Title: EXERCISE DEVICE WITH ADJUSTABLE INELASTIC STRAPS

Abstract:
An exercise device having many advantageous features is described, including the ability to provide a user selected resistance from nearly zero resistance to the user's full body weight, the ability to easily adjust between exercises and between users, and the ability...
(57) **Abstract (continued)**:

to balance the device between reconfigurations to provide for ease-of-use. The exercise device is compact and can be removably attached to a door frame. The device includes an inelastic adjustable length member with two arms and a grip at both ends, and a centrally located anchor that provides for a distribution of the length between the arms. Accessory grips that can be used on this or other exercise devices are removably attachable to the integral grip of an exercising device, and provide for gripping by the hands, foot or other body parts.
ABSTRACT

An exercise device having many advantageous features is described, including the ability to provide a user selected resistance from nearly zero resistance to the user's full body weight, the ability to easily adjust between exercises and between users, and the ability to balance the device between reconfigurations to provide for ease-of-use. The exercise device is compact and can be removably attached to a door frame. The device includes an inelastic adjustable length member with two arms and a grip at both ends, and a centrally located anchor that provides for a distribution of the length between the arms. Accessory grips that can be used on this or other exercise devices are removably attachable to the integral grip of an exercising device, and provide for gripping by the hands, foot or other body parts.
EXERCISE DEVICE WITH ADJUSTABLE INELASTIC STRAPS

TECHNICAL FIELD

[0001] The present invention relates to exercise devices, and in particular, to an exercise device having an inelastic strap that is easily configurable for use in performing a wide variety of exercises.

BACKGROUND ART

[0002] Resistance exercise devices allow a user to exercise by providing a resistance to the movement of a user's arms, legs, or torso. The term "resistance exercise device" as used herein denotes exercise devices where resistance is provided by working one muscle against another, or by working against the weight of the user, and may include elastic bands to provide an increased resistance force. More specifically, resistance exercise devices, as used herein, do not include a significant or additional weight against which the user exercises. The usefulness of these devices depends, in part, on the ease with which a user can perform different types of exercises, the range or number of exercises that can be performed with the device, and the ease with which different users can adjust the device according to their height, weight, strength, and/or physical limitations. In addition, resistance exercise devices are often lightweight and may be portable.

[0003] Resistance exercise devices having elastic bands typically restrict the motion of a user's arms and/or legs, or the motion between the user and a support structure. Elastic exercise devices can be small, even portable, but have limited usefulness that result from their resistance characteristics, which depend on the length and elasticity of the elastic band. As a result of these characteristics, the elastic bands are useful for a specific length range, thus restricting the diversity of exercises for which it can be used. In addition, it may not be possible for different users to use the same device for the same exercise due to differences in height, weight, or strength between different users. Thus, for an elastic device to be generally useful, such as to provide a complete workout or to allow for different users, a plurality of elastic bands are required that must be easily interchangeable. No known prior art device provides the ease of use necessary to be generally useful across a wide range of exercises.

[0004] Another limitation of elastic resistance exercise devices is that the resistance is inconsistent and increases with increasing displacement, and also tends to snap back when the user decreases his or her effort. While this resistance response provides for a compact design, it is problematic as it does not recreate the resistance encountered by muscles during more natural types of exercising, such as running, swimming, etc. Yet another limitation of elastic devices is
the inability to support a wide range of weight of the user – typically the devices are adapted to support only the resistance provided by the user's muscles. This creates extreme limitations in the exercises that can be performed by any individual elastic device. For this reason, elastic devices must be used over a limited range of stances, further limiting the user's workout.

[0005] Another type of resistance exercise device provides an inelastic strap that is attachable to a fixed location such as, for example, a door. These devices may overcome some of the limitations of the elastic devices previously discussed by providing inelastic straps that can be anchored between a door and a door jamb. One of these devices has a fixed length strap attached to a door through a pulley system that allows the user to exercise by moving the arms in opposite directions. Another of these devices has a pair of fixed length straps anchored to a door. Both of these devices are of limited usefulness because of their fixed length and the range of exercises for which they can be used.

[0006] There is a need to provide a resistance exercise device that is easily adjustable so that it can provide a complete workout for any user, including adjustments that allow a wide range of stances and exercises, and that provides resistance to the user's motion in a form that is useful for exercising. In addition, there is a need to provide such a device that is adaptable to be easily portable to enable the device to be mounted to different locations for exercising.

DISCLOSURE OF INVENTION

[0007] The present invention solves the above-identified problems of known resistance exercise devices by providing an inelastic device that is easily adjustable over a large range of lengths, and that can provide resistance ranging from nearly zero to the full body weight of the user. In general, the inelastic device includes elongated inelastic members, such as cords or straps, is attachable to a stationary support, and has grips that allow the user's weight to be transferred to the stationary support. The stationary support may be a structure, including but not limited to a pole, railing, door jamb, or a bracket affixed to a wall or other structure, or may be a naturally occurring object, such as a tree. In one embodiment, the inelastic device is easily adjustable over a large range of lengths, and that can provide resistance ranging from nearly zero to the full body weight of the user. The present invention provides for a variety of interchangeable grips of different types and for mounting to different types of stationary supports.

[0008] In one embodiment, the present invention provides an exercise device having an elongated member with a grip at both ends and an anchor between the grips for attaching to a
structure, where the length of the elongated member is adjustable and where the anchor provides for the elongated member to center on the anchor when the grips are pulled. The device therefore allows a user to easily vary the length of the device and to balance according to the forces applied to the grips. In particular, by positioning the grips equidistant to the anchor while pulling on the grips, the device effectively centers the elongated member on the anchor. Thus, for a user that positions her feet equidistant from the anchor and pulls back to support her weight on the device, the lengths of the two arms of the elongated member are distributed equally, thus creating a balanced device.

[0009] As used herein, the noun "grip" encompasses any device that is interlockable with part of the human body, that is it can be connected in such a way that a person can transfer a force to the grip, preferably a force equal to some or all of the person's weight, and the verb "grip," when used herein, refers to the action of interlocking the device and a body part. When used in an exercise device, a grip is attached to other elements that permit the force to be transferred to another object, including but not limited to a stationary support, a device that can store or release energy, such as an elastic cord or a spring, or another body part. Grips include devices that can be surrounded by a body part, for example flexible loop or a hook, or that a body part can surround, for example an elongated member that can fit within the grasp of the hand. In this context, a member that can be gripped, or is grippable, is one that can surround a body part or can be surrounded by a body part, and has a size and configuration that permits the transfer of forces from the user to the grip.

[0010] In one embodiment, the present invention provides an exercise device having an elongated member with a grip at both ends and an anchor between the grips for attaching to a stationary support, where the length of the elongated member is adjustable and where the anchor provides for the elongated member to center on the anchor when the grips are pulled. The device therefore allows a user to easily vary the length of the device and to balance according to the forces applied to the grips. In particular, by positioning the grips equidistant to the anchor while pulling on the grips, the device effectively centers the elongated member on the anchor. Thus, for a user that positions her feet equidistant from the anchor and pulls back to support her weight on the device, the lengths of the two arms of the elongated member are distributed equally, thus creating a balanced device.

[0011] It is one aspect of the present invention to provide an adjustable, inelastic exercise device comprising an elongated member having a pair of ends separated by a length and a mechanism
for adjusting the length. The pair of ends includes a first end having a first grip and a second end having a second grip. The device also includes an anchor having a first portion for mounting the device to a stationary support and a second portion to support the elongated member at a position along the length when both of the grips are pulled in a direction away from the anchor. The support and elongated member interact to provide frictional restraint with respect to the anchor as a function of the force applied to each of the pulled grips. Thus in one embodiment, the frictional restraint restrains the elongated member with the grips equidistant from the anchor when the sum of the forces is increased while the user positions each of the grips a distance of one half of the length from the anchor.

[0012] It is another aspect of the present invention to provide an adjustable, inelastic exercise device comprising an elongated member including at least one strap, a pair of ends separated by a length, and a pair of cam buckles including a first cam buckle adjacent to one of the pair of ends and a second cam buckle adjacent to the other of the pair of ends. The length of the elongated member is adjustable according to the length of strap through the cam buckles. The device also includes an anchor having a first portion for mounting the device to a stationary support and a second portion to support the elongated member at a position along the length when both of the grips are pulled in a direction away from the anchor. The support and elongated member interact to provide frictional restraint with respect to the anchor as a function of the force applied to each of the pulled grips. Thus in one embodiment, the frictional restraint restrains the elongated member with the grips equidistant from the anchor when the sum of the forces is increased while the user positions each of the grips a distance of one half of the length from the anchor.

[0013] It is yet another aspect of the present invention to provide an adjustable, inelastic exercise device comprising an elongated member having a pair of ends separated by a length and a mechanism for adjusting the length. The pair of ends includes a first end having a first grip and a second end having a second grip. The device also includes an anchor having a first portion for mounting the device to a stationary support and a second portion to support the elongated member at a position along the length when both of the grips are pulled in a direction away from the anchor. The support and elongated member interact to provide frictional restraint with respect to the anchor as a function of the force applied to each of the pulled grips. Thus in one embodiment, the frictional restraint restrains the elongated member with the grips equidistant from the anchor when the sum of the forces is increased while the user positions each of the grips.
a distance of one half of the length from the anchor.

[0014] It is one aspect of the present invention to provide a portable exercise apparatus comprising a resistance exercise device with at least one integral grip that is removably coupled to an accessory grip. The accessory grip allows the exercise device to be used for a greater range of exercises and allows for additional muscles to be exercised. In one embodiment, the integral grips are rigid elongated members, such as a tube, having an outer circumference, and the accessory grip has a grip attachment portion including at least one strap having a length greater than the outer circumference and includes a fastener to secure the grip attachment portion about the integral grip. In one embodiment, the accessory grip includes a loop adapted for accepting a heel of a user. In a second embodiment, the accessory grip includes one or more loops each adapted for accepting at least one finger of a user. In a third embodiment, the accessory grip includes a plurality of cords adapted for gripping, in any combination, by a hand of a user. In yet another embodiment, a bracket is provided to support the exercise device to a wall.

[0015] It is yet another aspect of the present invention to provide an accessory for attaching to an integral grip of a resistance exercise device comprising an accessory grip coupled to an attachment portion that is removably attachable to the integral grip, such that the exercise apparatus provides resistance through the accessory grip. In one embodiment, the integral grip is a rigid elongated member having an outer circumference, and the attachment portion includes at least one strap having a length greater than the outer circumference of the rigid elongated member and includes a fastener to secure the strap about the rigid elongated member.

[0016] It is another aspect of the present invention to provide a grip for an exercise device comprising a plurality of cords each having a grip portion with a length greater than 4 inches (0.1 m) and a diameter of from 1/4 inch (6 mm) to approximately 1 inch (25 mm), and a joint mutually connecting the plurality of cords and connected to the exercise device. The plurality of cords are sufficiently flexible to adjacenty arrange two or more of the grip portions of the plurality of cords, such that a user can grip two or more of the grip portions. In one embodiment the cord ends not attached to the joint are themselves joined.

[0017] It is one aspect of the present invention to provide a device for anchoring an exercise device to a wall, where the exercise device includes a pair of grips and an anchor having a strap with an enlarged end. The device includes a bracket having a first portion to affix to the wall and a second portion having an opening and spaced apart from an affixed wall. The opening is
adapted to accept the strap of the anchor, the spacing between the second portion and an affixed wall is sufficient to accept the enlarged portion between the accepted strap and the affixed stationary support, and the opening is sufficiently small to prevent the enlarged portion from passing through the opening. The exercise device is thus removably supportable by the opening of the bracket.

[0018] One aspect of the present invention is to provide a substantially inelastic exercise device that can be anchored to a structure and that has an adjustable length that is self-centering about an anchor point upon pulling by the user.

[0019] Another aspect of the present invention is to provide an exercise device that can be anchored to a stationary support and exert a substantially inelastic resistance to the motion of a user through a pair of arms, each with a grip, having an adjustable length that centers about the anchor when pulled by the user.

[0020] It is another aspect of the present invention to provide an adjustable and essentially self-centering exercise device that can support up to the full weight of the user.

[0021] It is yet another aspect of the present invention to provide a portable exercise device that can be easily attachable to a stationary support and that can provide a complete workout of user determined intensity, resistance, and effort.

In accordance with an aspect of the present invention there is provided a portable exercise apparatus comprising: a resistance exercise device having at least one integral grip; and an accessory grip removably coupled to said at least one integral grip.

In accordance with a further aspect of the present invention there is provided an accessory for attaching to an integral grip of a resistance exercise device comprising:

an accessory grip; and an attachment portion coupled to said accessory grip and removably attachable to said integral grip, such that said exercise apparatus provides resistance through said accessory grip.

In accordance with a further aspect of the present invention there is provided a grip for an exercise device comprising: a plurality of cords each having a portion with a length greater than 4 inches (0.1 m) and a diameter of from 1/4 inch (6 mm) to approximately 1 inch (25 mm); and a joint mutually connecting said plurality of cords and connected to said exercise device, where said plurality of cords is sufficiently flexible to adjacently arrange two or more of said portions of said plurality of cords, such that a user can grip two or more of portions of said plurality of cords.
In accordance with a further aspect of the present invention there is provided a device for anchoring an exercise device to a wall, where said exercise device includes a pair of grips and an anchor having a strap with an enlarged end, said device comprising: a bracket having a first portion to affix to said wall and a second portion having an opening and spaced apart from an affixed wall,

where said opening is adapted to accept said strap of said anchor, where said spacing between said second portion and an affixed wall is sufficient to accept said enlarged end between said accepted strap and said affixed stationary support, and where said opening is sufficiently small to prevent said enlarged end from passing through said opening,

such that said anchor of said exercise device is removably supportable by said opening of said bracket.

In accordance with a further aspect of the present invention there is provided a portable exercise apparatus comprising:

a resistance exercise device having at least one integral grip attached to an inelastic elongated member having a length;

an anchor for supporting said elongated member by a stationary support, said anchor having a first portion for mounting to a structure and a second portion including a flexible portion to support said elongated member at a position along said length when both of said grips are pulled in a direction away from said anchor, wherein said flexible portion includes a loop, and wherein said elongated member passes through said loop; and

an accessory grip removably coupled to said at least one integral grip.

In accordance with a further aspect of the present invention there is provided a method for a user to perform one or more exercises using an exercise device comprising an elongated member having a pair of ends and an anchor adapted for being supported by a structure, where said anchor includes a flexible loop and said elongated member passes through said loop, said method comprising:

adjusting a first distance between each of the pair of ends;

moving the elongated member through the flexible loop such that there is a distance between each of the pair of ends and the flexible loop;

supporting at least a portion of the user's weight from each of the pair of ends; and

moving the user's body while maintaining the distance between each of the pair of ends and the flexible loop.

In accordance with a further aspect of the present invention there is provided a method for a user to exercise against at least a portion of the user's weight using an exercise device
having an inelastic elongated member with a pair of ends and an anchor to a support structure, where said anchor includes a flexible loop and said elongated member passes through said loop, said method comprising:

- adjusting the length of the inelastic elongated member between the pair of ends;
- moving the elongated member through the flexible loop;
- supporting, from each end of the pair of ends, at least a portion of the user's weight, where said supporting increases a frictional force between said anchor and elongated member that inhibits movement of the elongated member along the anchor; and
- moving the user's body while maintaining fixed distances between each of the pair of ends and the flexible loop with at least a portion of the user's weight supported on the ground.

In accordance with a further aspect of the present invention there is provided a method for a user to perform exercises using an exercise device attached to a structure, the exercise device having a pair of ends attached by a member having an adjustable length and adapted for being supported by an anchor including a flexible loop, where the member passes through the loop, said method comprising:

- adjusting the adjustable length to a first length; moving the first length through the flexible loop to establish a first distance between each of the pair of ends and the flexible loop;
- performing a first exercise with the user supporting at least a portion of their weight from at least one of the pair of ends while maintaining the established first distance between each of the pair of ends and the flexible loop;
- readjusting the adjustable length to a second length different than said first length;
- moving the second length through said flexible loop to establish a second distance between each of the pair of ends and the flexible loop; and
- performing a second exercise with the user supporting at least a portion of their weight from at least one of the pair of ends while maintaining the established second distance between each of the pair of ends and the flexible loop.

In accordance with a further aspect of the present invention there is provided use of an exercise device for performing one or more exercises, said exercise device comprising an elongated member having a pair of ends and an anchor adapted for being supported by a structure, where said anchor includes a flexible loop and said elongated member passes through said loop, wherein said use comprises:

- adjusting a first distance between each of the pair of ends;
- moving the elongated member through the flexible loop such that there is a distance between each of the pair of ends and the flexible loop;
- supporting at least a portion of the user's weight from each of the pair of ends; and
moving the user's body while maintaining the distance between each of the pair of ends and the flexible loop.

In accordance with a further aspect of the present invention there is provided use of an exercise device for exercising against at least a portion of a user's weight, said exercise device having an inelastic elongated member with a pair of ends and an anchor to a support structure, where said anchor includes a flexible loop and said elongated member passes through said loop, wherein said use comprises:

adjusting the length of the inelastic elongated member between the pair of ends;

moving the elongated member through the flexible loop;

supporting, from each end of the pair of ends, at least a portion of the user's weight, where said supporting increases a frictional force between said anchor and elongated member that inhibits movement of the elongated member along the anchor; and

moving the user's body while maintaining fixed distances between each of the pair of ends and the flexible loop with at least a portion of the user's weight supported on the ground.

In accordance with a further aspect of the present invention there is provided use of an exercise device attached to a structure for performing exercises, said exercise device having a pair of ends attached by a member having an adjustable length and adapted for being supported by an anchor including a flexible loop, where the member passes through the loop, wherein said use comprises:

adjusting the adjustable length to a first length; moving the first length through the flexible loop to establish a first distance between each of the pair of ends and the flexible loop;

performing a first exercise with the user supporting at least a portion of their weight from at least one of the pair of ends while maintaining the established first distance between each of the pair of ends and the flexible loop;

readjusting the adjustable length to a second length different than said first length;

moving the second length through said flexible loop to establish a second distance between each of the pair of ends and the flexible loop; and

performing a second exercise with the user supporting at least a portion of their weight from at least one of the pair of ends while maintaining the established second distance between each of the pair of ends and the flexible loop.

[0022] These features together with the various ancillary provisions and features which will become apparent to those skilled in the art from the following detailed description, are attained by the exercise device of the present invention, preferred embodiments thereof being shown with reference to the accompanying drawings, by way of example only, wherein:
BRIEF DESCRIPTION OF DRAWINGS

[0023] FIG. 1 is a schematic front view of one embodiment of an exercise device of the present invention as anchored between a door and door jamb;

[0024] FIG. 2 is a partial schematic sectional view 2-2 of FIG. 1 showing the exercise device anchored between a door and door jamb;

[0025] FIG. 3 is illustrative of a user performing a high row exercise with the exercise embodiment of FIG. 1;
FIG. 4 is a perspective view of another embodiment of the exercise device of the present invention;

FIGS. 5A and 5B are views of the anchor portion of the exercise device of FIG. 4, where FIG. 5A is a perspective view, and FIG. 5B is sectional view 5B-5B;

FIG. 6 is a schematic top view of the elongated member of the embodiment shown in FIG. 4 having two lengthening mechanisms and two hand grips;

FIG. 7 is a perspective view showing details of the grip and the lengthening mechanism of the embodiment of FIG. 4;

FIG. 8 is a sectional view 8-8 of FIG. 7 showing the hand grip;

FIG. 9A is a perspective view showing details of the slack sleeves of the embodiment of FIG. 4;

FIG. 9B is a sectional view 9B-9B of FIG. 9A showing details of the cam buckle and attachment of the slack sleeves to the cam buckle;

FIG. 10 is a schematic top view of an alternative elongated member embodiment having one lengthening mechanism and two finger grips;

FIG. 11 is schematic sectional view 11-11 of the finger grip embodiment of FIG. 10;

FIGS. 12A-12D are schematic drawings illustrating the lengthening and centering of the exercise device of the present invention, where FIG. 12A is the initial configuration, FIG. 12B illustrates lengthening the elongated member, further illustrated in FIGS. 12B' and 12B'', FIG. 12C shows the application of force to the shorter leg of the elongated member, and FIG. 12D shows the application of force to the grips during an exercise;

FIGS. 13A-13C are schematic drawings illustrating the lengthening and adjusting of the exercise device of the present invention having differing arm lengths, where FIG. 13A is the initial configuration, FIG. 13B shows the application of force to one of the pair of legs, and FIG. 13C shows the application of force to the grips during an exercise;

FIG. 14A is an alternate embodiment anchor that can be used for attaching the exercise device to a pole or railing, and FIG. 14B is a exercise device of the present invention anchored to
a pole using the alternative anchoring embodiment of FIG. 14A;

[0038] FIGS. 15A-15I illustrate poses of a user using the inventive exercise device to performing exercises, where FIG. 15A is a reverse combination crunch, FIG. 15B is a single leg L-squat, FIG. 15C is a gymnast dip, FIG. 15D is a kneeling combination crunch, FIG. 15E is a lying leg curl, FIG. 15F is a hip lift, FIG. 15G is a front shoulder raise, FIG. 15H is a crunch, and FIG. 15I is a triceps extension;

[0039] FIGS. 16A and 16B illustrate the device of the present invention for doing one handed exercises, where FIG. 16A shows interlocking the handles for one handed exercises, and FIG. 16B illustrates the use of the exercise device in performing a one arm high row exercise;

[0040] FIGS. 17A and 17B show a foot grip accessory of the present invention as attached to a grip of an exercise device, where FIG. 17A illustrates the foot grip accessory gripped by the user's toes, and FIG. 17B illustrates a pair of foot grip accessories with one accessory on each of the pair of grips of an exercise device and grasped by one of the user's heels;

[0041] FIGS. 18A, 18B, 18C and 18D show one embodiment of the foot grip accessory of FIGS. 17A-B, where FIG. 18A is a perspective view of the foot grip accessory, FIG. 18B is a bottom view of the foot grip accessory, FIG. 18C is a side view of part of one of the grip attachment portions, and FIG. 18D is a top view of part of one of the grip accessory attachment portions;

[0042] FIGS. 19A, 19B, and 19C show a finger grip accessory of the present invention as attached to a grip of an exercise device, where FIG. 19A illustrates the one finger placed through one of the loops, FIG. 19B illustrates one finger be placed through each of the two loops, and FIG. 19C shows two fingers placed through each of the two loops;

[0043] FIGS. 20A, 20B, and 20C show one embodiment of the finger grip accessory of FIGS. 19A-C, where FIG. 20A is a perspective view of the finger grip accessory, FIG. 20B is a top view 20B-20B of the finger grip accessory, and FIG. 20C is a sectional side view 20C-20C of the finger grip accessory;

[0044] FIGS. 21A, 21B, and 21C shown a grip accessory of the present invention as attached to a grip of an exercise device, where FIG. 21A illustrates a hand gripping three cords, FIG. 22B illustrates the hand gripping two cords, and FIG. 22C illustrates the hand gripping one cord;

[0045] FIGS. 22A, 22B, 22C, and 22D show one embodiment of the grip accessory of FIGS.
21A-C, where FIG. 21A is a perspective view of the grip accessory, FIG. 21B is a top view of the grip accessory, FIG. 21C is a bottom view of the grip accessory, and FIG. 21D is sectional side view 21D-21D of FIG. 21C;

[0046] FIG. 23 shows another alternative embodiment anchor;

[0047] FIG. 24 illustrates the use of the anchor of FIG. 23 to anchor an exercise device to a tree; and

[0048] FIGS. 25 and 26 shows a bracket for securing an exercise device of the present invention by an enlarged first end of an anchor, where FIG. 25 is a perspective front view of a bracket for mounting an exercise device, and FIG. 26 illustrates the use of the bracket to anchor the exercise device.

[0049] Reference symbols are used in the Figures to indicate certain components, aspects or features shown therein, with reference symbols common to more than one Figure indicating like components, aspects or features shown therein.

MODES FOR CARRYING OUT THE INVENTION

[0050] In general, the present invention provides an inelastic exercise device that is supported by, or that can be easily attached to, a supporting structure, and that allows a user to perform a large number of exercises by easily adjusting the length of the device and thereafter balancing the device as the user transfers his weight to the device. Several of the features of the present invention will now be illustrated with reference to FIGS. 1-3, which show the set-up and use of the device of the present invention, and which is not meant to limit the scope of the present invention. FIG. 1 is a schematic front view of one embodiment of exercise device 100 that is anchored at a point A between a door D and door jamb J. FIG. 2 is a partial sectional view 2-2 of FIG. 1 taken through door D and showing exercise device 100 in profile, and FIG. 3 is illustrative of a user U exercising with the exercise device of FIG. 1.

[0051] Exercise device 100 includes an anchor 110 and an elongated member 120 having a pair of arms 122, indicated as a first arm 122a and a second arm 122b, on either side of the anchor, as shown schematically in FIGS. 1 and 2. A pair of grips 123 is provided, with one positioned at the end of each arm 122, specifically first arm 122a has a first grip 123a, and second arm 122b has a second grip 123b. Elongated member 120 is substantially inelastic and flexible with a length S between the pair of grips 123, and has a portion 129 that can be a strap or cord or other
inelastic, flexible member, and a lengthening mechanism 135 that provides for increasing or decreasing the length \( S \), as indicated by double arrows \( \Delta S \).

[0052] Anchor 110 is used to provide a fixed anchor point for exercise device 100 and to support a user's weight as it is applied to arms 122 as indicated by an arrow \( F \) in FIG. 2 and as shown in FIG. 3. As shown in FIG. 2, anchor 110 is adapted for positioning exercise device 100 in a door and providing support to elongated member 120 by having an enlarged portion 111, a portion 113 that can be strap or cord, and an approximately triangular shaped loop 115 for slidably supporting the elongated member. With enlarged portion 111 on the opposite side of door D from elongated member 120, anchor 110 supports the weight of a user as grips 123 are pulled. In addition, anchor 110 provides for positioning the relative length of arms 122 as shown in FIG. 1 by double arrow C. Thus, the total length of elongated member 120 and distribution of that length between each of arms 122 can be easily adjusted through the lengthening mechanism 135 and by pulling the ends of the elongated member. FIG. 2 shows arms 122 each having a length L.

[0053] When supported by a structure, such as door D (shown in FIGS. 1-3) or a railing, pole or other support member (not shown) the inventive exercise device provides a pair of grips for a user to exercise against her weight according the user's position relative to the device, and provides for easily adjusting the length of the device. As described below, the inventive device can be used to exercise in any one of a large number of orientations according the selected adjustable length and according to where and how the user stands relative to the exercise device.

In general, a user sets the exercise device to a desired length, positions herself on the ground near the exercise device, supports a portion of her body weight from the exercise device by her hands or feet, and exercised by moving her body with her weight supported by the ground and the exercise device. Examples of support on the ground and exercise device include, but are not limited to, standing on one or both legs, lying on the stomach or the back, kneeling, or by having the hands on the ground, and having the exercise device support ones weight by the hands or feet, as appropriate.

[0054] With reference to FIG. 3, a user U is shown in one of the many exercise positions, in particular a high row exercise, gripping the pair of grips 123 with the user's hands and having the user's feet placed a horizontal distance X from anchor point A. When anchored to a door, it is preferred that anchor point A is on the inwards side of the door (that is, that the door open away from user U) so that jamb J can support the user's weight. The user U is shown leaning away
from anchor point A and supporting a fraction of his or her weight through device 100. It is
apparent that user U can vary the amount of supported weight, and thus the resistance of exercise
device 100, by adjustment of his or her stance relative to anchor point A (distance X) and the
length of arms 122 (length L). The user U of FIG. 3 performs a high row exercise by moving his
body in a direction E towards and away from anchor point A. Note that other exercises are also
possible with the user in this position by the user moving in other directions with the user’s
weight supported by the ground and exercise device 100.

[0055] Several embodiments of the present invention will now be described with reference to the
drawings. These embodiments are meant to illustrate the invention, and are not meant to limit
the scope of the invention.

[0056] FIGS. 4-9 are various views of another embodiment of an exercise device 400 of the
present invention. Referring first to FIG. 4, a perspective view of exercise device 400 is shown
as including an anchor 410 and an elongated member 420. Anchor 410 includes an inelastic,
 flexible strap 413 having an enlarged first end 411 that is wider than the strap, and a second end
that forms a loop 415. Elongated member 420 passes through loop 415, defining a pair of arms
422, indicated as arm 422a and 422b. Each arm 422 has a respective end 421, shown as end
421a and 421b, each with one of a pair of grips 423, shown as grip 423a and 423b. Elongated
member 420 also includes a pair of lengthening devices or buckles 435, shown as buckle 435a
and 435b, at either end of a central strap 429 that provides for the adjustment of the length of the
elongated member. Specifically, strap 429 has a pair of ends 431, indicated as 431a and 431b,
that pass through buckle 435a and 435b, respectively. As described subsequently, elongated
member 420 is substantially inelastic, with the length of the elongated member being adjustable
through the action of one or both of the pair of buckles 435.

[0057] FIGS. 4, 5A and 5B present several views of anchor 410, where FIG. 5A is a perspective
view of the anchor and FIG. 5B is a sectional view 5B-5B of the anchor. As noted previously,
anchor 410 includes an inelastic, flexible strap 413. It is preferred that the majority of lengths of
anchor 410 and elongated member 420 are formed of materials that include, but are not limited,
to straps of a webbing of a natural or synthetic material having a strength sufficient to support
the weight of a device user. Preferred webbings include, but are not limited to, webbings made
of nylon, polypropylene or other polymeric fibers. It is understood that a single length of
flexible material according to the present invention can alternatively comprise two or more
pieces that are stitched, glued, or otherwise attached to one another. It is preferred that the length
of anchor 410 is from 6 to 18 inches (0.15 – 0.45 m), or more preferably, approximately 12 inches (0.3 m).

[0058] Strap 413 has an enlarged first end 411 that is wider than the strap, and a second end 417 that is attached to the strap so as to form a loop 415. As shown in FIG. 5B, strap 413 has an end 502 forming the core of first end 411. Since one of the intended uses of anchor 410 is to anchor exercise device 400 between a door and jamb, it is preferable that the end 411 include materials that are soft enough to prevent damage to a wood door or door frame, yet be sturdy enough to support the weight of a user. One embodiment that is soft yet sturdy is shown in FIG. 5B. Specifically, strap end 502 is partially surrounded by a recessed enclosure 505 and a pillow 507 that covers the strap end and the enclosure. Strap end 502 can further be held within end 411 by gluing and stitching the strap end to enclosure 505 and pillow 507, and by closing the pillow with one or more stitches 509. Strap 413 passes into first end 411 through a slot 504 in enclosure 505 and through slot 501 in pillow 507. In a preferred embodiment, first end 411 is approximately 3.5 inches (90 mm) by 2.5 inches (63 mm) and is oriented approximately perpendicular to strap 413. It is also preferred that enclosure 505 is formed of a high-density, closed cell foam, and that pillow 507 is formed from a felt, and includes stitches 503. Alternatively, a second strap or piece of another material could be sewn, glued or otherwise attached to the end of strap 413 to form end 502. In another alternative embodiment, enclosure 505 can include another rigid member, such as a metal or hard plastic plate, to increase the rigidity of strap end 411.

[0059] Elongated member 420 is shown in greater detail in FIGS. 6-9, where FIG. 6 is a schematic top view of the elongated member, FIG. 7 is a perspective view of one of the pair of grips 421 and the corresponding one of the pair of buckles 435, FIG. 8 is a sectional view 8-8 of one of the pair of grips 421, and FIG. 9A is a perspective view showing details of one of the pair of buckles and the adjoining strap 429. As shown in FIG. 6, the elongated member 420 has length S, and includes two inelastic strap portions 427, indicated as 427a and 427b, strap 429 and the pair of buckles 435 for adjusting the length S. The portion of elongated member 420 from each end to the nearest buckle has a fixed length - that is, each of the two portions from one of the pair of ends 421 to the corresponding one of the pair of buckles 435 has a fixed length. It is preferred that the length S is adjustable over a length that allows for a wide range of exercises. Preferably, length S can be varied in length from approximately 6 feet (1.8 m) to 12 feet (3.6 m). Also preferably, elongated member 420 has a width of approximately 1.5 inches (38 mm). It is
also preferred that the surface finish of strap 429 and loop 415 allows the user to easily slide the elongated member 420 along anchor 420, while providing enough friction so that there can be some mismatch in forces on the two ends 421 without the elongated member sliding through the anchor while a user is exercising.

[0060] The details of one of the pair of ends 421, including strap 429 to grip 423, and including buckle 435 are shown in FIGS. 7, 9A and 9B. Buckle 435 is a cam buckle, the design and use of which are well known in the art. Buckle 435 is attached to strap 427, and thus the length of each of end 421 is not adjustable. Buckle 435 is also slidably accepts and grips strap 429, allowing for adjustment of the length S.

[0061] Buckle 435 has a frame 709, a first strap bar 705, a second strap bar 707, and a user movable cam 711. Strap 427 has one end that loops about first strap bar 705, and a second, free end 431 that loops about second strap bar 707. This loop of strap 427 about bar 705 is preferably secured by stitches 703. Alternatively, strap 427 can be secured to bar 705 through a second member, such as another looped strap or a plastic or metal piece that loops about bar 705 and provides a location to attach strap 427. In addition, it is understood that the use of stitches as described herein to fasten strap portions can also be accomplished through the use of other methods of fastening, such as glue or by melting strap portions together.

[0062] Cam 711 is spring loaded such that it normally restrains a strap 429, and that under the action of a user, such as by pushing or pulling the cam, the cam is moved to allow the strap to move. The distance between cam 711 and bar 707 is adjusted by the user and a spring within buckle 435 by pushing on cam 711, allowing strap 429 to slide between cam 711 and bar 707. Thus, the length S can be adjusted by the user actuating cam 711 of buckle 435.

[0063] Grip 423 is shown in greater detail in the sectional view of FIG. 8. Grip 423 has a generally tubular shape, with an outer cover 801 and an inner cylindrical tubular portion 803. Cover 801 has a length and outer diameter to allow a hand to easily grab grip 423, and is formed from a material that permits a user to hold it while exercising. A preferred material for cover 801 is a high-density foam. Portion 803 provides the strength of grip 423 and can be formed from a length and diameter of plastic or other rigid material to match the size of cover 801 and to provide space for a loop 425 to pass through the center of portion 803. Portion 803 is preferably formed from a rigid and light material, such as PVC tubing.

[0064] One of the pair of free ends 431 is shown in greater detail in FIG. 9A. Each end 431 is
preferably folded back, and is held in place, for example by a stitch 901, to form an easily manipulated end. Elongated member 420 also includes several sleeves, shown as sleeves 903, 905a and 905b that twice surrounds strap 429 to prevent ends 431 from moving about. Specifically, sleeves 903 and 905 are placed between buckles 435, ends 431 and strap 429. Thus sleeves 903 and 905 restrain the portion of strap 429 from a buckle 435 to the corresponding end 431 from moving about as exercise device 420 is moved. As shown in FIG. 9A, sleeve 903 is affixed near end 431, while sleeves 905 can be slid along the length of strap 429. FIG. 9B is a sectional view 9B-9B of FIG. 9A showing details of the cam buckle and attachment of sleeve 905b. In particular, FIG. 9B shows a bar 907 that spans buckle 435 and a strap 909 that is attached both the bar and to sleeve 905b. Strap 909 keeps sleeve 905b from sliding too far down strap 429 during adjustment of the length of the exercise device. It is preferred that sleeves 905b are elastic so that they can easily move and hold together the portions of strap 429.

[0065] While exercise device 400 has been described with respect to a particular embodiment, there are many alternative embodiments that are within the scope of the present invention. Thus, for example, there are many embodiments that provide for an adjustable length, substantially inelastic, strap-like member that has an easily adjustable length and balance of the two sides of the strap-like member about the anchor. One alternative embodiment is shown in FIGS. 10 and 11, where FIG. 10 is a schematic top view of an alternative elongated member 820 having one cam buckle 425 as a lengthening device, and two finger grips 1001, and FIG. 11 is a sectional view of alternative finger grips. The use of one buckle 435 provides a lighter exercise device 400, but results in a smaller useful range of lengths for elongated member 1020. Finger grips 4001 include four holes 4101 for the user's fingers, and allows for exercise of one or more finger muscles. Modified finger grips can alternatively be provided as an "add-on" modification to elongated member 420, allowing the user to switch between finger and hand grips. A variety of other add-on grip accessories, not shown, can be used with exercise device 400, including but not limited to a cord grip for forearm development, a heel cup accessory for securing the feet to the handles for leg development exercises.

[0066] The balancing and lengthening aspects of the present invention are illustrated in FIGS. 12A-12D, where FIG. 12A is an initial configuration, FIG. 12B illustrates lengthening the elongated member 420, further illustrated in FIGS. 12B' and 12B'', FIG. 12C shows the application of force to the shorter leg of the elongated member, and FIG. 12D shows the application of force to the grips during an exercise. For illustrative purposes, FIG. 12A is
assumed to be an initial configuration of an anchored device, and it is assumed that the user
wishes to increase the length S while keeping the pair of arms 422 the same length
(approximately one half of S). First, the user actuates one or both buckles 435. FIG. 12B
schematically shows the result of actuating buckle 435a and elongating leg 422a as indicated by
the arrows on that figure. FIG. 12B’ shows the user U pushing cam 711 and grabbing end 431,
and FIG. 12B” shows the user pulling end 431 away from the cam, as indicated by the arrow, to
shorten the device.

[0067] The user then preferentially pulls on the shorter leg 422b as indicated by force vector F1
of FIG. 12C. With both of the pair of legs 422 having approximately the same, longer length the
user can then exercise, as indicated in FIG. 12D, by applying equal forces F2 to each handle
grip. In practice, it is not necessary for the two forces of FIG. 12D to be equal, as the application
of force to legs 422 away from anchor 410 increases the friction between elongated member 420
and the anchor, allowing the lengths to not change, even under some mismatch of applied forces.
Alternatively, exercise device can be adjusted to provide shorter legs 422 by pulling on end 431
to shorten the length S.

[0068] In addition to being equally balanced between the two arms, it is possible to user the
inventive device to provide differing arm lengths for exercising. FIGS. 13A-13C illustrate the
lengthening and adjusting of exercise device 400 having differing lengths of arms 422, where
FIG. 13A is an initial configuration, FIG. 13B shows the application of force to one of the pair of
arms 422, and FIG. 13C shows the application of force to the grips during an exercise. For
illustrate purposes, FIG. 13A is assumed to be an initial configuration of an anchored device, and
it assumed that the user wishes to adjust the length of arms 422 to different lengths. First, the
user preferentially pulls on the shorter leg 422b as indicated by force vector F1 of FIG. 13B.
The user can then exercise, as indicated by the equal forces F2 of FIG. 13C. In practice, it is not
necessary for the two forces of FIG. 13C to be equal, since as illustrated in FIG. 12, as the
application of force to legs 422 away from anchor 410 increases the friction between elongated
member 420 and the anchor also increases. This limits the possibility that the arm lengths will
change, even under some mismatch of applied forces. The adjustment of arms 422 to different
lengths can be combined with the lengthening or shortening of the length S by actuating one or
both of buckles 435.

[0069] Various mechanisms for providing a fixed anchor point are within the scope of the
present invention. Thus, it is within the scope of the present invention to provide an exercise
device that can be anchored in a door, about a pole, railing or stanchion, from a hook installed in a wall, or can be permanently affixed to a wall or exercise structure, for example. FIG. 14A is an alternate embodiment anchor 1400 that can be used for attaching the exercise device to a pole or railing, and FIG. 14B is an exercise device of the present invention anchored to a pole using the alternative anchoring embodiment of FIG. 14A.

[0070] FIG. 14A shows alternative embodiment anchor 1410 which includes an adjustable loop 1419 and an anchor loop 1415. As described subsequently, anchor 1410 is an alternative anchor, and can, for example, presents anchor loop 1415 for accepting strap 429 of elongate member 420 to form an exercise 1400. Adjustable loop 1419 is formed from a flexible strap 1411 and a cam buckle 1412 as follows. Cam buckle 1412 can be, for example, cam buckle 435 shown in detail in FIG. 9B. Flexible strap 1411 has a free, first end 1414 that is threaded through the cam portion of cam buckle 1412, for example by threading the strap between the second strap bar 707 and movable cam 711 of cam buckle 435. Flexible strap also has a second end 1418 that is attached to cam buckle 1412, for example, by looping the second end about first strap bar 705 of cam buckle 435 and providing a stitching 1416 through a double thickness of strap 1411. Strap 1411 thus threaded through buckle 1412 has forms an adjustable loop 1419 that can be increased or decreased in size by actuating cam buckle 1412 to release strap 1411, moving the strap through the cam buckle, and releasing the cam. End 1414 is held against strap 1411 by a slack sleeve 1413. An anchor loop 1415 is attached to strap 1411 by a stitching 1417.

[0071] It is preferred that the majority of lengths of anchor 1410 are formed of materials that include, but are not limited, to straps of a webbing of a natural or synthetic material having a strength sufficient to support the weight of a device user. Preferred webbings include, but are not limited to, webbings made of nylon, polypropylene or other polymeric fibers. It is understood that a single length of flexible material according to the present invention can alternatively comprise two or more pieces that are stitched, glued, or otherwise attached to one another.

[0072] FIG. 14B shows exercise device 1400 formed from anchor 1410 and elongated member 420. Anchor loop 1413 of anchor 1410 is tightened about a pole P. Adjustable loop 1411 may be placed over the top of the pole and tightened using cam buckle 1412. Alternatively, strap 1411 can unthreaded from cam buckle 1412, wrapped about pole P, and then threaded through the cam buckle and tightened. In either case, end 1414 is the pulled through cam buckle 1412 and adjustable loop 1419 is tightened about pole P with sufficient force to allow exercise device
1400 to support a users weight.

[0073] In addition to being attached to a pole, anchor 1410 can be tensioned to support exercise device 1400 about a railing, post, or other member. Alternately, the anchor can be attached to a carabineer that is fixed to a wall or other structure.

[0074] FIG. 23 shows an anchor 2300 including a flexible strap 2301 with a first end 2305 having a loop 2307 held in place with stitching 2311 and a second end 2303 having a carabineer 2304 held in place by stitching 2309, and FIG. 24 illustrates the use of anchor 2300 to anchor the elongated member 120 of the exercise device to a tree. It is preferred that the majority of lengths of strap 2301 are formed of materials that include, but are not limited, to straps of a webbing of a natural or synthetic material having a strength sufficient to support the weight of a device user. Preferred webbings include, but are not limited to, webbings made of nylon, polypropylene or other polymeric fibers. FIG. 24 shows an exercise device 2400 formed from anchor 2300 and elongated member 420. Strap 2301 is be wrapped about a tree with carabineer 2304 accepting the strap. Loop 2307 accepts strap 429, allowing the user to exercise against a tree or other object small enough for strap 2301 to be wrapped about.

[0075] FIGS. 25 and 26 shows a bracket 2500 for securing exercise device 400 by enlarged first end 411 of anchor 410, where FIG. 25 is a perspective front view of the bracket, and FIG. 26 illustrates the use of the bracket to anchor the exercise device. Bracket 2500 has a first flange 2503 with a mounting hole 2509 and a second flange 2505 with a mounting hole 2511 and a face 2507 that extends from the first flange to the second flange and includes a slot 2515 that extends into the face a face edge 2513 and includes a central slot 2517. In a preferred embodiment, bracket 2500 is formed from a single sheet 2501 of sheet metal, for example that has crease 2517 in flange 2503, crease 2523 in flange 2505, and creases 2519 and 2521 between face 2507 and flanges 2503 and 2505, respectively. The preferred thickness of sheet 2501 is from 0.05 to 0.10 inches (1.3 to 2.5 mm), or more preferably approximately 0.0625 inches (1.6 mm), and creases 2517, 2519, 2521, and 2523 are placed to such that face 2507 is parallel to and separated from flanges 2503 and 2505 by a distance D of from approximately 1 to 2 inches (25 - 51 mm), or more preferably approximately 1.5 inches (38 mm). Mounting holes 2509 and 2511 are preferably between approximately 1/4 inch (6 mm) and approximately 1/2 inch (13 mm) in diameter, and more preferably approximately 3/8 inch (9.5 mm) in diameter.

[0076] FIG. 26 illustrates the use of bracket 2500. Bracket 2500 is mounted to a wall W, and
held in place by a pair of screws 2601 through mounting holes 2509 and 2511. A portion of anchor 410 is shown in phantom on the right side of FIG. 26, specifically enlarged portion 411 and flexible strap 413. Anchor 410 is placed in bracket 2500 as indicated by the arrow. Specifically, strap 413 is slid through the slot 2515 in face edge 2513, with enlarged portion between bracket 2500 and wall W and into central slot 2517. Slot 2515 is sized to be large enough to allow strap 413 to slide through the slot but not so large as to allow enlarged portion 411 to pass through the slot. The use of bracket 2500 allows for exercise device 400, which was previously shown as being mountable in a door jamb, to be mounted against any wall to which the bracket can be mounted.

The inventive exercise device allows for a wide range of exercises. Examples of the many exercises that are possible are presented in TABLE 1 for the inventive device placed over the top of a door. FIGS. 3 and 15 illustrate three of the many exercise positions. In each of these positions the user has selected a length for exercise device 100 or 400, adjusted as explained with reference to FIGS. 12 or 13, has positioned himself on the ground a desired horizontal distance X from anchor point A with a portion of his weight being supported by the exercise device. With his weight so supported, as shown in FIGS. 3 and 15, he moves his body in directions appropriate to the type of exercise to be performed, for example by moving his body toward or away from the wall or ground, by bending his arms or legs while supporting his weight by the exercise device, or performing other movements that exercise his muscles.

Specifically illustrated in FIGS. 3 and 15 are single poses of a user U performing a variety of exercises including a high row exercise (FIG. 3), a reverse combination crunch (FIG. 15A), a single leg L-squat (FIG. 15B), a gymnast dip (FIG. 15C), a kneeling combination crunch (FIG. 15D), a lying leg curl (FIG. 15E), a hip lift (FIG. 15F), a front shoulder raise (FIG. 15G), a crunch (FIG. 15H), and a triceps extension (FIG. 15I). It is apparent from FIGS. 3 and 15 that many different types of exercises are possible with the inventive exercise device according to the length of the device, the positioning of the body, and how the handles are gripped.

In addition, the inventive device can be used to perform one handed exercises as illustrated in FIGS. 16A and 16B. Specifically, FIG. 16A shows an exercise device 400' having interlocking the ends 421a and 421b for one handed exercises, and FIG. 16B illustrates the use of the exercise device 400' in performing a one arm high row exercise.
<table>
<thead>
<tr>
<th>Basic Exercises</th>
<th>Intermediate</th>
<th>Advanced</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pull functions</strong></td>
<td><strong>Pull functions</strong></td>
<td><strong>Pull/lateral functions</strong></td>
</tr>
<tr>
<td>Low row</td>
<td>One-arm low row</td>
<td>Lateral raise</td>
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<tr>
<td>High row</td>
<td>One-arm high row</td>
<td>Front shoulder raise</td>
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<tr>
<td>Pull-up</td>
<td>One-arm pull-up</td>
<td>Reverse-grip curl</td>
</tr>
<tr>
<td>High curl</td>
<td>One-arm high curl</td>
<td>Combination row/kickback</td>
</tr>
<tr>
<td>Low curl</td>
<td>One-arm low curl</td>
<td>Internal rotator cuff</td>
</tr>
<tr>
<td>Back fly</td>
<td>Lower chest/lat crunch</td>
<td>External rotator cuff</td>
</tr>
<tr>
<td>Wrist curl</td>
<td>Reverse-grip wrist curl</td>
<td>2-Way forearm flexors</td>
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<td><strong>Core Strength</strong></td>
<td><strong>Core Strength</strong></td>
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<tr>
<td>Crunch</td>
<td>Kneeling combination crunch</td>
<td>Standing combination crunch</td>
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<td>Reverse single leg raise</td>
<td>Reverse leg raise</td>
<td>Reverse leg raise w/ hip lift</td>
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<tr>
<td>Oblique crunch</td>
<td>V-sit-up</td>
<td>Reverse oblique raise</td>
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<td>Reverse crunch</td>
<td>Hip lift</td>
<td>V-balance</td>
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<td>Bicycle</td>
<td>Reverse bicycle</td>
<td>Reverse combination crunch</td>
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<tr>
<td>Back Bridge</td>
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<td></td>
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<tr>
<td><strong>Legs</strong></td>
<td><strong>Legs</strong></td>
<td><strong>Legs</strong></td>
</tr>
<tr>
<td>Squat</td>
<td>Lying hamstring pedal</td>
<td>Lying hamstring curl</td>
</tr>
<tr>
<td>Hip hinge</td>
<td>Tip-toe squat</td>
<td>Single-leg hip hinge</td>
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<td>Squat lunge</td>
<td>Step-back lunge</td>
<td>Single leg l-squat</td>
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<tr>
<td>Sumo squat</td>
<td>Single leg squat</td>
<td>Diagonal Step-back lunge</td>
</tr>
<tr>
<td>Side-to-side lunge</td>
<td>Single calf raise</td>
<td>Crossover off-balance squat</td>
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<tr>
<td>Calf raise</td>
<td>Jumping Ski PT</td>
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<tr>
<td><strong>Push functions</strong></td>
<td><strong>Push functions</strong></td>
<td><strong>Push functions</strong></td>
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<tr>
<td>Standard press</td>
<td>One-arm incline press</td>
<td>Triceps kickback</td>
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<tr>
<td>Chest fly</td>
<td>Low chest press (outside grip)</td>
<td>One-arm concentration fly</td>
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<tr>
<td>Shoulder press</td>
<td>Reverse Push-up</td>
<td>Reverse crunch/push-up combo</td>
</tr>
<tr>
<td>Overhead triceps</td>
<td>One-arm triceps</td>
<td>One-arm shoulder press</td>
</tr>
<tr>
<td>extension</td>
<td>extension</td>
<td>Gymnast dip</td>
</tr>
<tr>
<td>Lat-Pullovers</td>
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<td></td>
</tr>
</tbody>
</table>

**TABLE 1:** Several Basic, Intermediate, and Advanced Over the Door Anchor Exercises.
EXERCISE DEVICE ACCESSORIES

[0080] The utility of the exercise device of the present invention is greatly extended by providing a number of add-on grip accessories for the device, specifically by providing alternative grip devices for attaching to the grips of the exercise device.

[0081] In general, the grip accessories described herein are attachable to one of the pair of grips that are part of an exercise device, including but not limited to grips 123 of exercise device 100, and provide an accessory grip whereby the user can exercise by applying forces to various part of the body, including the neck, all or part of the hand, arms, legs, toes, or the heel. Grip accessories allow the user to grip, such as by squeezing with sufficient force to support her weight, and include devices that can hold the user within a loop or hook as the user pulls on the exercise device. In this context, a "grippable" portion refers to the ability to either wrap a body part around and squeeze a that portion of the grip accessory, or place a portion of the body through a loop or hook of the grip accessory so that the user can pull against the exercise device and keep the body part within the grip accessory.

[0082] The user may choose to exercise with the pair of grips having the same or different accessories, or without a grip accessory. In addition, the grip accessories of the present invention include a grip attachment portion that is removably attachable to the grip of an exercise device, such as exercise device 100 or any exercise device having two grips, and a portion that is grippable by the hand, foot, fingers, or other parts of the body. The use of grip accessories allow a user to build additional strength in the hand or fingers by providing for different types of hand or finger gripping, and allows for additional exercises to be performed, as with the foot grip accessory. In addition, the pair of grips can be coupled, as discussed in reference to FIGS. 16A and 16B, allowing a user to exercises using one grip accessory.

[0083] One example of a grip accessory is foot grip accessory 1700, which is illustrated in FIGS. 17A-17B as being attached to grips 123 of exercise device 100. Specifically, FIG. 17A illustrates foot grip accessory 1700 attached to exercise device 100 and gripped by toes T, and FIG. 17B illustrates a pair of foot grip accessories, one on each of the pair of grips 123, and each grasped by one of the user's heel H1 and H2. Each foot grip accessory 1700 has a flexible loop 1710 and a grip attachment portion 1720 that is removably attachable, as discussed subsequently, to one of the pair of grips 123. It is preferred that the portion of loop 1710 that extends from grip 123 is approximately 12 inches (0.3 m) long to provide enough room for either a user's heel or toe fit through the loop. With foot grip accessory 1700 so secured, the toes (FIG. 17A) or heel
(FIG. 17B) can be placed through loop 1710, and a force can be exerted by the foot against exercise device 100.

[0084] In one embodiment of the present invention, each of the pair of grips 123 is provided with one foot grip accessory 1700, facilitating exercises including, but not limited, to those illustrated in FIGS. 15A and E.

[0085] A specific embodiment of foot grip accessory 1700 is illustrated in FIGS. 18A-D, where FIG. 18A is a perspective view of the foot grip accessory, FIG. 18B is a bottom view of the foot grip accessory, FIG. 18C is a side view of part of one of the grip attachment portions, and FIG. 18D is a top view of part of one of the grip accessory attachment portions. As shown in FIGS. 18A and 18B, foot grip 1700 is formed from three straps: a loop strap 1801 and two attachment straps 1803. With the three straps attached, as described subsequently, loop strap 1801 forms loop 1710 and the two attachment straps 1803 forms the grip attachment portion 1720.

[0086] It is preferred that the majority of foot grip accessory 1700 is formed of materials that include, but are not limited, to straps of a webbing of a natural or synthetic material having a strength sufficient to support the weight of a device user. Preferred webbings include, but are not limited to, polymeric fiber webbings made of, for example, nylon or polypropylene or some other polymeric fiber. It is understood that a single length of flexible material according to the present invention can alternatively comprise two or more pieces that are stitched, glued, or otherwise attached to one another.

[0087] Loop strap 1801 is formed from a length of strapping having ends that are joined to form a loop. Loop strap 1801 is preferably polymeric fiber webbing 20 inches (0.5 m) long and 1.5 inches (38 mm) wide. In the preferred embodiment, the loop includes two triangular shaped double stitched portions 1815, one of which joins the two ends of loop strap 1801. Each of the two grip attachment straps 1803 is formed from a length of strapping having a first end 1807 with a first fastening surface 1809 and a second end 1811 with a second fastening surface 1813. Attachment straps 1803 are preferably polymeric fiber webbing having a length of 7.5 inches (190 mm) and a width of 1.5 inches (38 mm). Fastening surfaces 1809 and 1811 are preferably attached to loop strap 1801 by double stitching 1817, and grip attachment straps 1803 are preferably joined midway between ends 1807 and 1811 to the loop strap by double stitching 1805.

[0088] Each attachment strap 1803 includes fastening surfaces 1809 and 1813 are on opposite
sides of the strap. It is preferred that fastening surfaces 1809 and 1813 are matching surfaces, such as matching hook and loop surfaces of a hook and loop fastening system, such as VELCRO® brand hook and loop fasteners. In a preferred embodiment, fastening surfaces 1809 and 1813 are each approximately 2 inches (51 mm) by 1.25 inches (32 mm).

[0089] Foot grip accessory 1700 is removably attachable and is used as follows. Grip attachment portion 1720 of foot grip accessory 1700 is removably attachable to one of the pair of grips 123, by wrapping the length of each strap 1703 about grip 123a and contacting fastening surfaces 1809 and 1813 on each strap 1803. With foot grip accessory 1700 so secured, the toes (FIG. 18A) or heel (FIG. 18B) can be placed through loop 1710, and a force can be exerted by the foot against exercise device 100. Stitching 1815 allows loop 1710 to open without twisting and provides a secure strap for securing the foot.

[0090] Another example of a grip accessory is finger grip accessory 1900, which is illustrated in FIGS. 19A-19C with three different exercises when attached to grips 123 of exercise device 100. Finger grip assembly 1900 has loops 1910 adapted for receiving and being gripped by the thumb and one or more fingers and a grip attachment portion 1920 for attaching the accessory to the grip of an exercise device. Grip attachment portion 1920 is removably attachable to one of the pair of grips 123. In one embodiment, there are two loops 1910: a first loop 1910a, and a second loop 1910b. With finger grip accessory 1900 so secured, a finger F1 can be placed through one of the loops, for example first loop 1910a as shown in FIG. 19A, a finger F1 can be placed through the first loop and a finger F2 can be placed through second loop 1910b as shown in FIG. 19B, or two fingers, F1 and F2 can be placed through the first loop and a finger F3 and a finger F4 can be placed through the second loop, as shown in FIG. 19C.

[0091] In one embodiment, each of the pair of grips 123 is provided with one finger grip accessory 1900. With the finger or fingers so placed through at least one of loops 1910, a force can be exerted by the pulling against exercise device 100. Finger grip accessory 1900 has similar functionality as finger grips 4001.

[0092] A specific embodiment of finger grip accessory 1900 is illustrated in FIGS. 20A-C, where FIG. 20A is a perspective view of the finger grip accessory, FIG. 20B is a top view 20B-20B of the finger grip accessory, and FIG. 20C is a sectional side view 20C-20C of the finger grip accessory. Finger grip accessory 1900 includes two loops 1910, first loop 1910a and second loop 1910b, and grip attachment portion 1920 includes three portions 1920a, 1920b, and 1920c.
More specifically, finger grip accessory 1900 is formed from five straps: a loop strap 2001, three attachment straps 1803, and a backing strap 1903. With the five straps attached, as described subsequently, loop strap 2001 forms first loop 1910a and finger loop 1910b, that can each receive one or more fingers, and each of the three attachment straps 1803 forms one of grip attachment portion 1920a, 1920b, and 1920c. It is preferred that the majority of finger grip 1900 is formed of the same materials as hand grip 1700.

[0093] In a preferred embodiment, loop strap 2001 is constructed from a polymeric fiber webbing having a length of 21.5 inches (0.55 m) long and a width of 1 inch (25 mm), and backing strip 2003 is preferably a polymeric fiber webbing having a length of 2 inches (51 mm) and a width of 1 inch (25 mm). Preferred attachment straps 1803 have been discussed previously. Finger grip accessory 1900 is assembled by three stitches 2007 that each pass through one of the three attachment straps 1803 and through loop strap 2001 and backing strap 2003. In the preferred embodiment, stitching 2007 is double stitched portions. As is shown in FIGS. 20A and 20C, a portion of loop strap 2001 protrudes between each of the three attachment straps 1803 to form loops 1910a and 1910b. It is preferred that loops 1910a and 1910b are formed from lengths of loop strap 1901 that are approximately 8 inches (0.2 m). Loop strap 2001 preferably extends the length of backing strap 2003, with two loops 1910a and 1910b between adjacent attachment straps 1803.

[0094] Finger grip accessory 1900 is removably attachable and is used as follows. Grip attachment portion 1920 of finger grip accessory 1900 is removably attachable to one of the pair of grips 123 by the contact of fastening surfaces 1809 and 1813 on each strap 1803. With finger grip accessory 1900 so secured, a finger may be placed through one of the loops, for example loop 1910a as shown in FIG. 20A, one finger can be placed through each of loop 1910a and 1910b as shown in FIG. 20B, or two fingers can be placed through each of loop 1910a and 1910b as shown in FIG. 20C. With the finger or fingers so placed through at least one of loops 1910, a force can be exerted by the user against exercise device 100.

[0095] A third example of a grip accessory is grip accessory 2100, which is illustrated in FIGS. 21A-21C as being attached to grips 123 of exercise device 100. Grip accessory 2100 has several cords 2110 that can be gripped in different combinations, as explained subsequently, and a grip attachment portion 2120. In general, the number of cords 2110 can be from one to five, or more, with four being a preferred number, and with each cord having the same diameter and length. It is also preferred that the cords have a grippable length large enough for a human hand, for
example a length from 4 inches (0.1 m) to 6 inches (0.15 m), and that there is enough additional length to allow the user to pass her hand between cords, as illustrated in FIGS. 21A-21C. The present invention is illustrated by grip accessory 2100 having four cords, denoted as a first cord 2110a, a second cord 2110b, a third cord 2110c, and a fourth cord 2110d. The cords can be gripped in almost any combination so that a user can grip any number of cords, from one cord to all 4 cords. FIG. 21A illustrates hand H gripping three cords, for example the first cord 2110a, second cord 2110b, and third cord 2110c, FIG. 22B illustrates the hand gripping two cords, for example the first and second cords, and FIG. 22C illustrates the hand gripping one cord, for example the first cord.

[0096] Grip attachment portion 2120 is removably attachable, as discussed subsequently, to one of the pair of grips 123. With grip accessory 2100 so secured, between one and all of cords 2210 can be gripped, and a force can be exerted by pulling against exercise device 100. In one embodiment, each of the pair of grips 123 is provided with one grip accessory 2100.

[0097] A specific embodiment of grip accessory 2100 is illustrated in FIGS. 22A-D, where FIG. 21A is a perspective view of the grip accessory, FIG. 21B is a top view of the grip accessory, FIG. 21C is a bottom view of the grip accessory, and FIG. 21D is sectional side view 21D-21D of FIG. 21C. Grip accessory 2100 is formed from four straps, specifically a backing strap 2205, a front strap 2207, and two attachment straps 1703, and two cords 2201 and 2203. Cords 2110 are formed from two longer cords 2201 and 2203, and grip attachment portion 2120 is formed from straps 2205, 2207, and 1703.

[0098] The two straps 1703 forming grip attachment portion 2120 are attached at their respective central portions between the ends of backing strap 2205 and front strap 2207. The four cords 2110a-d are formed from the longer cords 2201 and 2203. Specifically, as shown in FIG. 22B, cords 2201 and 2203 are side-by-side and folded in half. Each cord forms a loop 2213 near the middle of cords 2201 and 2203, with both cords lashed together by whipping 2109 and to form a loop 2113 and with the four ends of cords 2201 and 2203 lashed by whipping 2109. In the sectional view of FIG. 22D, cord 2203 is shown with a first end 2213 and second end 2217 lashed together by whipping 2209, and a central portion 2215 forming loop 2213 about strap 2207. Each cord 2201 and 2203 is folded in half, and thus each cord forms two cords between whippings 2109 and 2111. Specifically, cord 2201 form cords 2210a and 2210b, and cord 2203 forms cords 2210c and 2210d.
Straps 2105 and 2107 are preferably polymeric fiber webbings. Backing strap 2105 preferably has a length of 5 inches (0.13 mm) and a width of 1 inch (25 mm), and front strap 2107 preferably has a length of 6 inches (0.15 mm) and a width of 1 inch (25 mm). Cords 2201 and 2203 are preferably cotton cord having a length of from approximately 20 inches (0.5 m) to approximately 30 inches (0.75 m), and more preferably from approximately 22 inches (0.56 m) to approximately 26 inches (0.66 m), and still more preferably approximately 24 inches (0.6 m) in length. Cords 2201 and 2203 have a diameter that is preferably from 1/2 inch (13 mm) to 1 inch (25 mm), and more preferably approximately 3/4 inches (19 mm). The joints between straps 2105 and 2107 and attachment straps 1703 are preferably double stitched. The resulting grip attachment 2100 has four cords with approximately 10 inches (0.25 m) of grippable length, allowing enough room for a human hand to pass between and grip cords 2110.

Grip accessory 2100 is removably attachable and is used as follows. Grip attachment portion 2120 is removably attachable to one of the pair of grips 123 by the contact of fastening surfaces 1809 and 1813 on each strap 1803. With finger grip accessory 2100 so secured, one, two, three, or all four of cords 2110a-d may be gripped by the hand. For example, FIG. 22A illustrates cords 2110a, 2110b, and 2110c gripped by a user, FIG. 22B illustrates cords 2110a and 2110b gripped by a user, and FIG. 22C illustrates cord 2110a gripped by a user. With cords 2110 so gripped, a force can be exerted by the user against exercise device 100.

It is to be understood that this invention is not limited to those embodiments and modifications described in the specification. Modifications and variations can be made by one skilled in the art without departing from the spirit and scope of the invention. For example, the various inelastic members are described herein as straps, this is not meant to limit the actual shape of the inelastic member, which could be round, as in a cord. Moreover, any one or more features of any embodiment of the invention may be combined with any one or more other features of any other embodiment of the invention, without departing from the scope of the invention.
The embodiments of the present invention in which an exclusive property or privilege is claimed are defined as follows:

1. A portable exercise apparatus comprising:
   a resistance exercise device having at least one integral grip attached to an inelastic elongated member having a length;
   an anchor for supporting said elongated member by a stationary support, said anchor having a first portion for mounting to a structure and a second portion including a flexible portion to support said elongated member at a position along said length when both of said grips are pulled in a direction away from said anchor, wherein said flexible portion includes a loop, and wherein said elongated member passes through said loop; and
   an accessory grip removably coupled to said at least one integral grip.

2. The portable exercise apparatus of claim 1, wherein said at least one integral grip is a pair of integral grips attached to said inelastic elongated member and separated by the length.

3. The portable exercise apparatus of claim 2, wherein said anchor has a first end slidably attached to said elongated inelastic member between said pair of grips and second end adapted for attaching to said stationary support.

4. The portable exercise apparatus of claim 2, wherein said inelastic elongated member further includes a mechanism to adjust the length of said elongated inelastic member between said pair of integral grips.

5. The portable exercise apparatus of claim 2, wherein each of said pair of integral grips includes one of a pair of rigid elongated members each having an outer circumference.

6. The portable exercise apparatus of claim 5, wherein said accessory grip has a grip attachment portion including at least one strap having a length...
greater than the outer circumference and includes a fastener to secure said grip attachment portion about one of said pair of integral grips.

7. The portable exercise apparatus of claim 6, wherein said fastener is a hook-and-loop fastener.

8. The portable exercise apparatus of claim 1, wherein said accessory grip includes a loop adapted for accepting a heel of a user.

9. The portable exercise apparatus of claim 1, wherein said accessory grip includes one or more loops each adapted for accepting at least one finger of a user.

10. The portable exercise apparatus of claim 1, wherein said accessory grip includes a plurality of cords adapted for gripping, in any combination, by a hand of a user.

11. The portable exercise apparatus of claim 10, wherein each of said plurality of cords has a portion with a length greater than 4 inches (0.1 m) and a diameter of from 1/4 inch (6 mm) to approximately 1 inch (25 mm), and a joint mutually connecting said plurality of cords, where said plurality of cords is sufficiently flexible to adjacently arrange two or more of said portions of said plurality of cords.

12. The portable exercise apparatus of claim 11, wherein each of said plurality cords has a second end, and where said second ends are joined.

13. The portable exercise apparatus of claim 12, wherein the distance from said joint to said second ends is approximately 10 inches (0.25 m).

14. The portable exercise apparatus of claim 4, wherein said mechanism includes at least one cam buckle, such that said length is adjustable.
according to the length of said elongated inelastic member through said cam buckle.

15. The portable exercise apparatus of claim 14, wherein said at least one cam buckle is two cam buckles, wherein each of said two cam buckles is adjacent to one of said pair of integral grips.

16. The portable exercise apparatus of claim 3, wherein said stationary support is a closed door having a door jamb, wherein said anchor includes an enlarged portion at said second end and a strap between said first end and said second end that is passable between said closed door and said door jamb, and wherein said enlarged portion is not passable between said closed door and said door jamb.

17. The portable exercise apparatus of claim 2, wherein said stationary support is a pole, rail, or stanchion, wherein said first portion includes a strap and a tensioning device, wherein said strap has a length sufficiently long to wrap about said structure, and wherein said tensioning device is adapted for tightening said strap about said structure.

18. The portable exercise apparatus of claim 1, wherein said length of said elongated member is between 6 feet (1.8 m) and 12 feet (3.6 m).

19. The portable exercise device of claim 3, wherein said anchor includes an enlarged portion at said second end and a strap between said first end and said second end, wherein said stationary support is a wall, and further includes:

   a bracket having a first portion affixed to said wall and a second portion having an opening and spaced apart from said first portion, where said opening in said second portion is adapted to accept said strap, where said spacing between said wall and said second portion is sufficient to accept said
enlarged portion, and where said opening is sufficiently small to prevent said enlarged portion from passing through said opening.

20. The portable exercise apparatus of claim 1, wherein said at least one integral grip is a pair of integral grips, and wherein said resistance exercise device further includes an elastic elongated member between said pair of integral grips.

21. Use of an exercise device for performing one or more exercises, said exercise device comprising an elongated member having a pair of ends and an anchor adapted for being supported by a structure, where said anchor includes a flexible loop and said elongated member passes through said loop, wherein said use comprises:
   adjusting a first distance between each of the pair of ends;
   moving the elongated member through the flexible loop such that there is a distance between each of the pair of ends and the flexible loop;
   supporting at least a portion of the user's weight from each of the pair of ends; and
   moving the user's body while maintaining the distance between each of the pair of ends and the flexible loop.

22. The use of claim 21, where the pair of ends is connected by said elongated member.

23. The use of claim 21, wherein said supporting includes supporting the user's weight from the exercise device by at least one hand.

24. The use of claim 21, wherein said supporting includes supporting the user's weight from the exercise device by at least one finger.

25. The use of claim 21, wherein said supporting includes supporting the user's weight from the exercise device by at least one foot.
26. The use of claim 21, wherein said supporting includes placing at least one of the user's feet on the ground.

27. The use of claim 21, wherein said supporting includes placing at least one of the user's hands on the ground.

28. The use of claim 21, wherein said supporting includes placing the user's back on the ground.

29. The use of claim 21, wherein said supporting includes placing at least a portion of the user's arm on the ground.

30. The use of claim 21, further comprising: attaching the pair of ends together to fix the distance between each of the pair of ends and the anchor; where said supporting includes supporting at least a portion of the user's weight from the attached pair of ends.

31. The use of claim 21, where said supporting includes: supporting one of the user's hands from one of the pair of ends; and supporting the other of the user's hands from the other of the pair of ends.

32. The use of claim 21, where said supporting includes: supporting one of the user's feet from one of the pair of ends; and supporting the other of the user's feet from the other of the pair of ends.

33. The use of claim 21, further comprising: readjusting the distance between each of the pair of ends and the anchor to establish a readjusted distance between each of the pair of ends and the flexible loop; and moving the user's body while maintaining the readjusted distance.
34. The use of claim 21, where said anchor includes a single thickness strap adapted for placing between a door jamb and a closed door, and a portion to support a user's weight from said door, where said method further includes:
   placing said strap between a door jamb and a closed door.

35. The use of claim 21, further comprising:
   readjusting a second distance between each of the pair of ends, where said second distance is different than said first distance;
   moving the elongated member through said flexible loop to establish a second distance between each of the pair of ends and the anchor; and
   performing a second exercise with the user supporting at least a portion of their weight from at least one of the pair of ends.

36. Use of an exercise device for exercising against at least a portion of a user's weight, said exercise device having an inelastic elongated member with a pair of ends and an anchor to a support structure, where said anchor includes a flexible loop and said elongated member passes through said loop, wherein said use comprises:
   adjusting the length of the inelastic elongated member between the pair of ends;
   moving the elongated member through the flexible loop;
   supporting, from each end of the pair of ends, at least a portion of the user's weight, where said supporting increases a frictional force between said anchor and elongated member that inhibits movement of the elongated member along the anchor; and
   moving the user's body while maintaining fixed distances between each of the pair of ends and the flexible loop with at least a portion of the user's weight supported on the ground.

37. The use of claim 36, wherein said supporting includes supporting the user's weight from the exercise device by at least one hand.
38. The use of claim 36, wherein said supporting includes supporting the user's weight from the exercise device by at least one finger.

39. The use of claim 36, wherein said supporting includes supporting the user's weight from the exercise device by at least one foot.

40. The use of claim 36, wherein said supporting includes placing at least one of the user's feet on the ground.

41. The use of claim 36, wherein said supporting includes placing at least one of the user's hands on the ground.

42. The use of claim 36, wherein said supporting includes placing the user's back on the ground.

43. The use of claim 36, wherein said supporting includes placing at least a portion of the user's arm on the ground.

44. The use of claim 36, where said fixed distances are first fixed distances, said method further comprising:

   readjusting the length of the inelastic elongated member between the pair of ends; and
   moving the user's body while maintaining second fixed distances between each of the pair of ends and the flexible loop.

45. The use of claim 36, where said anchor includes a single thickness strap adapted for placing between a door jamb and a closed door, and a portion attached to said strap and adapted to support the elongated member, where said method further includes: placing said strap between a door jamb and a closed door.
46. Use of an exercise device attached to a structure for performing exercises, said exercise device having a pair of ends attached by a member having an adjustable length and adapted for being supported by an anchor including a flexible loop, where the member passes through the loop, wherein said use comprises:

   adjusting the adjustable length to a first length; moving the first length through the flexible loop to establish a first distance between each of the pair of ends and the flexible loop;

   performing a first exercise with the user supporting at least a portion of their weight from at least one of the pair of ends while maintaining the established first distance between each of the pair of ends and the flexible loop;

   readjusting the adjustable length to a second length different than said first length;

   moving the second length through said flexible loop to establish a second distance between each of the pair of ends and the flexible loop; and

   performing a second exercise with the user supporting at least a portion of their weight from at least one of the pair of ends while maintaining the established second distance between each of the pair of ends and the flexible loop.

47. The use of claim 46, where performing said first exercise or performing said second exercise includes supporting the user's weight from the exercise device by at least one hand.

48. The use of claim 46, where said performing said first exercise or performing said second exercise includes supporting the user's weight from the exercise device by at least one finger.

49. The use of claim 46, where said performing said first exercise or performing said second exercise includes supporting the user's weight from the exercise device by at least one foot.
50. The use of claim 46, where said performing said first exercise or performing said second exercise includes placing the user's feet on the ground.

51. The use of claim 46, where said performing said first exercise or performing said second exercise includes placing the user's hands on the ground.

52. The use of claim 46, where said performing said first exercise or performing said second exercise includes placing the user's back on the ground.

53. The use of claim 46, where said performing said first exercise or performing said second exercise includes placing at least a portion of the user's arm on the ground.

54. The use of claim 46, further including; placing, between a door jamb and a closed door, a single thickness strap of an anchor adapted for supporting said adjustable length.
FIG. 14A