The resistance exercise clothing device provides a shirt and a pant. Each is provided with resistance bands disposed within channels. Resistance bands may be permanently installed and may also be removably installed. Resistance bands are provided in various elastic resistance strengths. Removable bands are attached at the origins and insertions by various means that may include but are not limited to mechanical fasteners, such as hook and loop, buttons, snaps, and other appropriate means. The origins of the shirt resistance bands are chosen by a user, from lateral to medial attachment to the shirt reinforced panel. This feature enables further resistance properties of the shirt resistance bands by allowing greater or lesser pre-load. The device provides resistance against limb movements of a user. Upon donning the shirt, a user loops the shirt resistance bands around thumbs and hands. A user loops pant resistance bands around feet.
RESISTANCE EXERCISE CLOTHING DEVICE

CROSS-REFERENCE TO RELATED APPLICATIONS

[0001] U.S. Provisional Application No. 61497839 Filed Jun. 16, 2011

FEDERALLY SPONSORED RESEARCH OR DEVELOPMENT

[0002] Not Applicable

INCORPORATION BY REFERENCE OF MATERIAL SUBMITTED ON A COMPACT DISK

[0003] Not Applicable

BACKGROUND OF THE INVENTION

[0005] It is well understood that resistance exercise is beneficial to the human body for countless reasons. People and entities are therefore constantly involved in improving available exercise equipment in order to provide more effective exercise devices and often to reduce the time and equipment needed in exercise. The present device provides separate shirt and pant with built in resistance such that an individual may experience resistance exercise in movements while wearing the device.

FIELD OF THE INVENTION

[0006] The resistance exercise clothing device relates to resistance exercise devices and more especially to an exercise clothing device that provides resistance to substantially most of a wearer's upper and lower limb movements.

SUMMARY OF THE INVENTION

[0007] The general purpose of the resistance exercise clothing device, described subsequently in greater detail, is to provide a resistance exercise clothing device which has many novel features that result in an improved resistance exercise clothing device which is not anticipated, rendered obvious, suggested, or even implied by prior art, either alone or in combination thereof.

[0008] To attain this, the resistance exercise clothing device may provide only a shirt, only a pant, or both. Each of the shirt and pant are provided with resistance bands disposed within channels. Resistance bands may be permanently installed and may also be removably installed. Resistance bands are provided in various elastic resistance strengths. Removable bands may be attached at the origins and insertions by various means that may include but are not limited to mechanical fasteners, such as hook and loop, buttons, snaps, and other appropriate means. The origins of the shirt resistance bands may be chosen by a user, from lateral to medial attachment to the shirt reinforced panel. This feature enables further resistance properties of the shirt resistance bands by allowing greater or lesser pre-load of the shirt resistance bands. The shirt and pant may be comprised of various pliable materials, especially those conducive to exercise and freedom of movement, that are known in the art. Upon donning the shirt, a user loops the shirt resistance bands around thumbs and hands. A user loops pant resistance bands around feet.

[0009] Thus has been broadly outlined the more important features of the improved resistance exercise clothing device so that the detailed description thereof that follows may be better understood and in order that the present contribution to the art may be better appreciated.

[0010] An object of the resistance exercise clothing device is to provide for resistance exercise.

[0011] Another object of the resistance exercise clothing device is to provide for resistance exercise for a wearer's arms and legs through being worn during movement.

[0012] A further object of the resistance exercise clothing device is to be unobtrusive in use.

[0013] An added object of the resistance exercise clothing device is to be easily donned.

[0014] And, an object of the resistance exercise clothing device is to provide for varied resistance.

[0015] A further object of the resistance exercise clothing device is to be easily doffed.

[0016] Another object of the resistance exercise clothing device is to be attractive in appearance.

[0017] A further object of the resistance exercise clothing device is to be easily doffed.

[0018] These together with additional objects, features and advantages of the improved resistance exercise clothing device will be readily apparent to those of ordinary skill in the art upon reading the following detailed description of presently preferred, but nonetheless illustrative, embodiments of the improved resistance exercise clothing device when taken in conjunction with the accompanying drawings.

BRIEF DESCRIPTION OF THE DRAWINGS

[0019] FIG. 1 is a front perspective view of the shirt.
[0020] FIG. 2 is a back perspective view of the shirt.
[0021] FIG. 3 is a back perspective view of the pant.
[0022] FIG. 4 is a front perspective in-use view of the shirt.
[0023] FIG. 5 is a lateral perspective view of the device in use.

DETAILED DESCRIPTION OF THE DRAWINGS

[0024] With reference now to the drawings, and in particular FIGS. 1 through 5 thereof, the principles and concepts of the resistance exercise clothing device generally designated by the reference number 10 will be described.

[0025] Referring to FIG. 1 and FIG. 2, the device 10 partially comprises a shirt 20 having a front 21 and a back 22, an open-ended torso 23, and a pair of open-ended long sleeves 24. A sleeve channel 25 is disposed medially on each open-ended long sleeve 24 and extended partially onto the open-ended torso 23 back 22. Each sleeve channel 25 has a distal end 26 on the open-ended long sleeve 24 and a medial end 27 on the open-ended torso 23 back 22.

[0026] Referring again to FIG. 2, an opening 25A is disposed on each sleeve channel 25 at the distal end 26 and at the medial end 27. A shirt reinforced panel 30 is disposed horizontally and partially upwardly on the open-ended torso 23 back 22. A shirt resistance band 32 is removably disposed within each sleeve channel 25. Each shirt resistance band 32 has an origin 33 at the shirt reinforced panel 30 and an insertion 34 disposed laterally and distally on the open-ended long sleeve 24.

[0027] Referring to FIG. 3, the device 10 further comprises a pant 40 having an upwardly disposed waist 41.
Referring again to FIG. 3 and also to FIG. 5, the pant 40 further comprises a seat 42A connected to the waist 41 and spaced apart from a pant front 42B connected to the waist and the seat 42A. A pant 40 further comprises two spaced apart legs 43 connected to the seat 42A and the pant front 42B. A pant reinforced panel 44 is disposed on the pant 40 seat 42A. A pant channel 45 is disposed rearwardly on each pant 40 leg 43. A pant channel opening 45A is disposed at an end of each pant channel 45. A pant resistance band 46 is removably disposed within each pant channel 45.

Referring to FIG. 4, the shirt resistance bands 32 are configured to resist a plurality of arm movements of a user. Referring to FIG. 5, the pant resistance bands 46 are configured to resist a plurality of leg movements of a user. Referring again to FIG. 2, the shirt resistance band origins are selectively determined. The origins 33 may be disposed as chosen along the shirt reinforced panel 30. Resistance to arm movement can thereby be altered. For example, a greater pre-loading of the shirt resistance bands 32 by establishing the origins 33 more medially results in a greater resistance to arm movement. Additionally, shirt resistance bands 32 are provided in a plurality of varied elastic resistance strengths.

Referring again to FIG. 3, the pant resistance bands 46 are provided in a plurality of varied elastic resistance strengths.

Directional terms such as “front”, “back”, “in”, “out”, “downward”, “upper”, “lower”, and the like may have been used in the description. These terms are applicable to the embodiments shown and described in conjunction with the drawings. These terms are merely used for the purpose of description in connection with the drawings and do not necessarily apply to the position in which the resistance exercise clothing device may be used.

What is claimed is:

1. A resistance exercise clothing device comprising, in combination:
   a shirt having a front and a back, an open-ended torso, and a pair of open-ended long sleeves;
   a sleeve channel disposed medially on each open-ended long sleeve and extended partially onto the open-ended torso back, each sleeve channel having a distal end on the open-ended long sleeve and a medial end on the open-ended torso back;
   an opening of each sleeve channel at the distal end and at the medial end;
   a shirt reinforced panel disposed horizontally and partially upwardly on the shirt open-ended torso back;
   a shirt resistance band removably disposed within each sleeve channel, each shirt resistance band having an origin at the shirt reinforced panel and an insertion laterally and distally on the open-ended long sleeve;
   the shirt resistance bands thereby configured to resist a plurality of arm movements of a user when hooked around a user’s thumbs.

2. The device according to claim 1 wherein the shirt resistance band origins are selectively determined.

3. The device according to claim 1 wherein the shirt resistance bands are further provided in a plurality of varied elastic resistance strengths.

4. The device according to claim 2 wherein the shirt resistance bands are further provided in a plurality of varied elastic resistance strengths.

5. A resistance exercise clothing device comprising, in combination:
   a pant having an upwardly disposed waist, a seat spaced apart from and connected to a pant front, and the seat and the pant front connected to the waist, and two spaced apart legs connected to the seat and the pant front;
   a pant reinforced panel disposed on the seat;
   a pant channel disposed rearwardly on each leg;
   a pant channel opening disposed at an end of each pant channel;
   a pant resistance band removably disposed within each pant channel;
   the pant resistance bands thereby configured to resist a plurality of leg movements of a user when looped around a user’s feet.

6. The device according to claim 5 wherein the pant resistance bands are further provided in a plurality of varied elastic resistance strengths.

7. A resistance exercise clothing device comprising, in combination:
   a shirt having a front and a back, an open-ended torso, and a pair of open-ended long sleeves;
   a sleeve channel disposed medially on each sleeve and extended partially onto the open-ended torso back, each sleeve channel having a distal end on the open-ended long sleeve and a medial end on the open-ended torso back;
   an opening of each sleeve channel at the distal end and at the medial end;
   a shirt reinforced panel disposed horizontally and partially upwardly on the shirt open-ended torso back;
   a shirt resistance band removably disposed within each sleeve channel, each shirt resistance band having an origin at the shirt reinforced panel and an insertion laterally and distally on the open-ended long sleeve;
   a pant having an upwardly disposed waist, a seat spaced apart from and connected to a pant front, and the seat and the pant front connected to the waist, and two spaced apart legs connected to the seat and the pant front;
   a pant reinforced panel disposed on the seat;
   a pant channel disposed rearwardly on each leg;
   a pant channel opening disposed at and each end of each pant channel;
   a pant resistance band removably disposed within each pant channel;
   the shirt resistance bands thereby configured to resist a plurality of movements of a user’s arms when looped around a user’s thumbs, and the pant resistance bands thereby configured to resist a plurality of leg movements of a user when looped around a user’s feet.

8. The device according to claim 7 wherein the shirt resistance band origins are selectively determined.

9. The device according to claim 7 wherein the shirt resistance bands are further provided in a plurality of varied elastic resistance strengths.

10. The device according to claim 8 wherein the shirt resistance bands are further provided in a plurality of varied elastic resistance strengths.

11. The device according to claim 7 wherein the pant resistance bands are further provided in a plurality of varied elastic resistance strengths.

12. The device according to claim 8 wherein the pant resistance bands are further provided in a plurality of varied elastic resistance strengths.
13. The device according to claim 9 wherein the pant resistance bands are further provided in a plurality of varied elastic resistance strengths.

14. The device according to claim 10 wherein the pant resistance bands are further provided in a plurality of varied elastic resistance strengths.

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