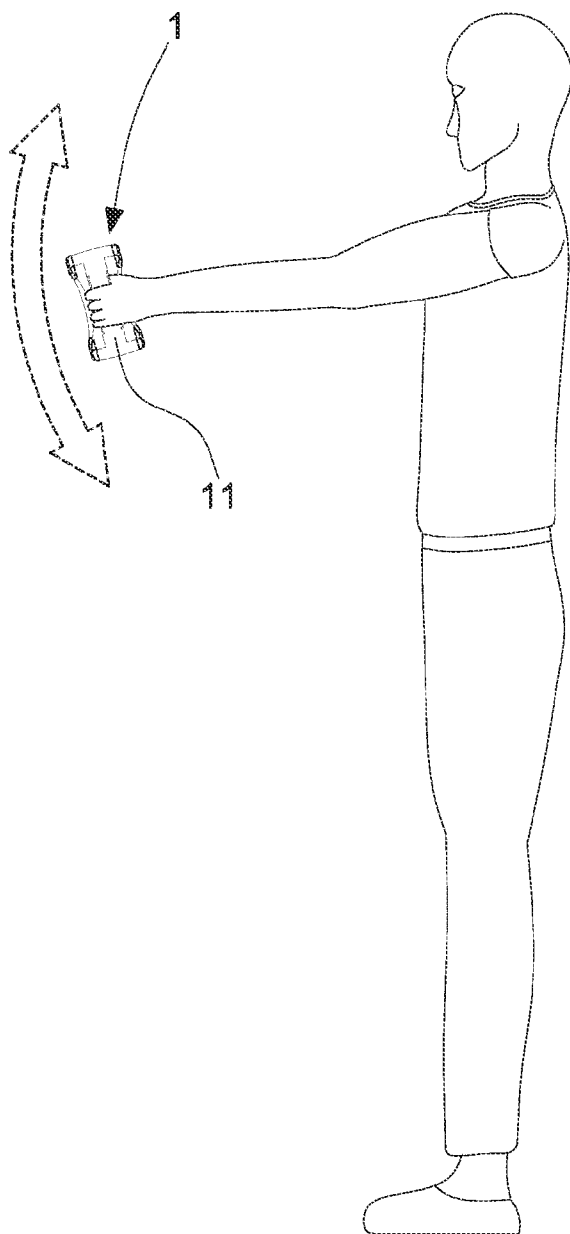


Fig.4

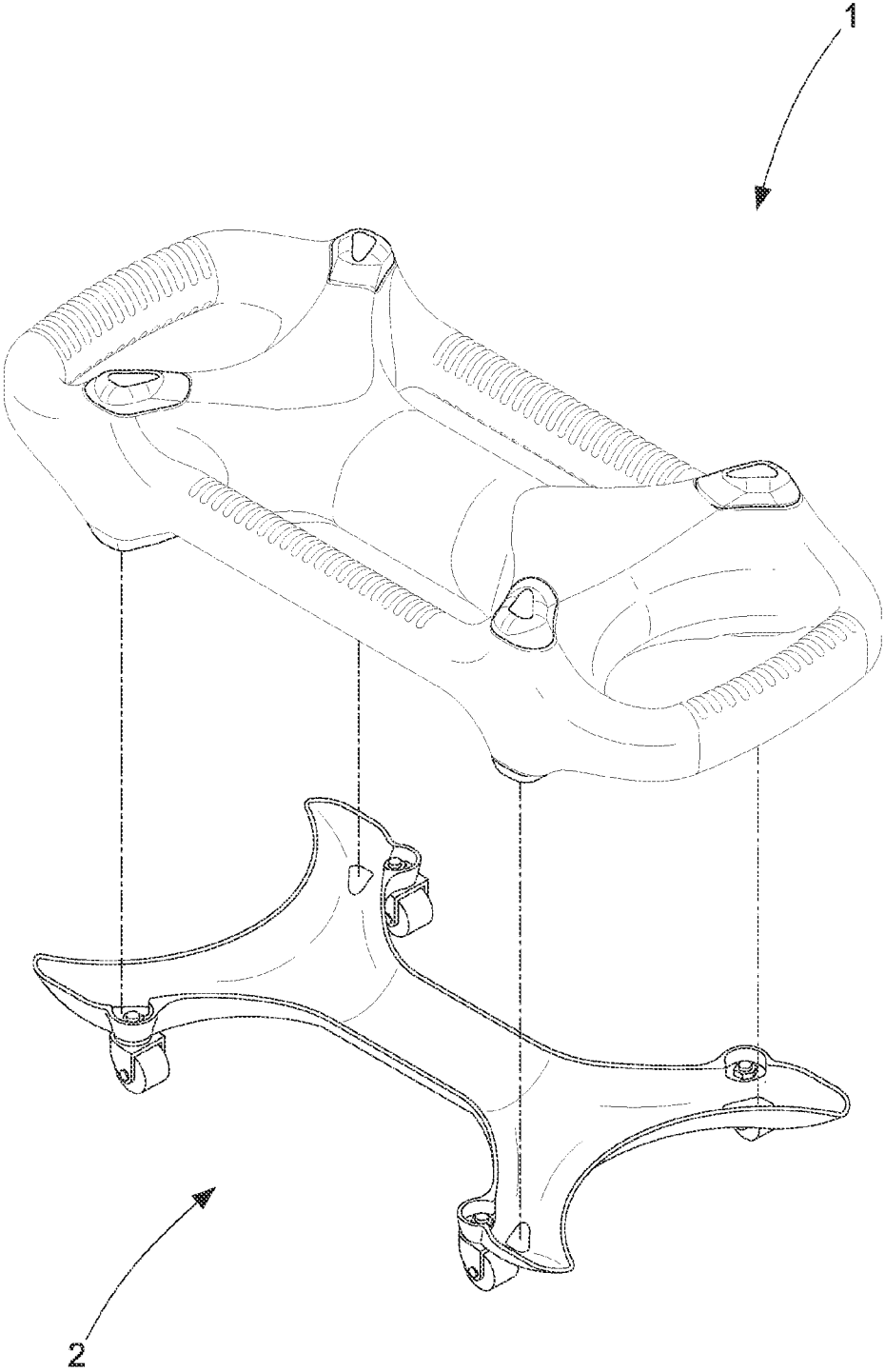


Fig.5

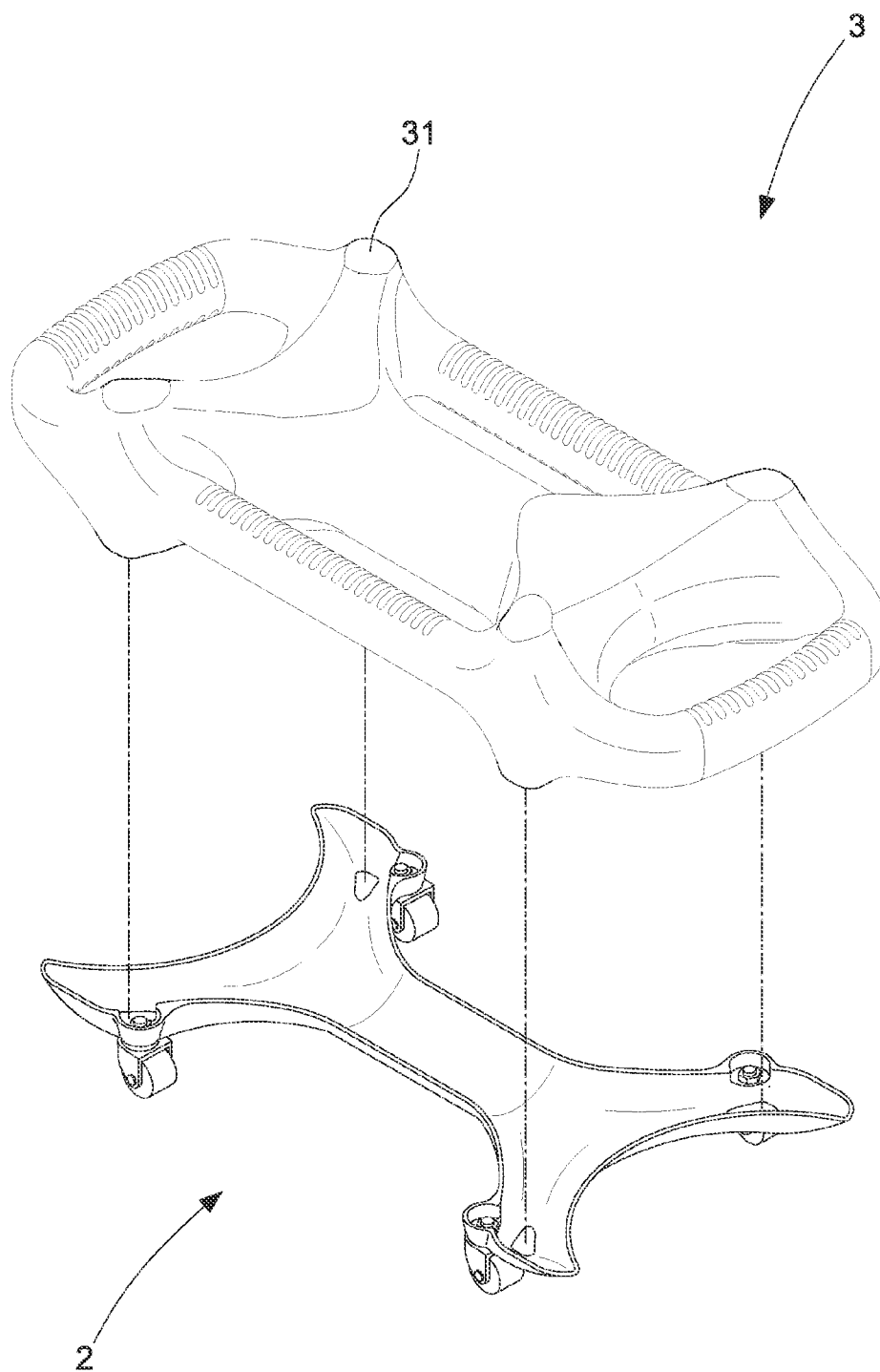


Fig.6

EXERCISER

BACKGROUND OF THE INVENTION

[0001] 1. Field of the Invention
 [0002] The present invention relates to an exerciser, and more particularly to a hand-held weight training device.
 [0003] 2. Description of the Prior Art
 [0004] These days, people are busy in working, and the schedule is very tight to save time and increase work efficiency. In order to achieve high efficiency and objective, many people spend most time on work, resulting in less exercise time or even no time for exercise. There are many exercisers on the market. After a period of time, the user will feel boring and have no interest in the exercisers. It will be hard to attract consumers to purchase the exercisers if there are no new and innovative products. Besides, many existing exercisers only have a single operation mode or a special use function. If the consumers want to purchase several exercisers, the exercisers will cost the consumers much money and take a lot of space. Accordingly, the inventor of the present invention has devoted himself based on his many years of practical experiences to solve these problems.

SUMMARY OF THE INVENTION

[0005] The primary objective of the present invention is to provide an exerciser to improve the shortcomings of the conventional exercisers. The present invention can provide different operation modes to enhance the user's interest and the training effects.
 [0006] Another objective of the present invention is to provide an innovative exerciser. The structure of the exerciser has never been seen before so as to attract more consumers to purchase the exercisers.
 [0007] To achieve the aforesaid object, the exerciser of the present invention comprises a rectangular main body having a certain weight. The main body includes two short sides and two long sides. Each short side is provided with a first handle. Each long side is provided with a second handle. The main body has a first hollow portion at the inner side of the first handle and a second hollow portion at the inner side of the second handle.
 [0008] Preferably, the main body has at least one slide surface on an edge surface thereof.
 [0009] Preferably, the slide surface is directly disposed on the main body.
 [0010] Preferably, the slide surface is disposed on a block member, and the block member is coupled to a coupling portion of the main body.
 [0011] Preferably, the slide surface is a smooth surface or a rough surface.
 [0012] Preferably, the first handle and the second handle are provided with a non-slip configuration, respectively.
 [0013] Preferably, the bottom of the main body is provided with a slide base having wheels.
 [0014] Preferably, the block member is integrally formed with the main body.

BRIEF DESCRIPTION OF THE DRAWINGS

[0015] FIG. 1 is an exploded view of the present invention;
 [0016] FIG. 2 is a perspective view of the present invention;
 [0017] FIG. 3 is a schematic view showing the present invention to be placed on the ground for doing a slide exercise;

[0018] FIG. 4 is a schematic view showing the present invention to be used for training the muscles of the upper limbs;
 [0019] FIG. 5 is a schematic view showing that the bottom of the present invention is provided with a slide base; and
 [0020] FIG. 6 is a schematic view showing that the block member is integrally formed with the main body of present invention.

DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENTS

[0021] Embodiments of the present invention will now be described, by way of example only, with reference to the accompanying drawings.
 [0022] As shown in FIG. 1 and FIG. 2, the present invention discloses an exerciser. The exerciser comprises a rectangular main body 1 having a certain weight. The main body 1 includes two short sides and two long sides. Each of the short sides is provided with a first handle 11. Each of the long sides is provided with a second handle 13. The main body 1 has a first hollow portion 12 at the inner side of the first handle 11 and a second hollow portion 14 at the inner side of the second handle 13. The main body 1 has at least one slide surface 161 on an edge surface thereof. The slide surface 161 is disposed on a block member 16. The block member 16 is coupled to a coupling portion 15 of the main body 1. The slide surface 161 can be a smooth surface or a rough surface. The first handle 11 and the second handle 13 are provided with a non-slip configuration, respectively.
 [0023] FIG. 3 shows one way to use the present invention. The user holds the two first handles 11 or the two second handles 13 with both hands, and the main body 1 is placed on the ground to be moved forward and backward by both hands so as to train the muscles of the upper limbs, the upper body, the abdomen, the waist, and so on.
 [0024] FIG. 4 shows another way to use the present invention. The user holds the two first handles 11 with both hands to lift the main body 1 up and down so as to train the muscles of the upper limbs and the upper body. The exercise way of the main body 1 is not limited to the aforesaid. The user can hold the two second handles 13 with both hands to lift or rotate the main body 1 at a different angle for training the muscles as desired.
 [0025] Referring to FIG. 5, the bottom of the main body 1 is provided with a slide base 2 having wheels to move smoothly.
 [0026] Referring to FIG. 6, the block member 16 is integrally formed with the main body 1 of the present invention.
 [0027] Although particular embodiments of the present invention have been described in detail for purposes of illustration, various modifications and enhancements may be made without departing from the spirit and scope of the present invention. Accordingly, the present invention is not to be limited except as by the appended claims.

What is claimed is:

1. An exerciser, comprising a main body, the main body including two short sides and two long sides, the short sides each being provided with a first handle, the long sides each being provided with a second handle, the main body having a first hollow portion at an inner side of the first handle and a second hollow portion at an inner side of the second handle.
2. The exerciser as claimed in claim 1, wherein the main body has at least one slide surface on an edge surface thereof.
3. The exerciser as claimed in claim 2, wherein the slide surface is directly disposed on the main body.

4. The exerciser as claimed in claim 2, wherein the slide surface is disposed on a block member, and the block member is coupled to a coupling portion of the main body.

5. The exerciser as claimed in claim 1, wherein the first handle and the second handle are provided with a non-slip configuration, respectively.

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