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Mehta(10) **Pub. No.: US 2007/0298943 A1**(43) **Pub. Date: Dec. 27, 2007**(54) **ORBITAL EXERCISER SYSTEM**(52) **U.S. CL. 482/115**(76) Inventor: **Pershanth Mehta**, Houston, TX (US)

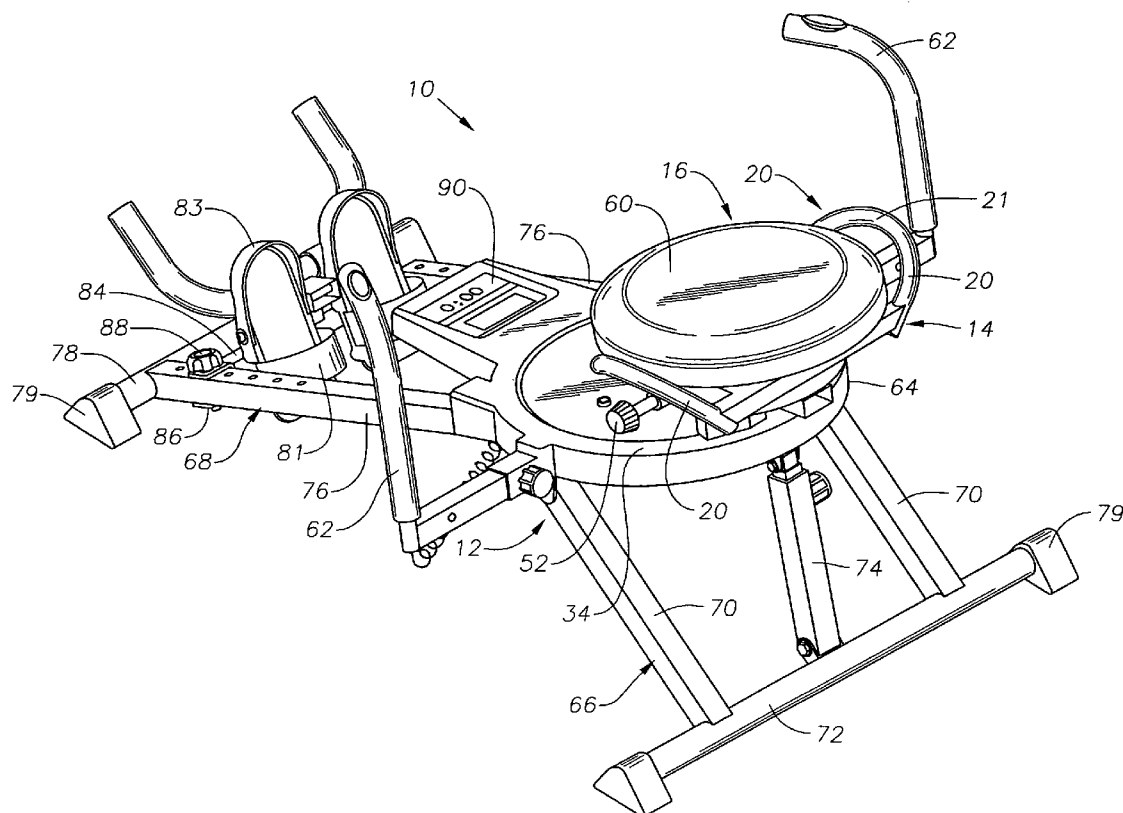
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(63) Continuation-in-part of application No. 11/717,311, filed on Mar. 13, 2007, which is a continuation-in-part of application No. 29/261,894, filed on Jun. 22, 2006.

Publication Classification(51) **Int. Cl.**
A63B 21/015 (2006.01)(57) **ABSTRACT**

An exercise station system comprising a frame, a base pivotally attached to said frame, and a seat rotatably attached to the base, wherein the seat is attached to said base along a first axis and the base is attached to said frame along a second axis that is parallel with but spaced apart from said first axis. The system preferably includes at least one adjustable rotational brake to impeded relative movement of said base to said frame or said seat to said base. The base preferably includes at least two upwardly extending handles disposed on opposite sides of the seat and positioned so as to be adjacent to or higher than the seat surface. In one preferred embodiment, an adjustable tensioner is provided for adjusting the resistance or friction of the rotational brake, thereby permitting adjustment of the workout intensity. Other optional features include footrests extending out from the base.



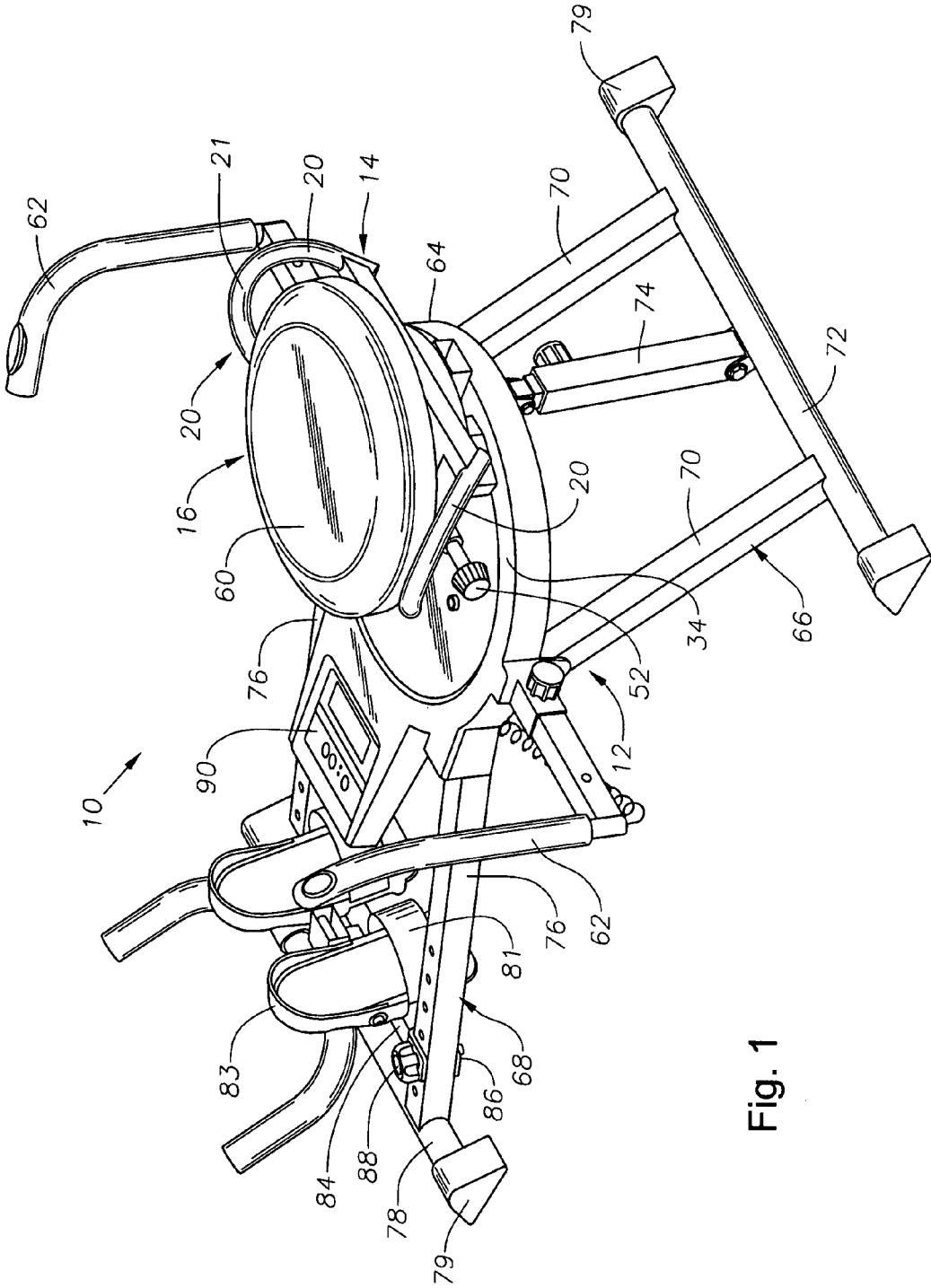
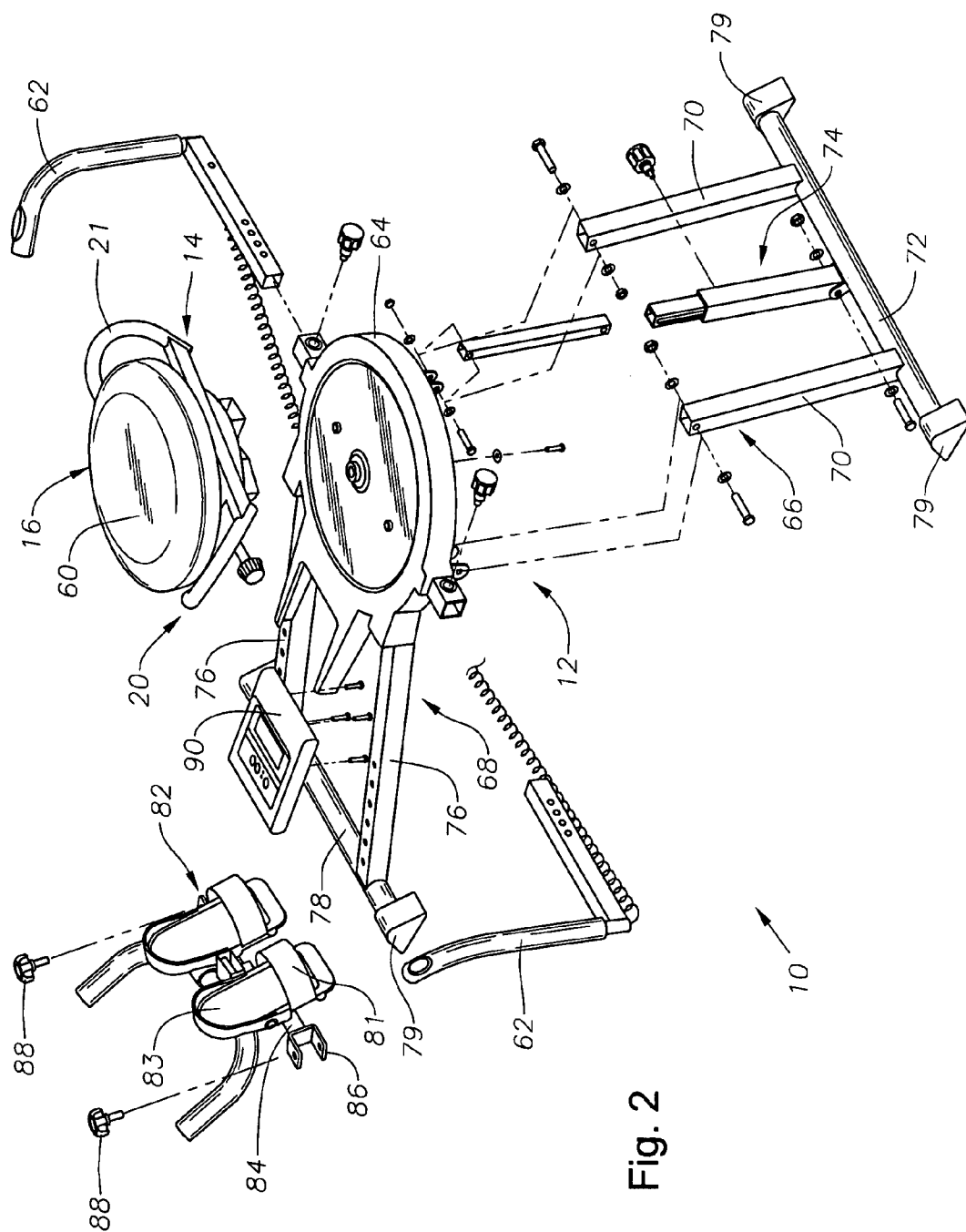
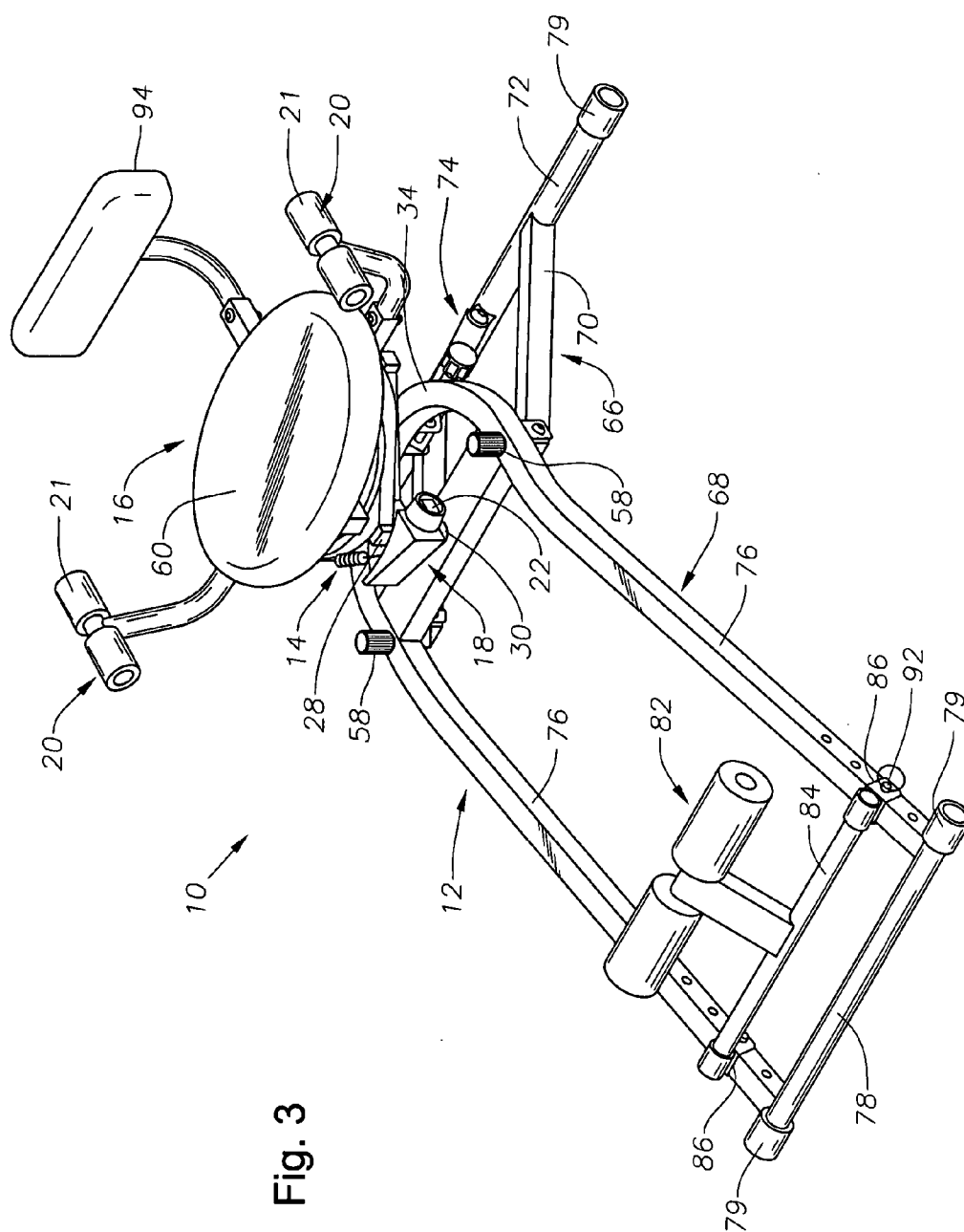


Fig. 1





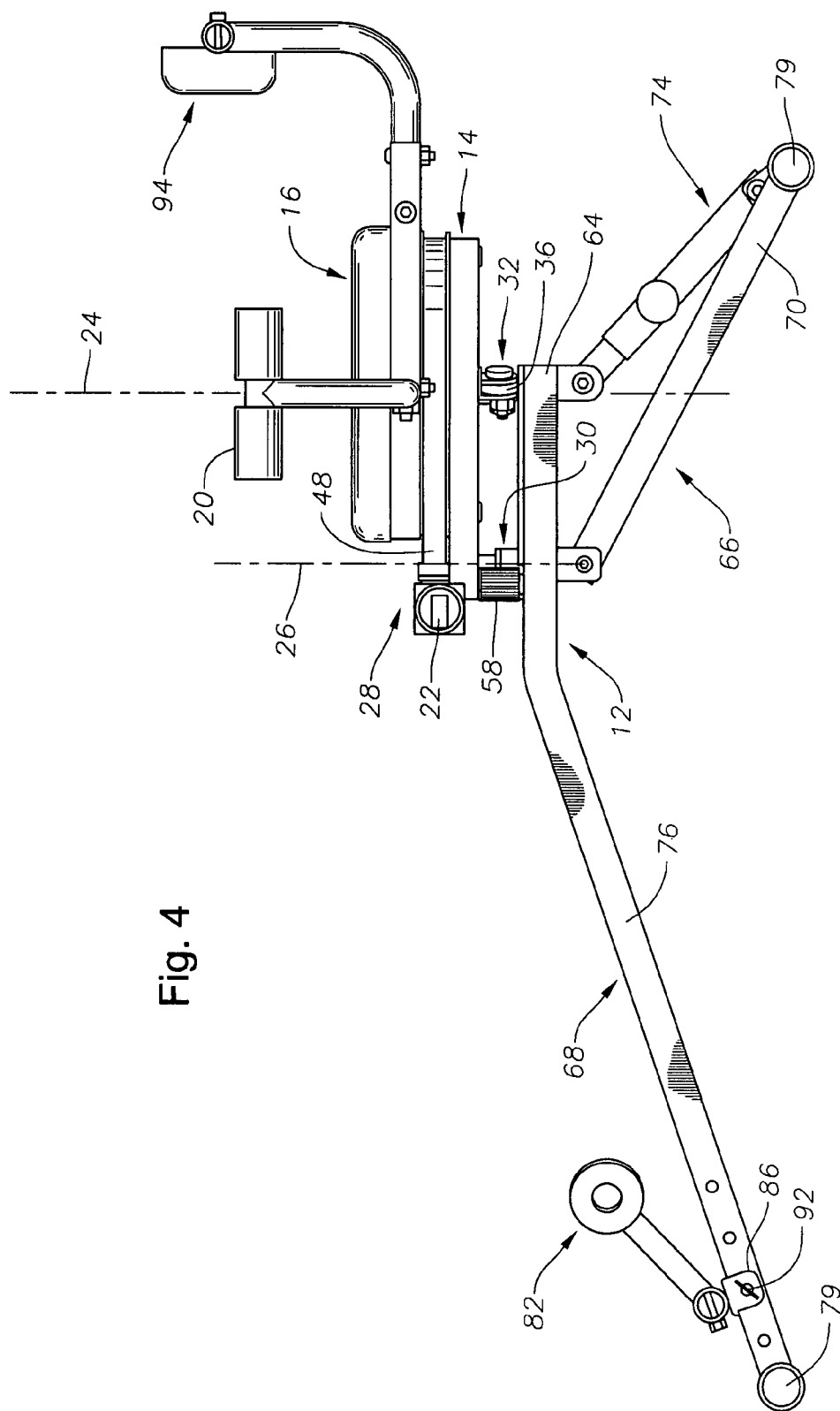
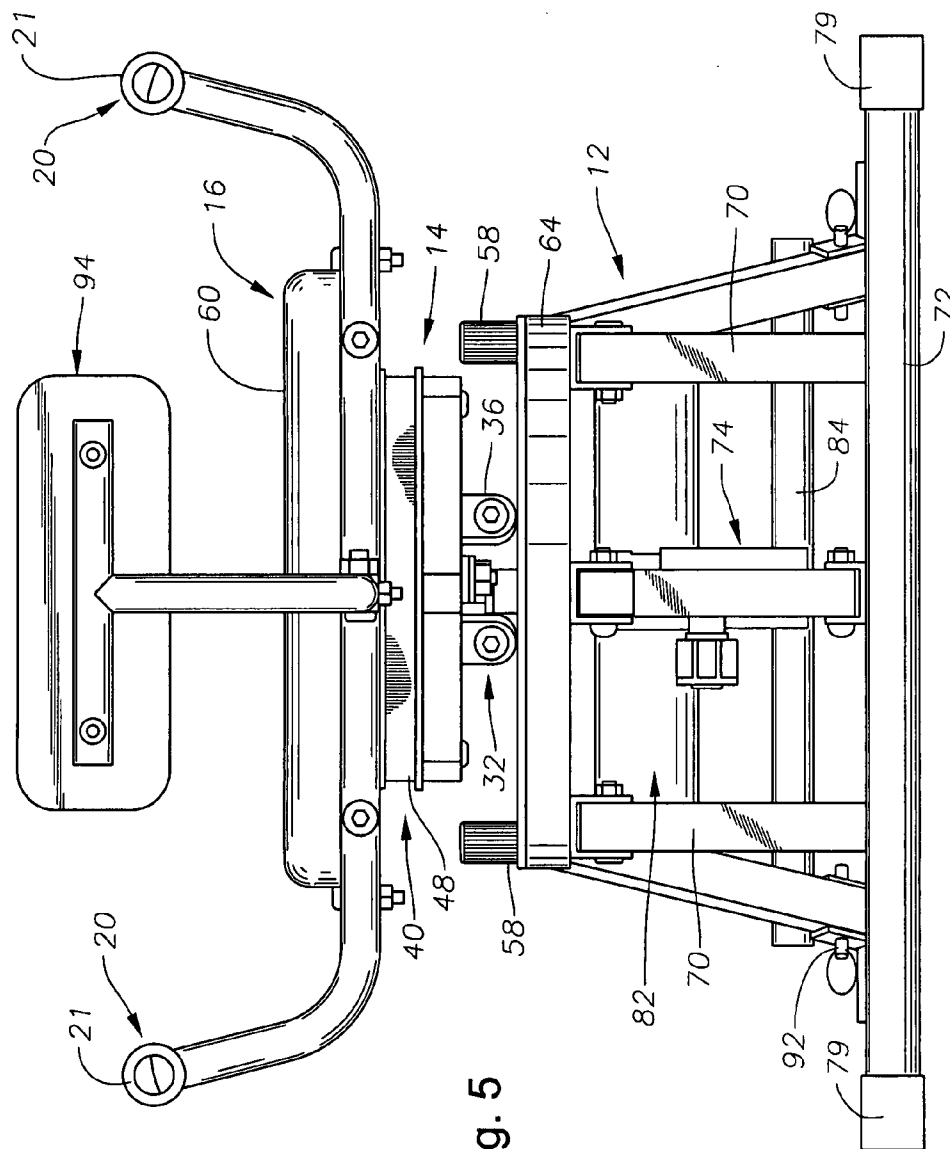


Fig. 4



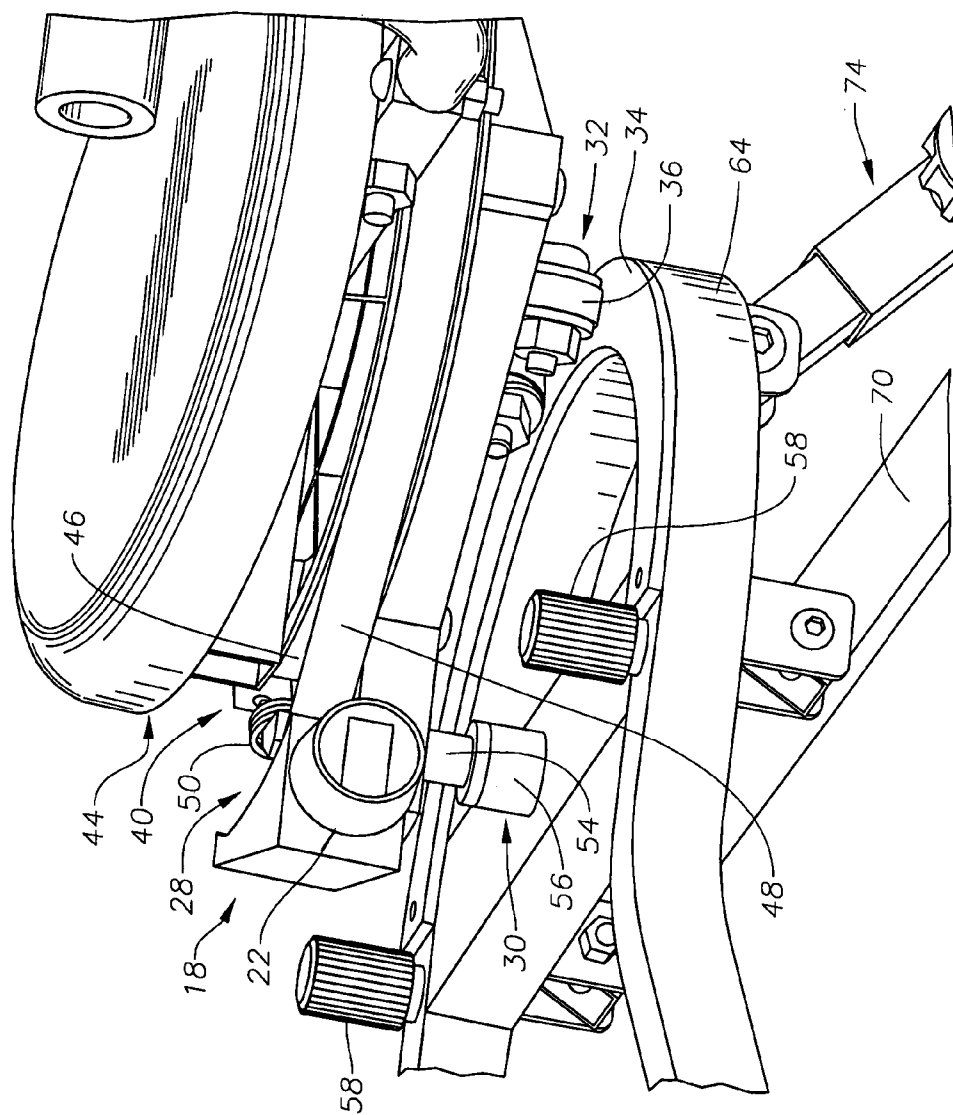


Fig. 6

ORBITAL EXERCISER SYSTEM

CROSS-REFERENCE TO RELATED APPLICATIONS

[0001] The present application is a continuation-in-part of, and claims priority to, co-pending U.S. patent application Ser. No. 11/717,311, entitled "Rotating Exerciser System and Methods", filed on Mar. 13, 2007, which is continuation-in-part of, and claims priority to, co-pending U.S. Design Patent Application Serial No. 29/261,894, entitled "Exerciser", filed on Jun. 22, 2006, all of which are hereby incorporated by reference.

BACKGROUND

[0002] The present invention generally relates to an exercise station and more particularly, to an exercise station adapted for a variety of exercises for improving the muscle tone and cardiovascular fitness of the user, particularly muscles in the abdominal region of the user.

[0003] A variety of exercise machines have been developed for exercising particular muscles of the human body and the popularity of exercise machines has increased in light of the recognition of the significant benefits that can result from exercising muscles of the human body. Many of the exercise machines that have been hereto developed assist the user in working one or more of the abdominal muscles. Traditionally, the exercise considered the best for the exercising the abdomen was thought to be the sit-up. The sit-up, however, has a number of deficiencies, including the potential to be injurious to the exerciser. Specifically, some doctors and therapists now believe that the traditional sit-up subjects the back to unnecessary strain.

[0004] Throughout the years, many doctors, athletes, and physical therapists have tried to create machines and exercises to develop and maintain the abdominal muscles. Unfortunately, many of the conventional exercise machines suffer from one or more disadvantages, such as a limited range of motion or breadth of exercise range, unwieldy size, weight, or bulkiness, lack of portability, lack of support to assist in beginner exercisers, complexity of the exercise apparatus, lack of scalable adjustment to the support assist available to the exerciser, simplicity in use and instruction, lack of an aerobic exercise mode or component, and high expense. These various drawbacks can discourage beginners or non-athletic users from participating in a conditioning and strengthening regimen for abdominal exercise. When used without training or instruction, these devices can actually injure the user from strain or improper exercise motion. Many of these systems are too costly or unwieldy for home use or travel, and thus do not render them readily susceptible to individual purchase and use or for portable applications. Another problem with conventional equipment for exercising the abdominal and other core muscles is that the individual components of the exercise equipment are often subject to being separated from others or misplaced or lost.

[0005] Further, many of the conventional exercise devices that are portable are subject to only being used for a limited number of exercises. Moreover, many of the conventional exercise devices are thought to be difficult to use, boring, and unexciting.

[0006] Accordingly, it would be desirable to have a support device upon which users may lean that addresses one or more of the disadvantages of the prior art.

SUMMARY

[0007] The present invention generally relates to an exercise station and more particularly, to an exercise station adapted for a variety of exercises for improving the muscle tone and cardiovascular fitness of the user. Methods of using the exercise station are also provided.

[0008] One example of an exercise station comprises a frame, a base orbitally attached to said frame; a seat having a top side and underside, the seat rotatably attached to the base; and a first brake attached to the base for impeding rotational motion of the seat. In one embodiment, a second brake may be included to control the orbital motion of the base relative to the frame. Preferably, the frame is raised and includes additional outrigger handles disposed on opposite sides of the frame adjacent the base, and footrests mounted on a portion of the frame extending away from the seat. Additional handles may also be provided adjacent the footrests. The frame may include a plurality of adjustable length legs so that the height of the base and the dimensions of the frame can be adjusted to accommodate a user. In another preferred embodiment, the braking force applied by the brake to the movement of either the seat, the base, or both is adjustable to vary the intensity of the workout.

[0009] An example of a workout method for a user using an exercise station comprises providing an exercise station comprising a base, a seat attached to the base wherein the seat is orbitally mounted to said base, two handles disposed on opposite sides of the seat wherein each handle is attached to the seat, and a brake attached to the seat to regulate orbital motion of the seat; sitting on the seat; gripping the two handles for stability; and causing said seat to move orbitally relative to an attachment point on the base so as to cause abdominal muscle flexing of the user. In another embodiment, a user might lie face down with their feet secured in the footrests and, while gripping the handles adjacent the seat in a "push-up" fashion, cause the seat to move orbitally.

[0010] The features and advantages of the present invention will be apparent to those skilled in the art. While numerous changes may be made by those skilled in the art, such changes are within the spirit of the invention.

BRIEF DESCRIPTION OF THE DRAWINGS

[0011] A more complete understanding of the present disclosure and advantages thereof may be acquired by referring to the following description taken in conjunction with the accompanying figures, wherein:

[0012] FIG. 1 is a perspective view of one embodiment of the orbital exercise station.

[0013] FIG. 2 is an exploded view of the embodiment of the orbital exercise station shown in FIG. 1.

[0014] FIG. 3 is a perspective view of a second embodiment of the orbital exercise station.

[0015] FIG. 4 is a side view of the embodiment of the orbital exercise station shown in FIG. 3.

[0016] FIG. 5 is a back view of the embodiment of the orbital exercise station shown in FIG. 3.

[0017] FIG. 6 is a perspective view of the orbital mechanism of the embodiment of the orbital exercise station shown in FIG. 3.

[0018] While the present invention is susceptible to various modifications and alternative forms, specific exemplary embodiments thereof have been shown by way of example in the drawings and are herein described in detail. It should be understood, however, that the description herein of specific embodiments is not intended to limit the invention to the particular forms disclosed, but on the contrary, the intention is to cover all modifications, equivalents, and alternatives falling within the spirit and scope of the invention as defined by the appended claims.

DESCRIPTION OF PREFERRED EMBODIMENTS

[0019] The present invention generally relates to an exercise station and more particularly, to an exercise station adapted for a variety of exercises for improving the muscle tone and cardiovascular fitness of the user. Methods of using the exercise station are also provided.

[0020] With reference to FIGS. 1-6, an exercise station 10 is shown which comprises, among other features, a frame 12, a base 14 orbitally attached to said frame 12, a rotatable seat 16 attached to the base 14, and a rotational brake 18 (FIG. 6) attached to the base 14 for impeding rotation of the seat 16 relative to the base 14.

[0021] Seat 16 is rotatable with respect to base 14. Brake 18 is provided to impeded rotation of seat 16 relative to base 14. Seat handles 20 are attached to base 14. As best seen in FIG. 6, an adjustable tensioner 22 is provided to function in conjunction with brake 18 to permit the rotational impedance of seat 16 to be adjusted, so as to provide an adjustable resistance for seat 16.

[0022] One novel feature of the invention is the orbital movement of base 14 relative to frame 12. Orbital movement as described herein means that base 14 is pivotally attached to frame 12 at an attachment point on base 14 that is removed from the central axis of base 14. Those skilled in the art with the benefit of this disclosure will appreciate that seat 16 and base 14 are pivotally attached to one another so that seat 16 rotates about the central axis of base 14. In contrast, the axis about which base 14 pivots relative to frame 12 is offset from the axis around which seat 16 pivots.

[0023] The foregoing is best illustrated in FIGS. 4 and 6. Therein a rotational axis 24 of base 14 and seat 16 is shown. Rotational axis 24 passes through the center of both seat 16 and base 14 such that seat 16 is pivotally attached to base 14. Also shown is a rotational axis 26, where it can be seen that axis 24 and axis 26 are offset from one another. Axis 26 passes through the portion 28 of base 14 which is pivotally attached to frame 12. In this way, base 14 can orbit around axis 26 and the attachment point 30 of frame 12. To further support base 14 as it orbits around point 30 of frame 12, one or more supports 32 may be attached to base 14. In the illustrated embodiment, two supports 32 are shown and follow a track 34 that comprises a portion of frame 12. Track 34 is preferably circular or semi-circular in shape with the axis thereof being coaxial with axis 26. In one embodiment of the invention, supports 32 may be rollers 36 that roll along track 34 as base 14 pivots about axis 26.

[0024] While brake 18 may be of many different configurations, in the preferred embodiment shown in FIG. 6, brake 18 comprises a drum assembly 40. Drum assembly 40

includes a drum 42 fixed to the lower side 44 of seat 16. Drum 42 includes an exposed wall or surface area 46 at its radius. Drum assembly 40 and seat 16 are generally rotatably engaged by a base 14. Band 48 encircles drum 42 and is disposed adjacent surface 46 so as to provide resistance or friction against the rotation of drum 42 and correspondingly, as to the rotation of seat 16. Adjustable tensioner 22 in conjunction with spring 50 may be used to increase the tension exerted by band 48 upon drum 42. In this way, band 48 may be used to vary the intensity of a workout by increasing or decreasing the rotational resistance of seat 16. Band 48 may be fabricated out of any material suitable for providing resistance or friction to the rotation of drum 42, including, but not limited to, nylon, any of the fabrics known in the art, plastic, rubber, or any combination thereof. Alternatively, in certain embodiments, adjustable tensioner 22 may incorporate a disc brake mechanism in lieu of band 48 for causing resistance or rotational friction to drum 42. Likewise, those skilled in the art will appreciate that adjustable tensioner 22 could have other arrangements so long as adjustable tensioner 22 is capable of regulating rotational resistance of seat 16 relative to base 14. Likewise, while brake 18 is described as a drum brake in one preferred embodiment, any type of brake known in the art can be utilized to impede rotation of seat 16 relative to base 14. For example, without limitation, brake 18 can also be a disk brake, a wheel brake, a contact brake, or a hydraulic brake without limiting the foregoing invention.

[0025] In this same vein, a second brake 52 may likewise be provided to provide rotational friction of base 14 relative to frame 12 at attachment point 30. As shown in FIG. 6, base 14 may include a shaft 54 extending from portion 28 of base 14. Shaft 54 may be pivotally secured within a coupler 56 secured to frame 12 at attachment point 30. Second brake 52 may be actuated to control the ease with which shaft 54 rotates in coupler 56. Again, those skilled in the art with the benefit of this disclosure will appreciate that any type of mechanism can be used to control resistance between shaft 54 and coupler 56, or more broadly between base 14 and frame 12, and that a particular configuration of the foregoing is not intended to be a limitation of the invention.

[0026] Stops 58 may be provided on frame 12 to limit the orbit of base 14. Although certain embodiments do not include stops 58, FIGS. 3-6 illustrate an embodiment that does include stops 58. In the embodiment shown in FIGS. 1 and 2, base 14 can make a full orbit around attachment point 30, while in the embodiment of FIGS. 3-6, base 14 can only make a half orbit. In this regard, track 34 extends around a full circumference of the embodiment shown in FIGS. 1-2, while track 34 extends around only a half circumference or semi-circle in the embodiment of FIGS. 3-6.

[0027] Although seat 16 is depicted here as a circular seat, seat 16 may be any geometric shape suitable for allowing a user to sit on exercise station 210, including, but not limited to, circular, square, rectangular, substantially triangular, a contour shape custom-fitted to a user, or any combination thereof. Moreover, seat 16 may be cushioned for the comfort of the user. In certain embodiments, seat 16 may be contoured to more comfortably engage the user. For example, the upper surface 60 of seat 16 may be contoured to better stabilize the user on the seat when the seat is in motion.

[0028] Gripping handles 20 are provided for, among other reasons, stability of the user and to aid the user in keeping

an upright posture during use of machine 10. In this regard, handles 20 are desirable to maximize the workout by permitting the user to most effectively rotate the torso while keeping the head and upper shoulders facing forward. Further, it has been found that the gripping portion 21 of handles 20 is most desirably located adjacent to or slightly above the upper surface 60 of seat 16. Thus, handles 20 of this embodiment are depicted as having a first end 20' and a second end 20" and curving upwards at gripping portion 21 so as to provide a surface area for an ergonomic grip. In this same vein, these gripping portions 21 are preferably spaced apart from seat 16 to maintain the proper form of the user during a workout. Finally, in one preferred embodiment, handles 20 may be adjustable relative to base 14 so as to adjust the spacing between seat 16 and gripping portion 21, thereby accommodating users of different sizes and heights.

[0029] In the embodiment of FIGS. 1-2, another set of adjustable handles 62 extend from frame 16. Handles 62 are preferably located on opposite sides of rotational axis 26. Handles 62 may be adjustable relative to frame 12 so as to adjust the spacing between handles 62 and axis 26. Likewise, the height of the gripping portion of handles 62 may be adjustable to accommodate different users.

[0030] Foam covering may be used to cover handles 20 and 62 as desired so as to provide additional comfort to the grip of the user.

[0031] The embodiment of FIGS. 3-6 further includes a backrest 94. Backrest 94 may be mounted on the bottom of seat 16 or base 14.

[0032] As described above, frame 12 is adjustable to accommodate individual users. Frame 12 generally comprises an orbit chassis 64, a first support 66 and a second support 68. Attachment point 30 provided on orbit chassis 64. In one preferred embodiment, orbit chassis 64 is substantially circular in shape and attachment point 30 is provided at the center of chassis 64 such that rotational axis 26 passes through the center of chassis 64. First support 66 and second support 68 may comprise one or more legs. In the preferred embodiments of the Figures, first support 66 comprises two legs 70, each having a first end and a second end, wherein the first end of each of said legs 70 is pivotally attached to the lower side of chassis 64. In this embodiment, the second end of legs 70 attach to a stabilizing cross member 72. A telescoping support 74 having a first end and a second end also extends between chassis 64 and cross member 72 and is pivotally attached to said chassis 64 and cross member 72 at its respective ends, such that adjustment of telescoping support 74 can be used to adjust the height of chassis 64 and hence the height of seat 16 to accommodate a particular user.

[0033] Second support 68 likewise comprises two legs 76 in the preferred embodiment, each leg having a first end and a second end. The first end of legs 76 is secured to chassis 64. The second end of legs 76 attach to a stabilizing cross member 78. In one preferred embodiment, legs 76 may be telescoping. Likewise, legs 70 may be telescoping, all to further accommodate heights of various users.

[0034] Further, feet 79 may be included to provide a friction surface area to prevent slippage of frame 12 during use of exercise station 10. Feet 79 may be rubber or plastic or any material known in the art suitable for preventing slippage of the device.

[0035] Mounted on second support 68 is a footrest assembly 80. Footrest assembly 80 includes footrest pads 82 mounted on a crossbar 84, and may also include handles 86 secured thereto. In one preferred embodiment, second support 68 comprises spaced apart legs 76 and crossbar 84 extends between legs 76. In this configuration, footrest assembly 80 is slidably mounted on support 68, wherein crossbar 84 includes a U-shaped adjustment bracket 86 on each end with an aperture therethrough, which aperture can be aligned with one of a plurality of corresponding apertures provided along leg 76. A fastener 88 may be provided to pass through the aligned apertures and secure footrest assembly 80 to second support 68. In the embodiment of FIGS. 1-2, footrest pads 82 are flat pads, while in the embodiment of FIGS. 3-6, footrest pads 82 comprise a padded cross member under which a user's feet can be hooked.

[0036] In one embodiment, as best illustrated by FIGS. 1-2, the orientation of footrest assembly 80 can be altered to accommodate various exercises performed on station 10. Thus, footrest pads 82 can be defined as having a first end 82' and a second end 82". Disposed at first end 82' is a footstrap 81 that secures over the forefoot of a user, while disposed at second end 82" is a heelrest 83. In FIG. 1, footrest assembly 80 is oriented for a user whose feet are pointed down, such as a user who may be positioned over seat 16 and facing down to do push-up type exercises while gripping handles 20. Alternatively, footrest assembly 80 can be oriented so that a user's feet are pointed up in which case heelrests 83 are below footstraps 81. In this configuration, a user may sit on seat 16 and utilize footrest assembly 80 to stabilize their feet for seated exercises.

[0037] Machine 10 may also include a workout computer 90 to monitor various aspects of a user's workout. Workout computer may, among other things, monitor a user's heart rate using touchpads 92 installed on one or more of the handles. Likewise, a body fat analyzer may be incorporated for analyzing the body fat percentage of the user.

[0038] The connection mechanisms used to attach or connect the various members of exercise station 10 may be any suitable connection mechanism known in the art, including, but not limited to, screws, pins, compression fits, clips, interference fits, quick-release connections, welded connections, or any combination thereof. Pins 92 are one example of a quick-release connection mechanism that may be used to temporarily attach various components of exercise station 10. The term quick-release connection mechanism, as used herein, refers to connection mechanisms that allow for easy and convenient attachment of components without the need for hand tools, and includes, but is not limited to, pins, screw-gate connections, spring-loaded latches, any of the quick-release mechanisms known in the art, or any combination thereof.

[0039] The components of exercise station 10 may be constructed of any suitable material, preferably such material being capable of withstanding the rigors imposed upon the device through normal exercise use, including, but not limited to, metal, the various alloys known in the art, plastic, or any combination thereof. In certain embodiments, sturdy lightweight materials are preferred to enhance the portability of exercise station 10. In certain embodiments, components of exercise station 10 are hollow to reduce the weight of the device, such as for example, hollow tubular members of

frame 12. In other embodiments, various components of exercise station 10 may be weighted or include weighted plugs to give a more "substantial feel" to exercise station 10.

[0040] While exercise station 10 has been described in the preferred embodiments as having seat 16 rotate relative to base 14 and have base 14 orbitally pivot relative to frame 12, those skilled in the art will appreciate that the orbital exercise motion can be achieved without the relative movement between seat 16 and base 14. Thus, in one embodiment of the invention, seat 16 and base 14 are fixed relative to one another or otherwise are unitary. In such case, of course, the need for first brake 18 is obviated.

[0041] One of the advantages of exercise station 10 includes its adaptability to a variety of exercises that a user may perform for both muscle improvement and cardiovascular fitness. As described above, one exercise performed by a user comprises sitting on seat 16 with an upright posture and rotating on the seat side to side, and in an orbital motion which has the salutary effect of working the core and abdominal muscles of the user. In another example, a user may orient themselves in a traditional push-up position using support handles 20 and then perform rotational and/or orbital upper body movements utilizing station 10.

[0042] Therefore, the present invention is well adapted to attain the ends and advantages mentioned as well as those that are inherent therein. The particular embodiments disclosed above are illustrative only, as the present invention may be modified and practiced in different but equivalent manners apparent to those skilled in the art having the benefit of the teachings herein. Furthermore, no limitations are intended to the details of construction or design herein shown, other than as described in the claims below. It is therefore evident that the particular illustrative embodiments disclosed above may be altered or modified and all such variations are considered within the scope and spirit of the present invention. Also, the terms in the claims have their plain, ordinary meaning unless otherwise explicitly and clearly defined by the patentee.

What is claimed is:

1. An exercise station comprising:
 - a frame;
 - a base having a first axis passing therethrough;
 - a seat having a top side and underside, the seat rotatably attached to the base at the first axis; and
 - the base pivotally attached to said frame at a point removed from said first axis.
2. The exercise station of claim 1 further comprising a brake attached to the base which brake is capable of impeding rotational movement of the seat relative to the base.
3. The exercise station of claim 2 wherein the brake comprises a circular drum on the underside of the seat and a band disposed at least partially around the circumference of the drum.
4. The exercise station of claim 3 further comprising an adjustable tensioner attached to the band for adjusting the amount of friction between the band and the drum.
5. The exercise station of claim 2 wherein the brake comprises a disc brake.

6. The exercise station of claim 1 further comprising a handle adjacent to the seat wherein the handle is attached to the base.

7. The exercise station of claim 1 further comprising at least two handles disposed on opposite sides of the seat wherein each handle is attached to the base.

8. The exercise station of claim 1 wherein the base comprises a pivot structure which pivot structure is positioned on said base at the point removed from said first axis.

9. The exercise station of claim 8 wherein the pivot structure comprises a post.

10. The exercise station of claim 8 wherein the pivot structure is defined by a second axis passing therethrough which second axis is parallel to but spaced apart from said first axis.

11. The exercise station of claim 1 wherein the seat further comprises a cushion.

12. The exercise station of claim 1 wherein said frame further comprises a chassis, wherein said base is pivotally attached to said chassis.

13. The exercise station of claim 12 wherein said chassis further comprises a track defined on said chassis and said base further comprises a support attached thereto, which support is disposed to move along said track as said base pivots relative to said frame.

14. The exercise station of claim 13 wherein said support comprises at least one roller, which roller rolls along said track as said base pivots relative to said frame.

15. The exercise station of claim 13 wherein said track is semicircular.

16. The exercise station of claim 13 wherein said track is circular.

17. The exercise station of claim 12 wherein said frame further comprises one or more legs attached to said chassis.

18. The exercise station of claim 1 further comprising a brake attached to the frame which brake is capable of impeding pivotal movement of the base relative to the frame.

19. The exercise station of claim 2 further comprising a second brake attached to the frame which brake is capable of impeding pivotal movement of the base relative to the frame.

20. The exercise station of claim 1 further comprising a footrest mounted on said frame.

21. An exercise station system comprising:

- a frame, said frame having a chassis portion on which a track is defined, a first support pivotally attached to said chassis and a second support attached to said chassis;
- a base having a first axis passing therethrough and a second axis passing therethrough, wherein said first and second axis are parallel but spaced apart from one another, said base further comprising a first pivot mechanism at said first axis and a second pivot mechanism at said second axis, wherein said second pivot mechanism pivotally attaches said base to said frame;
- a seat, wherein said first pivot mechanism rotatably attaches said seat to said base;
- a rotational brake capable of impeding motion of at least said base relative to said frame or said seat relative to said base;
- a roller attached to a lower side of said base so as to roll along said track when said base pivots relative to said frame; and

a handle adjacent to the seat wherein the handle is attached to the base.

22. The exercise station of claim 21 wherein said brake comprises a circular drum on an underside of the seat and a band disposed around the circumference of the drum and an adjustable tensioner attached to the band for adjusting the amount of friction between the band and the drum.

23. The exercise station of **21** wherein the first support comprises a first set of legs pivotally attached to said chassis at a first end of said legs and a cross member attached to a second end of said legs and a telescoping support pivotally attached at a first end to said chassis and pivotally attached at a second end to said cross member.

24. The exercise station of **21** wherein the second support comprises a second set of legs attached to said chassis at a first end of said legs and a cross member attached to a second end of said legs, wherein said legs extend out and away from said chassis.

25. The exercise station of **24** further comprising a footrest slidably attached between said second set of legs.

26. The exercise station of **21** further comprising a stop on said track.

27. The exercise station of claim 27 wherein the seat further comprises a cushion.

28. An exercise station comprising:

a frame, said frame having a chassis portion on which a track is defined, a first support pivotally attached to said chassis and a second support attached to said chassis;

a base having a first axis passing therethrough and a second axis passing therethrough, wherein said first and second axis are parallel but spaced apart from one another, said base further comprising a pivot mechanism at said second axis, wherein said second pivot mechanism pivotally attaches said base to said frame;

a seat attached said base at said first axis;

a rotational brake capable of impeding motion of said base relative to said frame;

a roller attached to a lower side of said base so as to roll along said track when said base pivots relative to said frame;

a handle adjacent to the seat; and

wherein the first support comprises a first set of legs pivotally attached to said chassis at a first end of said legs,

wherein the second support comprises a second set of legs attached to said chassis at a first end of said legs so as to extend out and away from said chassis; and

a footrest secured to said second support.

29. The exercise station of claim 28 further comprising a second pivot mechanism, wherein said second pivot mechanism rotatably attaches said seat to said base.

30. The exercise station of claim 28 further comprising at least two handles, wherein the handles are disposed on opposite sides of the seat from one another and secured to said base.

31. The exercise station of claim 29 further comprising a second brake, wherein the second brake comprises a circular drum on the underside of the seat and a band disposed at least partially around the circumference of the drum.

32. The exercise station of claim 31 further comprising a tensioner attached to said band.

33. The exercise station of claim 30 wherein the seat is defined by a top side and a bottom side and the handles are attached to the base below the seat and extend upward from the base to a height above the seat top side.

34. The exercise station of claim 30 wherein each handle has a first end, a second end and a middle portion therebetween and wherein the first and second ends are attached to the base and the middle portion is disposed adjacent the seat.

35. The exercise station of claim 28 further comprising at least two handles, wherein the handles are disposed on opposite sides of the seat from one another and secured to said frame.

36. The exercise station of claim 29 further comprising a second brake capable of impeding motion of said seat relative to said base.

37. The exercise station of claim 36 wherein the brake comprises an outer surface secured to the seat and an adjustable tensioner which adjustable tensioner comprises a contact mechanism mounted on a screw supported on the base, such that rotation of the screw relative to the base moves the contact mechanism into engagement with the brake outer surface.

38. The exercise station of claim 37 wherein the contact mechanism is a wheel rotatably mounted on the screw.

39. The exercise station of claim 37 wherein the screw has a first end and a second end and threads disposed therebetween, which threads are rotatably engaged by the base and wherein the wheel is mounted on the first end of the screw.

40. The exercise station of claim 39 further comprising an adjustment knob mounted on the second end of the screw.

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