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(54) **ELASTIC EXERCISE BAND**

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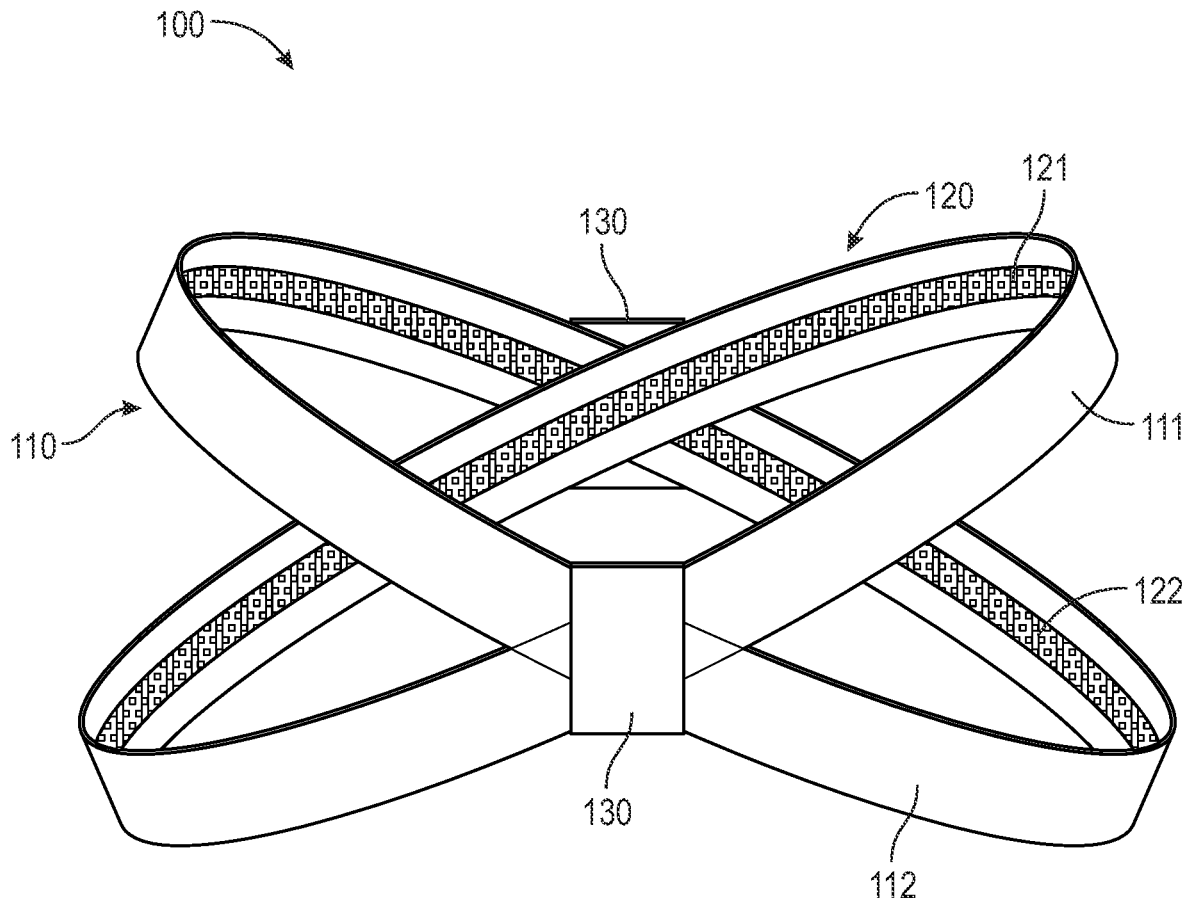
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(57) **ABSTRACT**

An elastic exercise band, including a main body, including a first section to receive a first portion of a body of a user thereon and resist at least partially deforming in response to an application of force thereto, and a second section disposed on at least a portion of the first section to receive a second portion of the body of the user thereon and resist at least partially deforming in response to the application of force thereto, and a plurality of surface linings disposed on at least a portion of the first section and the second section to prevent the first section and the second section from sliding away from the body of the user during exercise.



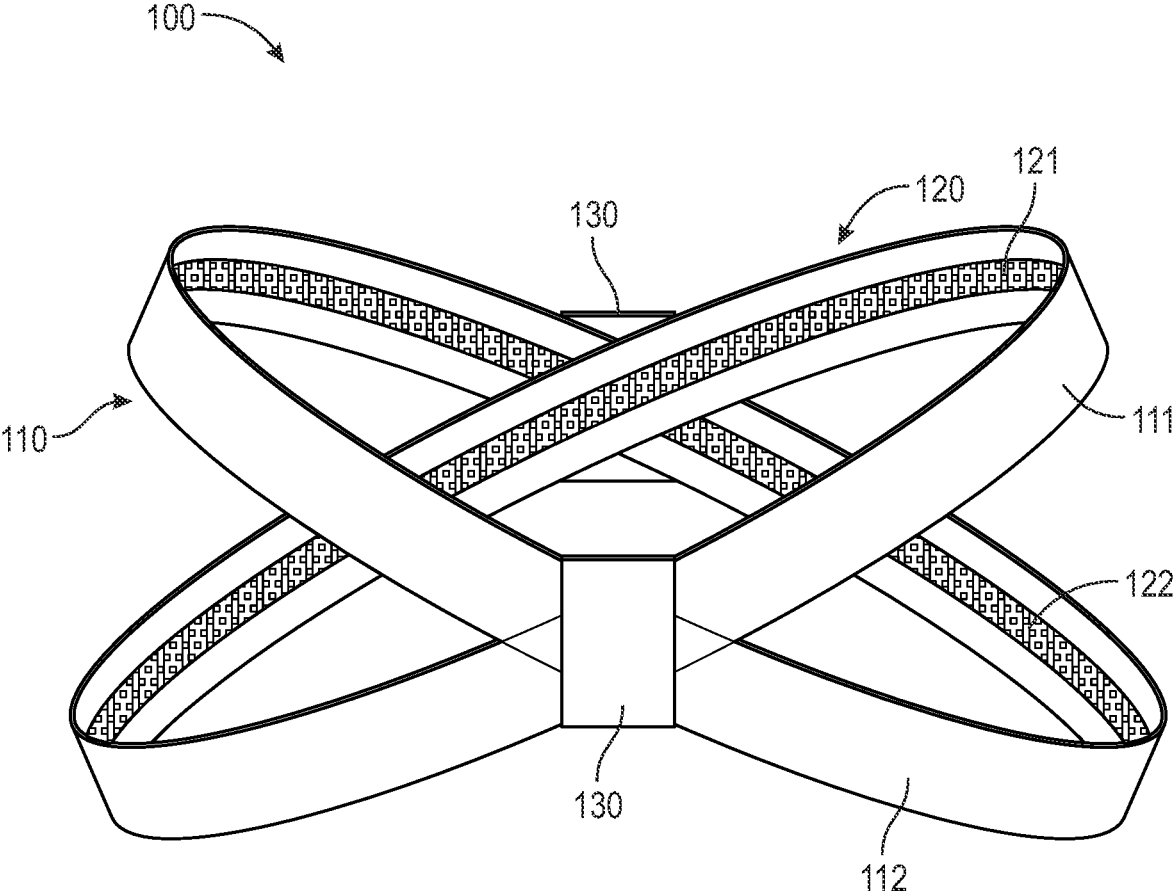


FIG. 1

ELASTIC EXERCISE BAND

BACKGROUND

1. Field

[0001] The present general inventive concept relates generally to exercising, and particularly, to an elastic exercise band.

2. Description of the Related Art

[0002] Resistance bands are currently amongst the most popular workout accessories in the fitness industry. However, modern resistance bands will often slip off legs of a user, which interferes with form and precision of the exercise. Moreover, the modern resistance bands have a basic and linear design that is both unappealing and unexciting to use.

[0003] Also, the resistance band may become hard to use during exercise the more the user perspires. In other words, the resistance band can be more slippery and the user can lose grip, which can lead to injury.

[0004] Therefore, there is an elastic exercise band that resists movement during exercise by the user.

SUMMARY

[0005] The present general inventive concept provides an elastic exercise band.

[0006] Additional features and utilities of the present general inventive concept will be set forth in part in the description which follows and, in part, will be obvious from the description, or may be learned by practice of the general inventive concept.

[0007] The foregoing and/or other features and utilities of the present general inventive concept may be achieved by providing an elastic exercise band, including a main body, including a first section to receive a first portion of a body of a user thereon and resist at least partially deforming in response to an application of force thereto, and a second section disposed on at least a portion of the first section to receive a second portion of the body of the user thereon and resist at least partially deforming in response to the application of force thereto, and a plurality of surface linings disposed on at least a portion of the first section and the second section to prevent the first section and the second section from sliding away from the body of the user during exercise.

[0008] The first section may have a first predetermined resistance and the second section has a second predetermined resistance.

[0009] The first predetermined resistance of the first section may be equivalent to the second predetermined resistance of the second section.

[0010] The first predetermined resistance of the first section may be greater than the second predetermined resistance of the second section.

[0011] The first section and the second section may increase in adhesiveness on the body of the user in response to being wet.

[0012] The first section and the second section may intersect in an X shape.

[0013] The elastic exercise band may further include a plurality of connecting pads disposed on at least a portion

of the first section and the second section to prevent the first section from separating away from the second section.

BRIEF DESCRIPTION OF THE DRAWINGS

[0014] These and/or other features and utilities of the present generally inventive concept will become apparent and more readily appreciated from the following description of the embodiments, taken in conjunction with the accompanying drawings of which:

[0015] FIG. 1 illustrates a front perspective view of an elastic exercise band, according to an exemplary embodiment of the present general inventive concept.

DETAILED DESCRIPTION

[0016] Various example embodiments (a.k.a., exemplary embodiments) will now be described more fully with reference to the accompanying drawings in which some example embodiments are illustrated. In the figures, the thicknesses of lines, layers and/or regions may be exaggerated for clarity.

[0017] Accordingly, while example embodiments are capable of various modifications and alternative forms, embodiments thereof are shown by way of example in the figures and will herein be described in detail. It should be understood, however, that there is no intent to limit example embodiments to the particular forms disclosed, but on the contrary, example embodiments are to cover all modifications, equivalents, and alternatives falling within the scope of the disclosure. Like numbers refer to like/similar elements throughout the detailed description.

[0018] It is understood that when an element is referred to as being “connected” or “coupled” to another element, it can be directly connected or coupled to the other element or intervening elements may be present. In contrast, when an element is referred to as being “directly connected” or “directly coupled” to another element, there are no intervening elements present. Other words used to describe the relationship between elements should be interpreted in a like fashion (e.g., “between” versus “directly between,” “adjacent” versus “directly adjacent,” etc.).

[0019] The terminology used herein is for the purpose of describing particular embodiments only and is not intended to be limiting of example embodiments. As used herein, the singular forms “a,” “an” and “the” are intended to include the plural forms as well, unless the context clearly indicates otherwise. It will be further understood that the terms “comprises,” “comprising,” “includes” and/or “including,” when used herein, specify the presence of stated features, integers, steps, operations, elements and/or components, but do not preclude the presence or addition of one or more other features, integers, steps, operations, elements, components and/or groups thereof.

[0020] Unless otherwise defined, all terms (including technical and scientific terms) used herein have the same meaning as commonly understood by one of ordinary skill in the art to which example embodiments belong. It will be further understood that terms, e.g., those defined in commonly used dictionaries, should be interpreted as having a meaning that is consistent with their meaning in the context of the relevant art. However, should the present disclosure give a specific meaning to a term deviating from a meaning commonly understood by one of ordinary skill, this meaning

is to be taken into account in the specific context this definition is given herein.

List of Components

[0021] Elastic Exercise Band **100**

[0022] Main Body **110**

[0023] First Section **111**

[0024] Second Section **112**

[0025] Surface Linings **120**

[0026] First Lining **121**

[0027] Second Lining **122**

[0028] Connecting Pads **130**

[0029] FIG. 1 illustrates a front perspective view of an elastic exercise band **100**, according to an exemplary embodiment of the present general inventive concept.

[0030] The elastic exercise band **100** may be constructed from at least one of cloth, rubber, metal, and plastic, etc., but is not limited thereto.

[0031] The elastic exercise band **100** may include a main body **110**, a plurality of surface linings **120**, and a plurality of connecting pads **130**, but is not limited thereto.

[0032] The main body **110** may be elastic. More specifically, the main body **110** may at least partially deform (e.g., bend, stretch, expand) in response to an application of force (e.g., pushing, pulling) thereto. Furthermore, the main body **110** may be coated with an adhesive secretion. For example, the main body **110** may be coated with aminomethylferrocene and/or curcubituril. These particular adhesives may increase adhesion while wet, such that the main body **110** may adhere to any surface in contact thereof while wet, such as sweat from a user. In other words, the main body **110** may increase in adhesiveness in response to being wet. These adhesive secretions are far different than conventional glue or tape that would not remain adhesive in response to getting wet.

[0033] The main body **110** may include a first section **111** and a second section **112**, but is not limited thereto.

[0034] The first section **111** may be a loop and have a predetermined size. The second section **112** may be disposed on at least a portion of the first section **111**. Referring to FIG. 1, a first portion and/or a second portion of the second section **112** may be disposed on at least a portion of a first portion and/or a second portion of the first section **111**. Moreover, the first section **111** and/or the second section **112** may intersect (i.e., cross) at the first portion and/or the second portion of the first section **111** and/or the second section **112**. As such, the first section **111** and/or the second section **112** may form an X shape at each intersection.

[0035] The second section **112** may be equivalent in size to the first section **111**. The first section **111** and/or the second section **112** may have a variety of different colors and/or designs.

[0036] The first section **111** may have an equivalent resistance to deform as the second section **112**. For example, a first predetermined resistance of the first section **111** and/or a second predetermined resistance of the second section **112** may provide a resistance force equivalent to five pounds, ten pounds, twenty pounds, etc. Alternatively, the first section **111** may have a greater resistance to deform than the second section **112**, or the first section **111** may have a less resistance to deform than the second section **112**. In other words, the first section **111** and/or the section **111** and/or the second section **112** may have second section **112** may have different resistances during exercise.

[0037] The first section **111** and/or the second section **112** may be removably connected to at least a portion of a body of the user, such as a finger, a hand, a wrist, an arm, a shoulder, a chest, a leg, a foot, and/or a toe. For example, a first end of the first section **111** and/or the second section **112** may be gripped by the hand of the user, while a second end of the first section **111** and/or the second section **112** is connected to the foot of the user. As such, the first section **111** and/or the second section **112** may provide resistance training as the user attempts to expand the first section **111** and/or the second section **112**, such that the first end of the first section **111** and/or the second section **112** is moved away from the second end of the first section **111** and/or the second section **112**. It is important to note that the first section **111** and/or the second section **112** may return to its original shape in absence of the application of force due to the elasticity of the first section **111** and/or the second section **112**.

[0038] The plurality of surface linings **120** may include a first lining **121** and a second lining **122**, but is not limited thereto.

[0039] The first lining **121** may be constructed of rubber, but is not limited thereto.

[0040] The first lining **121** may be disposed on at least a portion of the first section **111**. The first lining **121** may prevent the first section **111** from moving (i.e., sliding, rolling) along a surface in contact thereof. For example, the first lining **121** may prevent the first section **111** from sliding along skin and/or the body of the user during exercise. In other words, the first lining **121** may increase resistance to movement, such that the first section **111** may remain stable during exercise. As such, the first lining **121** may remain stable to allow the user to focus on performance and/or improving physical strength and/or physique.

[0041] The second lining **122** may be constructed of rubber, but is not limited thereto.

[0042] The second lining **122** may be disposed on at least a portion of the second section **112**. The second lining **122** may prevent the second section **112** from moving (i.e., sliding, rolling) along a surface in contact thereof. For example, the second lining **122** may prevent the second section **112** from sliding along the skin and/or the body of the user during exercise. In other words, the second lining **122** may increase resistance to movement, such that the second section **112** may remain stable during exercise. As such, the second lining **122** may remain stable to allow the user to focus on performance and/or improving physical strength and/or physique.

[0043] The plurality of connecting pads **130** may be disposed on at least a portion of each intersection of the first section **111** and/or the second section **112**. Each of the plurality of connecting pads **130** may connect the first section **111** to the second section **112**. Also, each of the plurality of connecting pads **130** may prevent the first section **111** from separating away from the second section **112**.

[0044] Therefore, the elastic exercise band **100** may improve fitness of the user and/or increase strength of the user during exercising. Also, the elastic exercise band **100** may remain on the user during use and avoid slipping away.

[0045] The present general inventive concept may include an elastic exercise band **100**, including a main body **110**, including a first section **111** to receive a first portion of a body of a user thereon and resist at least partially deforming in response to an application of force thereto, and a second section **112** disposed on at least a portion of the first section

111 to receive a second portion of the body of the user thereon and resist at least partially deforming in response to the application of force thereto, and a plurality of surface linings **120** disposed on at least a portion of the first section **111** and the second section **112** to prevent the first section **111** and the second section **112** from sliding away from the body of the user during exercise.

[0046] The first section **111** may have a first predetermined resistance and the second section **112** has a second predetermined resistance.

[0047] The first predetermined resistance of the first section **111** may be equivalent to the second predetermined resistance of the second section **112**.

[0048] The first predetermined resistance of the first section **111** may be greater than the second predetermined resistance of the second section **112**.

[0049] The first section **111** and the second section **112** may increase in adhesiveness on the body of the user in response to being wet.

[0050] The first section **111** and the second section **112** may intersect in an X shape.

[0051] The elastic exercise band **100** may further include a plurality of connecting pads **130** disposed on at least a portion of the first section **111** and the second section **112** to prevent the first section **111** from separating away from the second section **112**.

[0052] Although a few embodiments of the present general inventive concept have been shown and described, it will be appreciated by those skilled in the art that changes may be made in these embodiments without departing from the principles and spirit of the general inventive concept, the scope of which is defined in the appended claims and their equivalents.

1. An elastic exercise band, comprising:

a main body, comprising:

a first section to receive a first portion of a body of a user thereon and resist at least partially deforming in response to an application of force thereto, and
a second section disposed on at least a portion of the first section to receive a second portion of the body of the user thereon and resist at least partially deforming in response to the application of force thereto;

a plurality of surface linings disposed on at least a portion of the first section and the second section to prevent the first section and the second section from sliding away from the body of the user during exercise; and

a plurality of connecting pads disposed on at least a portion of the first section and the second section to prevent the first section from separating away from the second section.

2. The elastic exercise band of claim 1, wherein the first section has a first predetermined resistance and the second section has a second predetermined resistance.

3. The elastic exercise band of claim 2, wherein the first predetermined resistance of the first section is equivalent to the second predetermined resistance of the second section.

4. The elastic exercise band of claim 2, wherein the first predetermined resistance of the first section is greater than the second predetermined resistance of the second section.

5. The elastic exercise band of claim 1, wherein the first section and the second section increase in adhesiveness on the body of the user in response to being wet.

6. The elastic exercise band of claim 1, wherein the first section and the second section intersect in an X shape.

7. (canceled)

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