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(19) **United States**(12) **Patent Application Publication**
Brown(10) **Pub. No.: US 2008/0076645 A1**(43) **Pub. Date: Mar. 27, 2008**(54) **WEARABLE ELASTIC UPPER BODY
STRENGTHENING EXERCISE DEVICE.****Publication Classification**(51) **Int. Cl.**
A63B 21/02 (2006.01)(52) **U.S. Cl.** **482/124**(57) **ABSTRACT**(76) **Inventor: Collon Brown, West Vancouver
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The invention relates to a wearable elastic upper body strengthening exercise device designed for use by a person who wants to build upper body strength. The device consists of one length of rubber tube or similar elastic material and a triangular fixture that holds this tube in two loops designed to fit around each shoulder. The tension of these shoulder loops can be adjusted to fit any size body frame, and can be affixed to provide a range of tension. The device allows the user a full range of motion while the resistance encourages a strengthening of affected muscle groups.

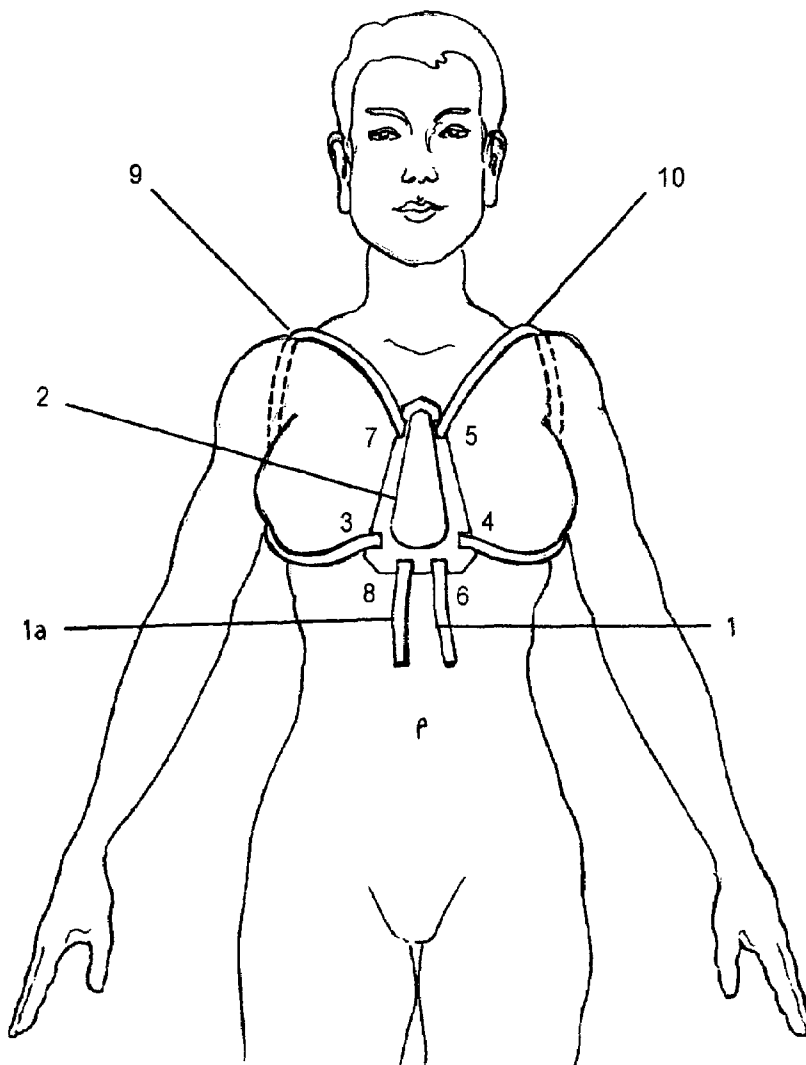
Exercise Position One - Front Upper Body

FIG. 1 Exercise Position One - Front Upper Body

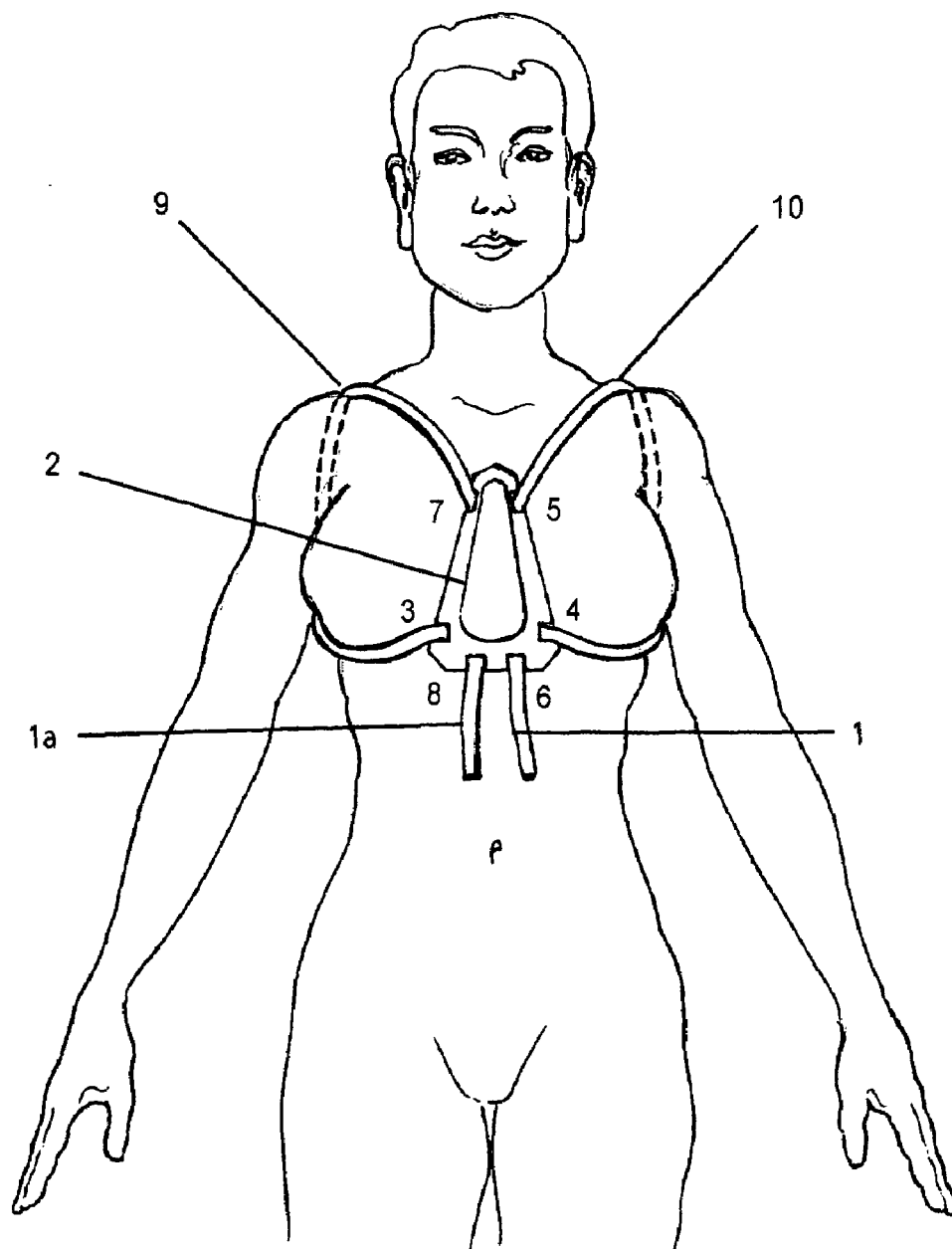


**FIG. 2 Exercise Position One
Back Upper Body**

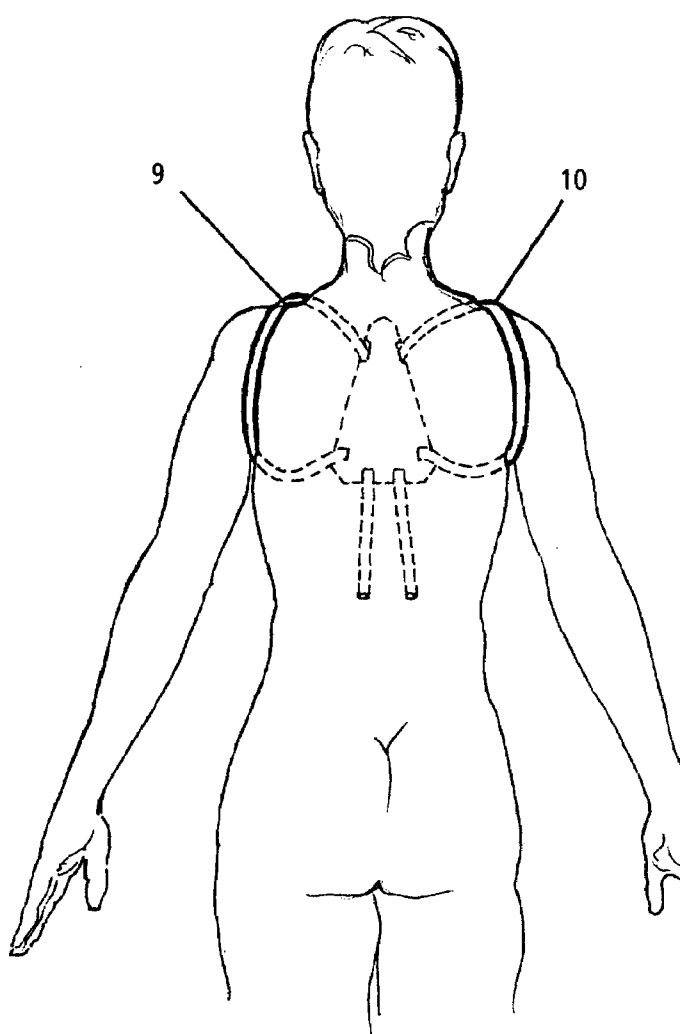


**FIG. 3
Exercise Position One
Profile Upper Body**

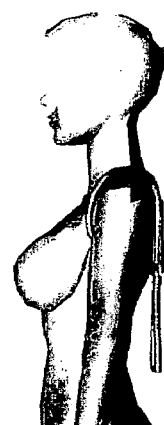


**FIG. 3a
Exercise Position Two
Profile Upper Body**

**FIG. 4 Exercise Position Two
Rear Upper Body**

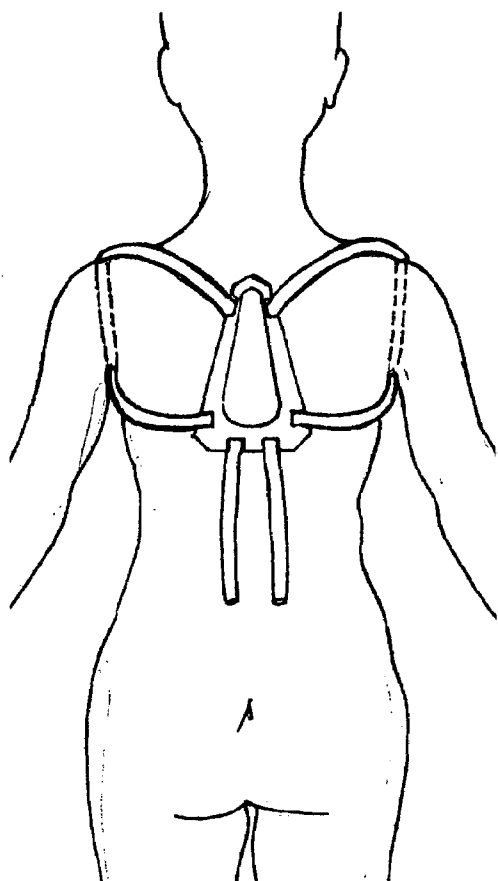


**FIG. 4a Exercise Position Two
Rear Upper Body**

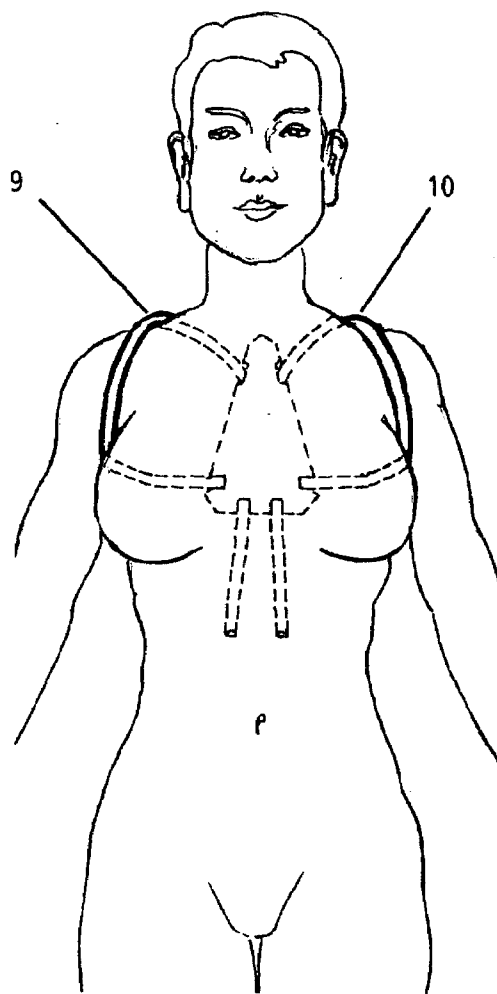


FIG. 5 Detailed Assembled Apparatus

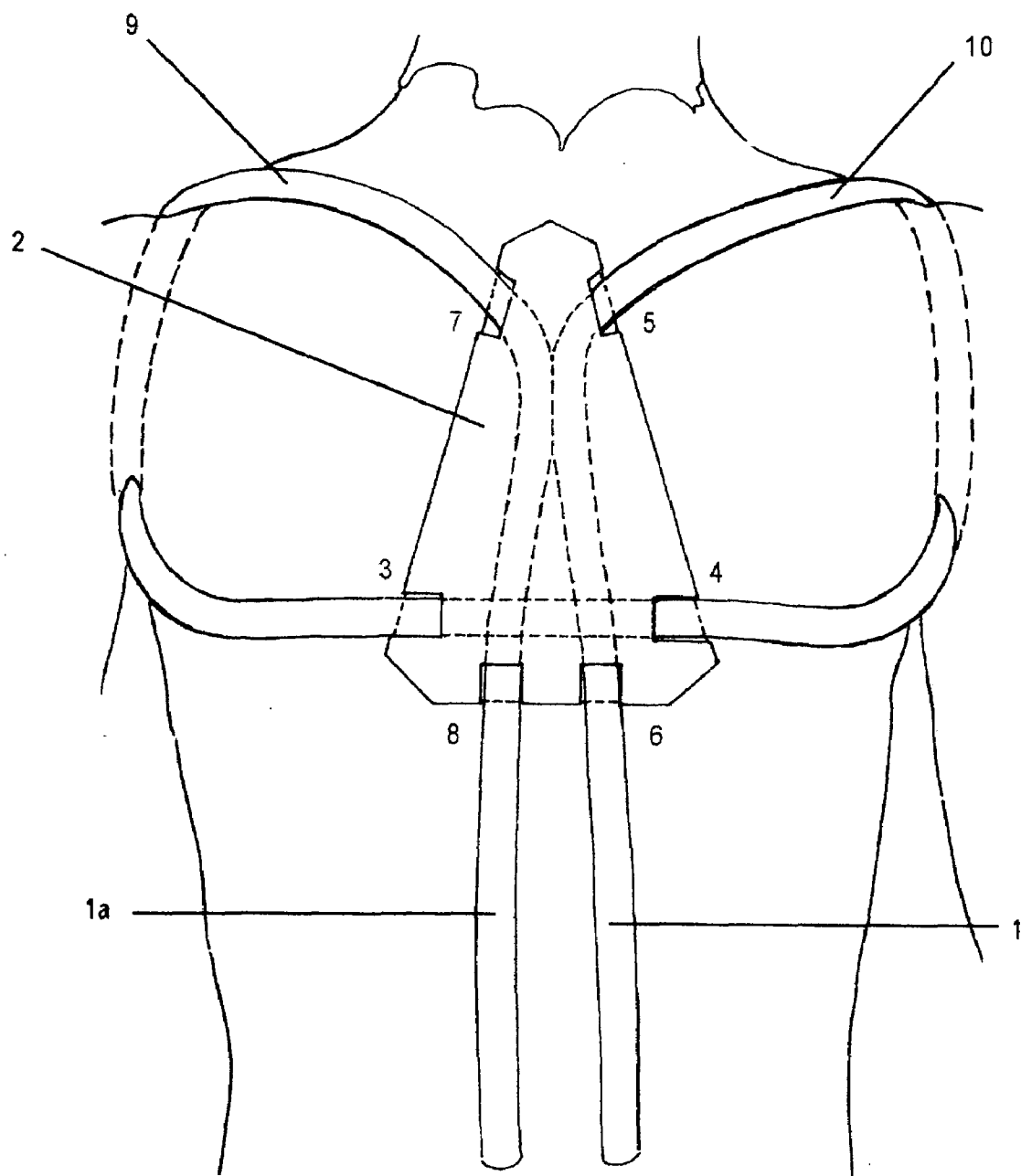


FIG. 6 Triangular Fixture (unassembled apparatus)

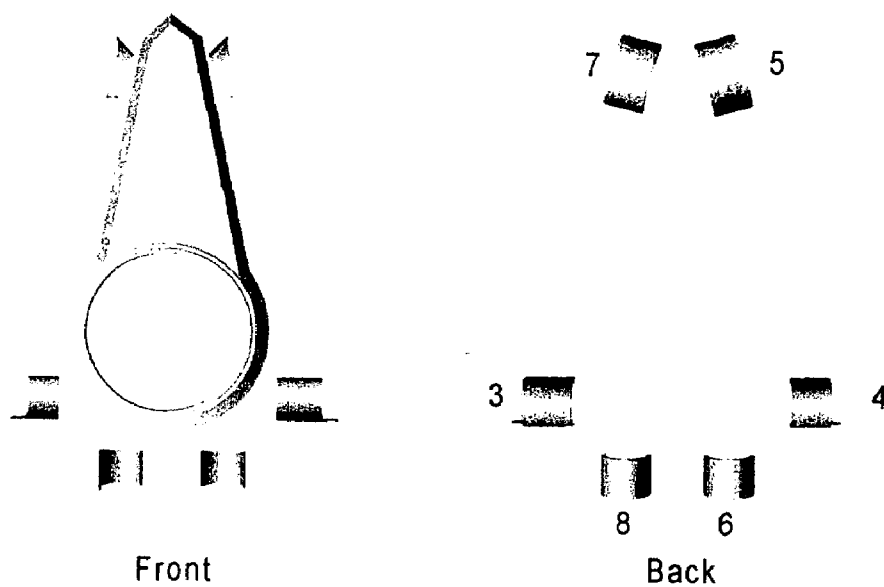
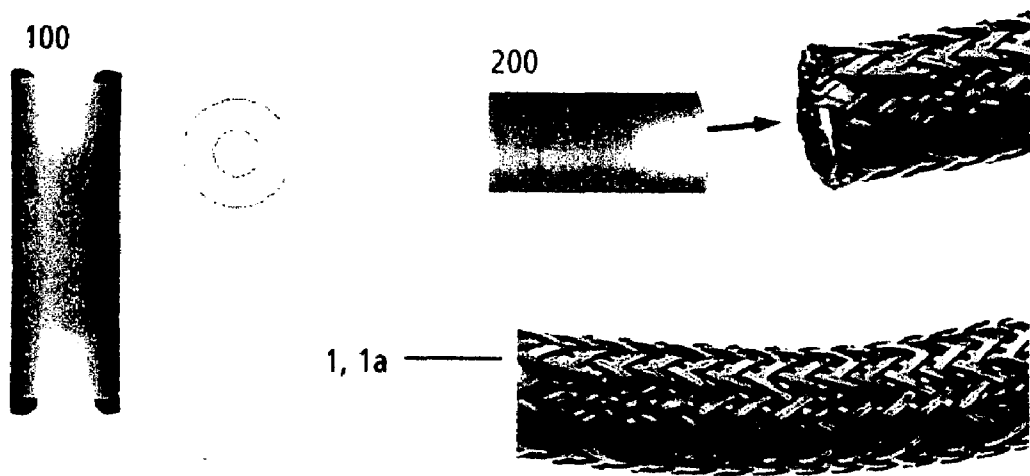


FIG. 7 Elastic rubber tubing covered with nylon braid



WEARABLE ELASTIC UPPER BODY STRENGTHENING EXERCISE DEVICE.

BACKGROUND—FIELD OF INVENTION

[0001] 1. Field of the Invention

[0002] The present invention generally relates to an upper body strengthening apparatus and, more particularly, to an elastic rubber tube with a triangular fixture, configured in a unique design, which loops around the shoulders and can be worn against the chest or the back, designed to strengthen a user's upper body by maintaining a constant and continuous tension on those groups of support muscles.

[0003] 2. Discussion of the Related Art

[0004] A strong upper body is the foundation to good health and well-being. Good posture helps to maintain a healthy back, it holds the body upright, improves balance and enables increased power of arm and leg movements. This culminates in maintaining optimum mobility and protection from the risk of over extending.

[0005] The benefits of elastic resistance have been proven to have quick and effective results in building muscular strength. The device outlined in Claim 1 is based on the fundamentals of elastic resistance. In studies participants using elastic resistance training, were able to increase their strength from ten to thirty percent in a short term. Added benefits of this training are: increased muscle mass, increased power, improved mobility, improved balance, improved gait, and increased endurance.

[0006] Related art systems to improve posture generally are braces and splints. This device is designed as a wearable body strengthening and exercise device in direct opposition to current posture type improvement apparatus which do not create strength, but rather, become a crutch overtime, weakening the body.

[0007] By way of example, U.S. Pat. No. 5,067,484 by Miemstra-Paez shows a related posture training device. In this device, there are two straps adapted to loop around a shoulder of a user and a centrally located rear pouch. The rear pouch is designed to hold weights. This device is based on counter weight or traction and not elastic resistance, and can only be worn on the back, limiting its effectiveness.

[0008] By way of example, U.S. Pat. No. 6,991,611 by Rhee shows a related art system. In this device a fabric strap pulls the shoulders back thereby straightening a user's posture. This device acts as a brace, and does not build strength or affect any of the muscle structure positively.

SUMMARY OF THE INVENTION

[0009] The invention offers an improvement over the prior art by first and foremost utilizing the effective science of elastic resistance to build muscular strength. In addition, the design features a complete upper body strengthening system by utilizing 2 exercise positions. (See FIG. 1 & FIG. 4)

[0010] An advantage of the present invention over the prior art is that it provides continuous strength building as well as a range of features and benefits to the user. Features include: lightweight, washable, wearable over or under clothing, sitting, standing or walking, easy to use, affordable, long lasting and durable. Benefits include: instant improvement of posture, longterm posture improvement, overall increased upper body strength, improvement of breathing,

less stress on lower back, better digestion, prevention of physical repetitive stress and added confidence.

BRIEF DESCRIPTION OF THE DRAWINGS

[0011] FIG. 1 illustrates a front view of the assembled apparatus indicating its prescribed method of use in its first exercise position, worn with the fixture on the chest positioned in the centre of the chest and with the loops around the shoulders and the bottom tube resting underneath the breasts.

[0012] FIG. 2 illustrates a back view of the assembled apparatus indicating its prescribed method of use in its first exercise position, worn with the fixture against the chest and with the loops around the shoulders.

[0013] FIG. 3 illustrates a profile view of the assembled apparatus indicating its prescribed method of use in its first exercise position, worn with the fixture on the chest and with the loops around the shoulders.

[0014] FIG. 3a illustrates a profile view of the assembled apparatus indicating its prescribed method of use in its second exercise position, worn with the fixture on the back or rear of the body and with the loops around the shoulders.

[0015] FIG. 4 illustrates a rear view of the assembled apparatus indicating its prescribed method of use in its second exercise position, worn with the fixture on the back, with the triangular fixture positioned between the shoulder blades and with the loops around the shoulders and the bottom tube resting underneath the shoulder blades.

[0016] FIG. 4a illustrates a front view of second exercise position with the shoulder loops wrapped around the front of the shoulders

[0017] FIG. 5 illustrates a detailed view of the assembled apparatus outlining the triangular fixture, its six contoured holes with the tube affixed into the effective design.

[0018] FIG. 6 illustrates a view of the triangular fixture (unassembled) outlining its six contour holes

[0019] FIG. 7 illustrates elastic rubber tubing covered with nylon braid

DESCRIPTION OF PREFERRED EMBODIMENTS

[0020] As shown in the drawings the apparatus consists of two main parts. The first (1) being one length of elastic rubber tube covered in a nylon braid. The second (2) being a flexible plastic or rubber triangular fixture which holds the tube into its effective design.

[0021] The basic assembled apparatus is shown in FIG. 1 and FIG. 5. The tube is pulled through six contoured holes. 1 is pulled through 3 and 4 leaving equal lengths of the tube on either side, and then continues through 5 to create the shoulder loop 9, then placed under itself on the back side of 2 and pulled through 6. 1a (the other end of 1) is pulled through 7 to create the second shoulder loop 10 and then placed under itself on the back side of 2 and pulled through 8.

[0022] As shown in FIG. 1 Exercise Position One is outlined wherein the assembled apparatus is worn against the front of the body.

[0023] As shown in FIG. 2 Exercise Position One is outlined wherein the assembled apparatus' shoulder loops 9 and 10 wrap around the back of the shoulders.

[0024] As shown in FIG. 3 Exercise Position One Profile of the Upper Body as the assembled apparatus would sit on the female body.

[0025] As shown in FIG. 3a Exercise Position Two Profile of the Upper Body as the assembled apparatus would sit on the female body.

[0026] As shown in FIG. 4 Exercise Position Two is outlined wherein the assembled apparatus is worn against the rear upper body.

[0027] As shown in FIG. 4a Exercise Position Two is outlined wherein the assembled apparatus' shoulder loops 9 and 10 wrap around the front of the shoulders.

[0028] As shown in FIG. 6 wherein the contoured holes of the triangular fixture are outlined as 3, 4, 5, 6, 7 and 8.

[0029] As shown in FIG. 7 wherein the details of the elastic rubber tube 100 is covered with the nylon braid 200, creating the elastic rubber tubing 1 and 1a.

1: A wearable elastic upper body strengthening apparatus, comprising of:

- a) a single rubber or similar elastic tube covered in a nylon braid
- b) a triangular fixture with six contoured holes, that holds the tube in two shoulder loops for inserting the arms of the user,
- c) the design and materials allow for a full range of movement

2: A wearable elastic upper body strengthening apparatus wherein the device affects the muscular structure of the user's upper body by adding tension:

- a) wherein the body's muscles respond by building strength to added tension
- b) wherein two wearable exercise positions create a complete upper body strengthening system working the chest, shoulders and back muscular structure of the body
- c) wherein the design allows for an instant improvement in posture
- d) wherein the design allows for long term improvement in posture with regular use

3: A wearable elastic upper body strengthening apparatus which has two exercise positions:

- a) Exercise Position One wherein the apparatus can be worn on the chest to strengthen the muscular structure of the back and shoulders
- b) Exercise Position Two wherein the apparatus can be worn on the back to strengthen the muscular structure of the chest and shoulders
- c) Exercise Position One and Exercise Position Two create a complete upper body strengthening system working the chest, shoulders and back muscular structure of the body

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