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(54) **SINGLE CONSTRUCT ADJUSTABLE TRAINING ROPE**

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USPC **482/93**

(57) **ABSTRACT**

A long training rope designed to utilize trees (limbs, multiple limbs & tree truck but not exclusively) to anchor invention and user. Comprising of single constructed piece, attachments are not necessary for equipment to adjust to different lengths. A specialized knot allows for completely adjustable lengths. Multiple grips including a ball grip and can be utilized while remaining a single piece of equipment.

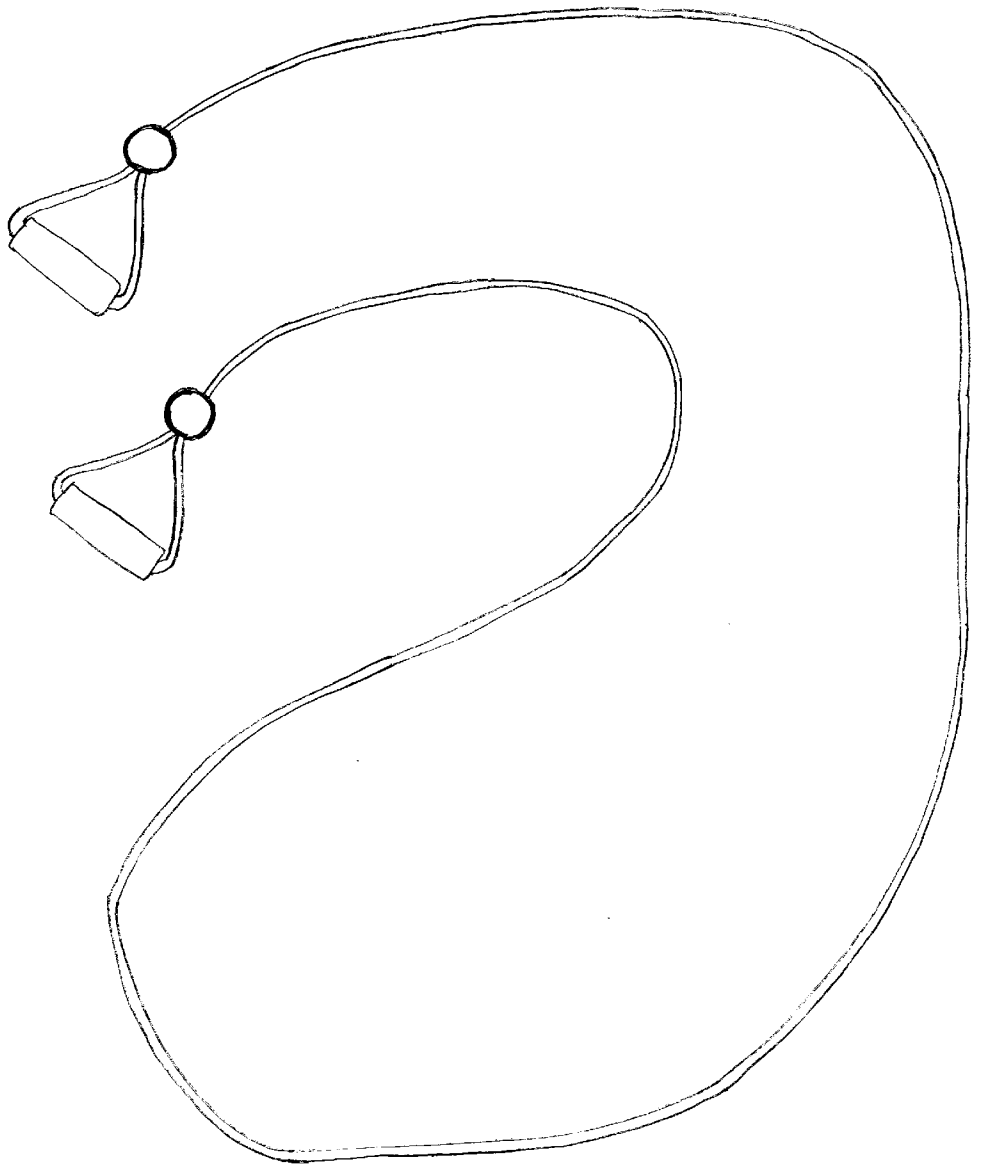


FIG. 1

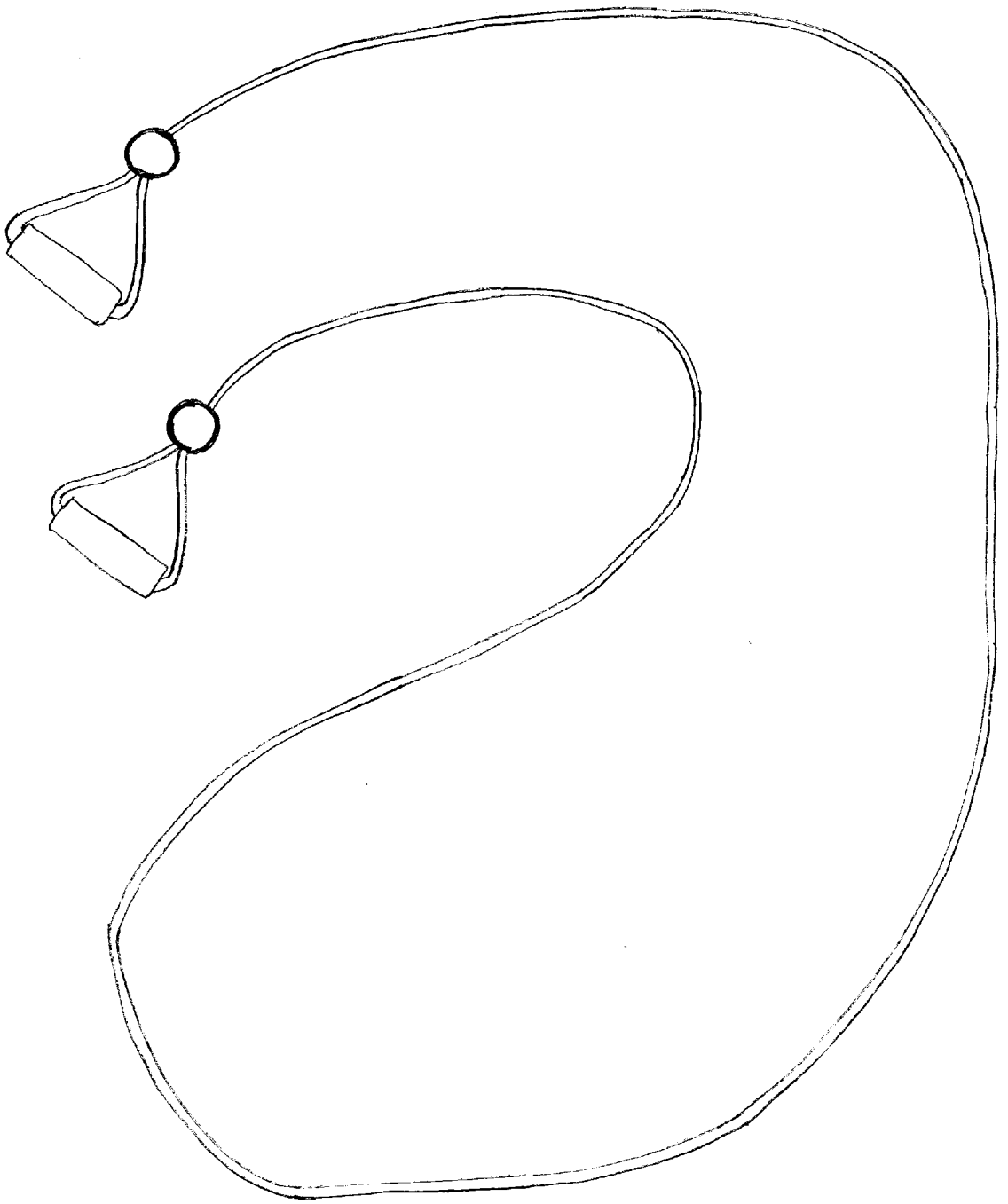


FIG. 2

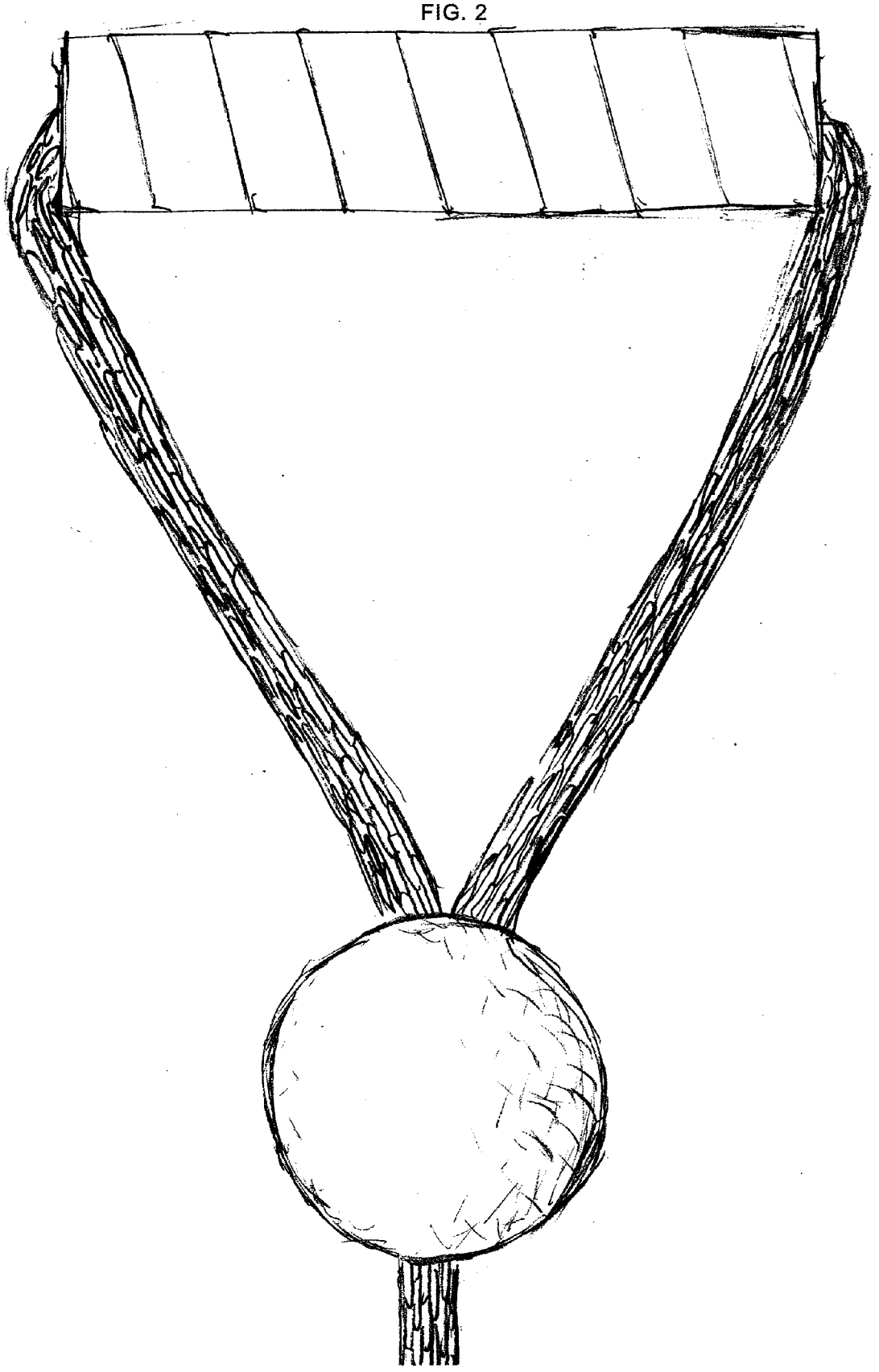


FIG. 3

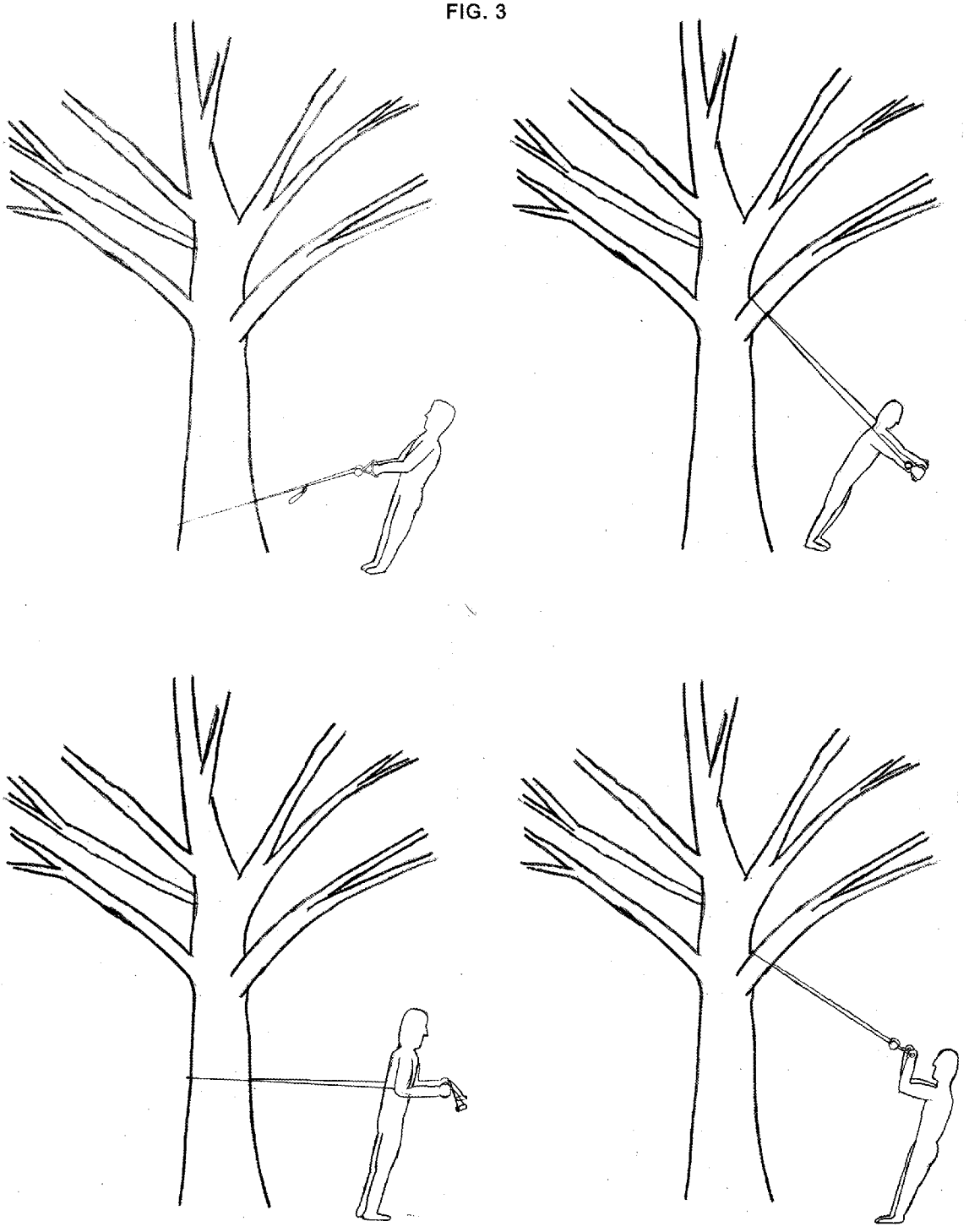
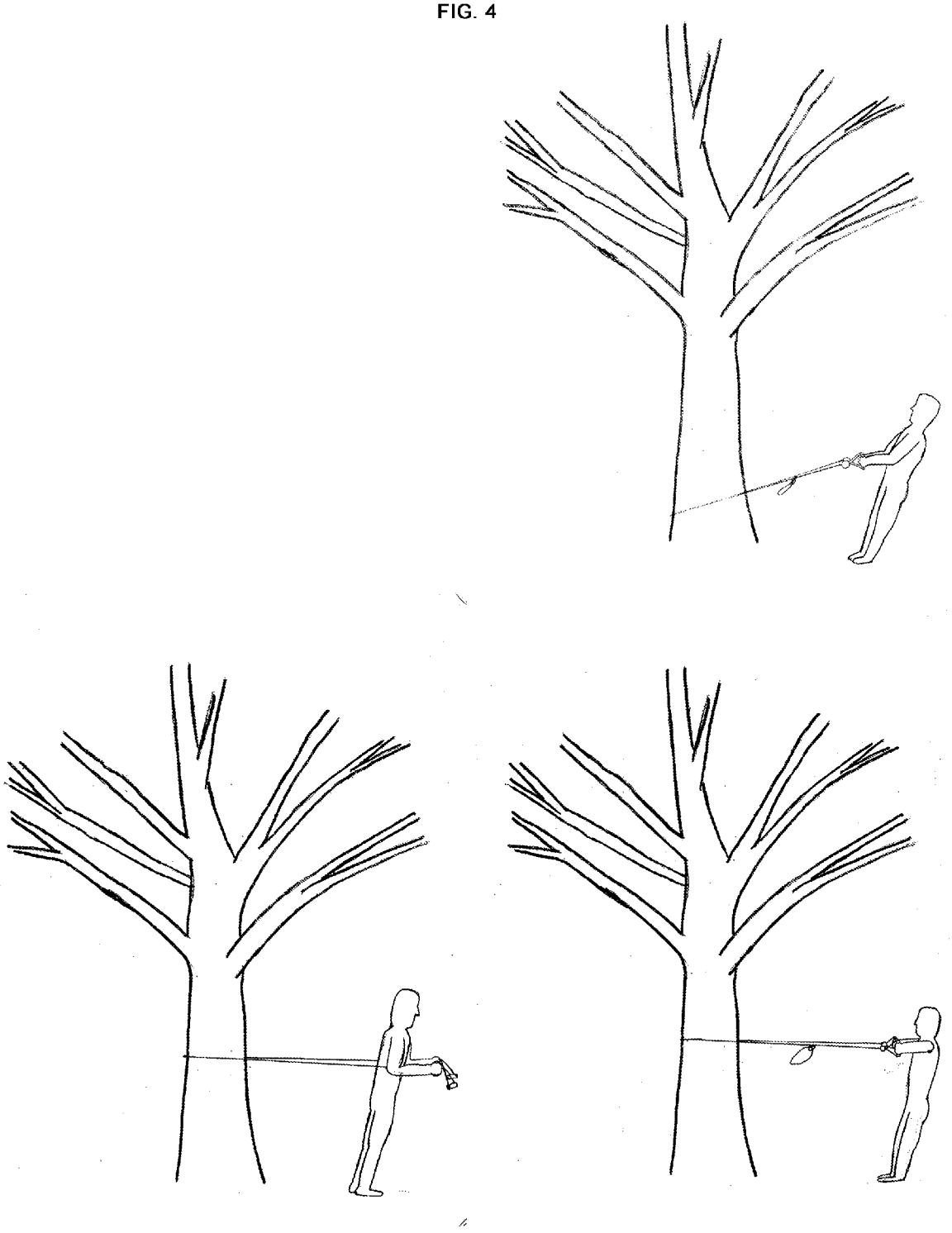


FIG. 4



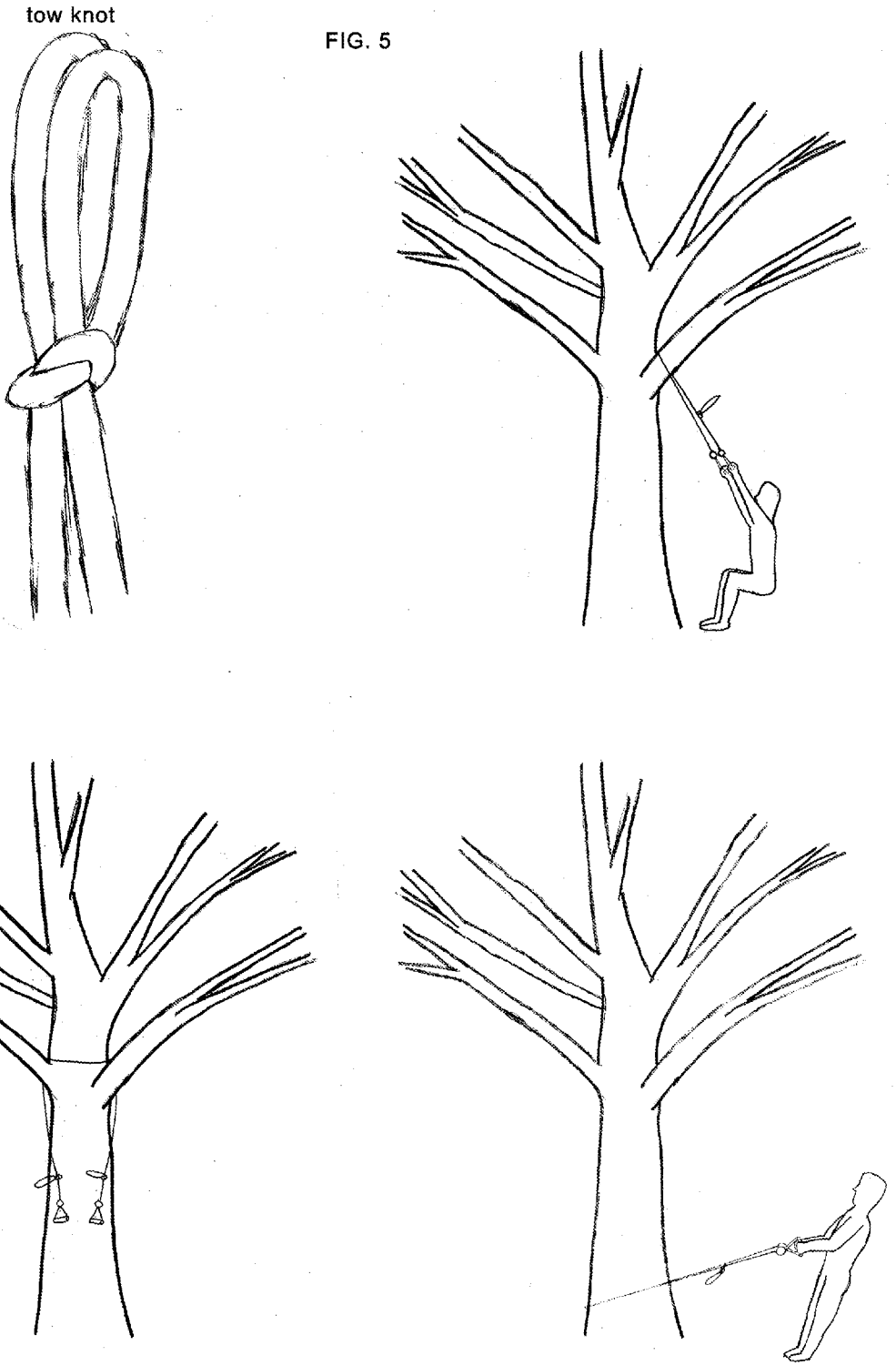


FIG. 5

FIG. 6

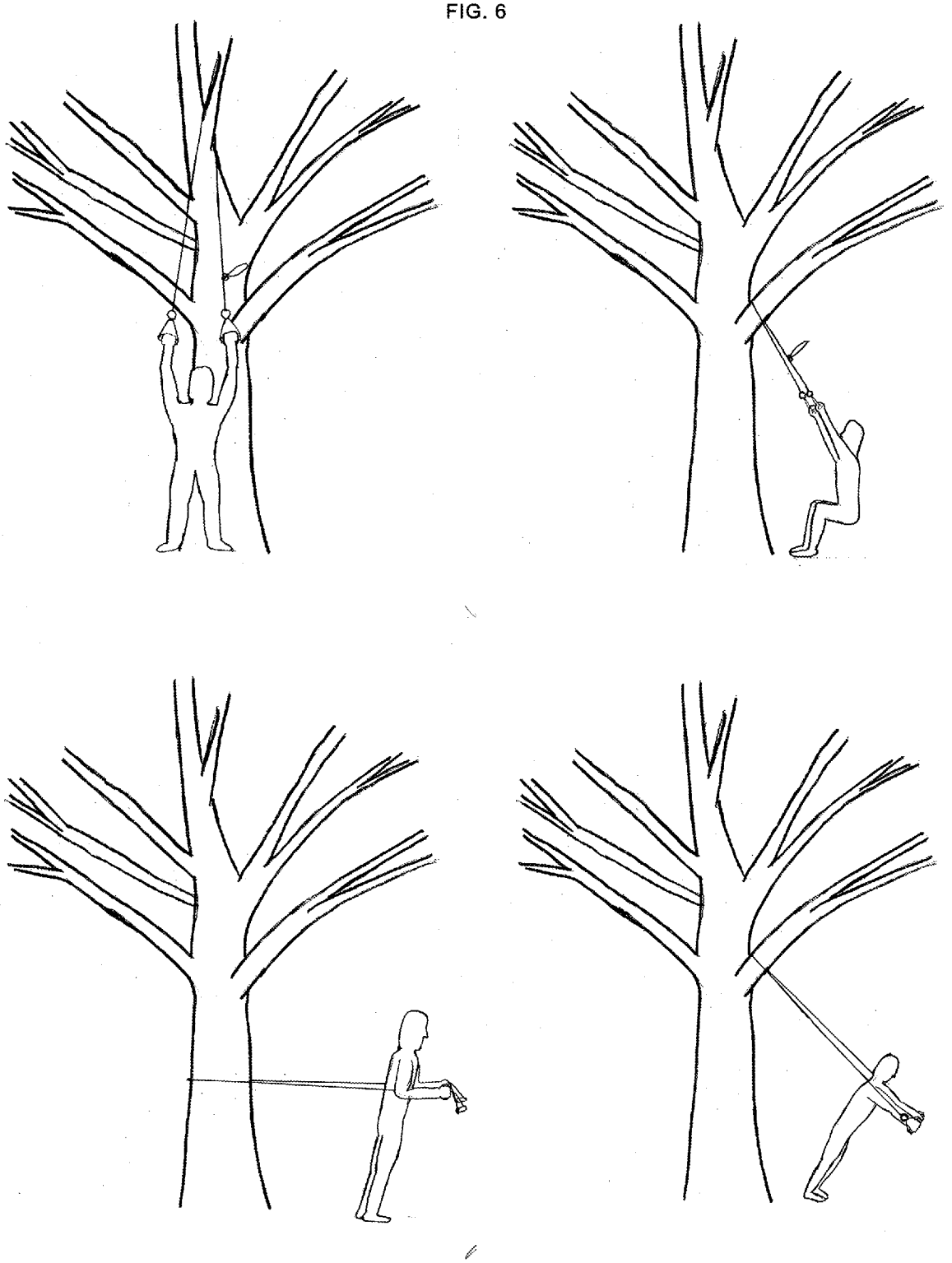


FIG. 7

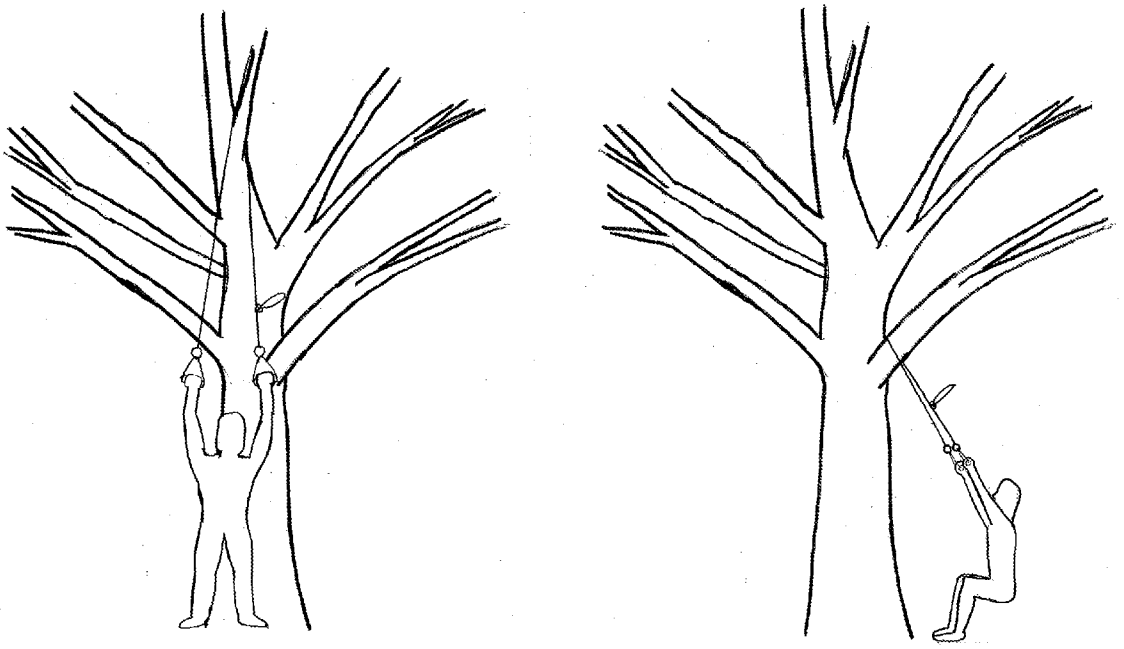


FIG. 8

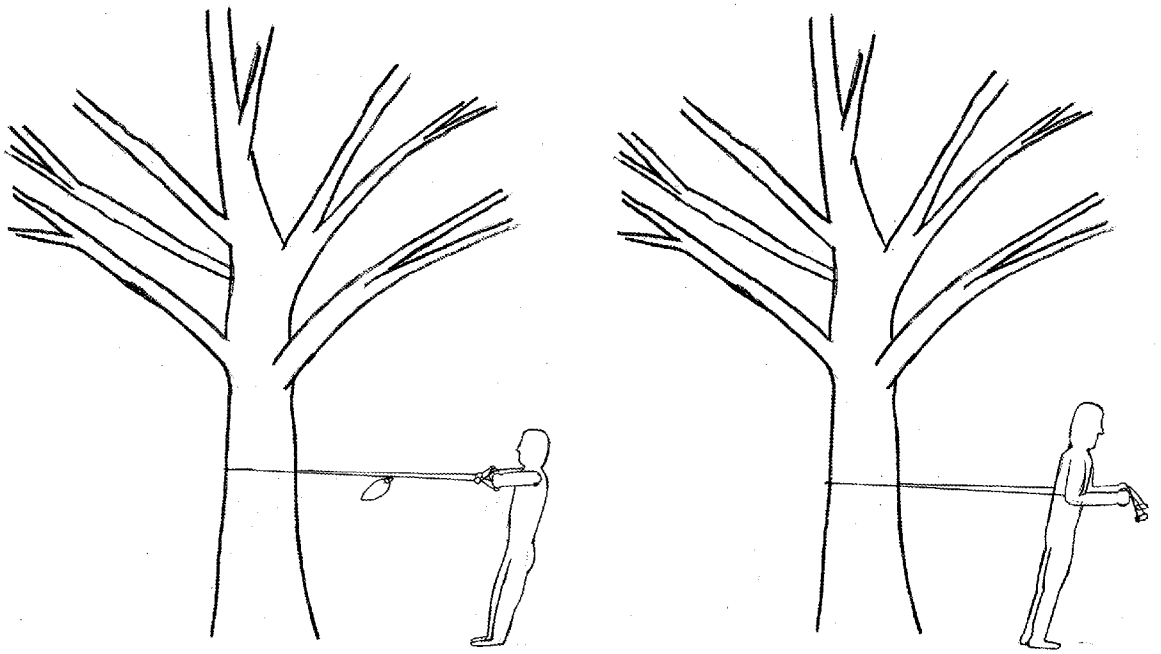


FIG. 9

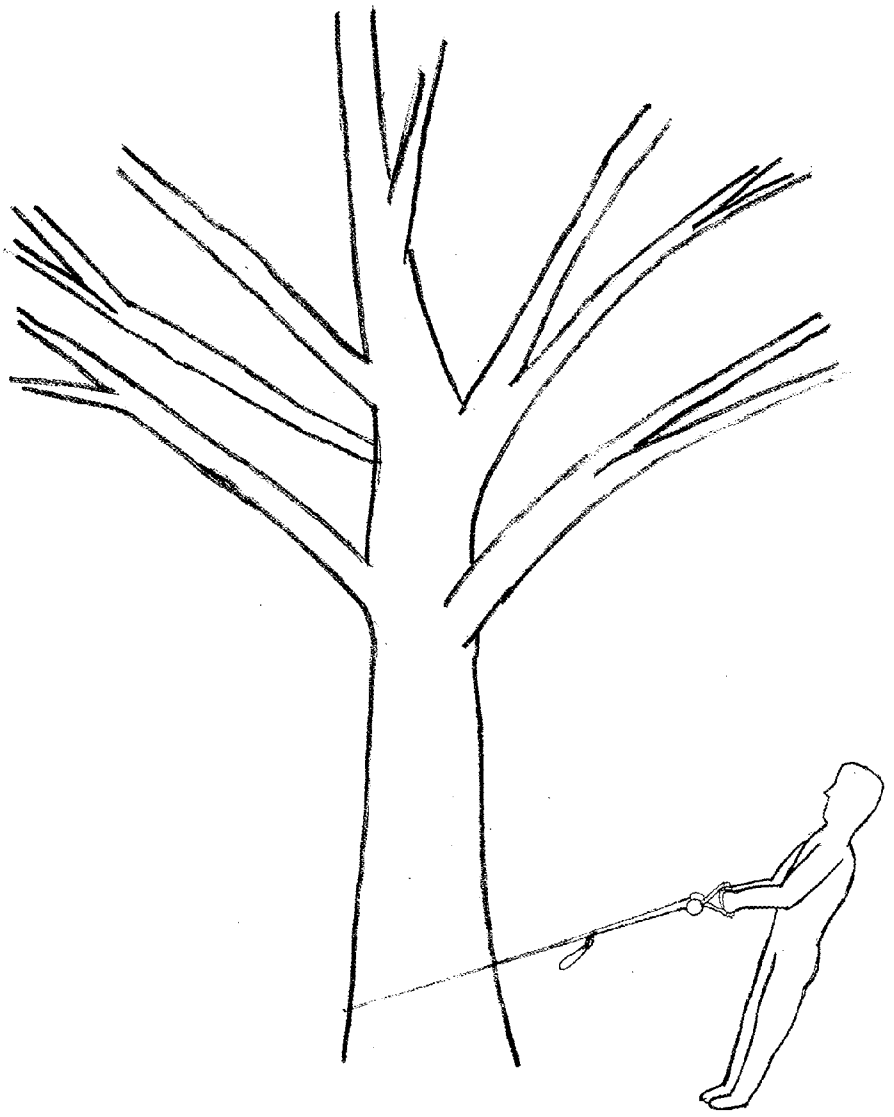


Fig. 10

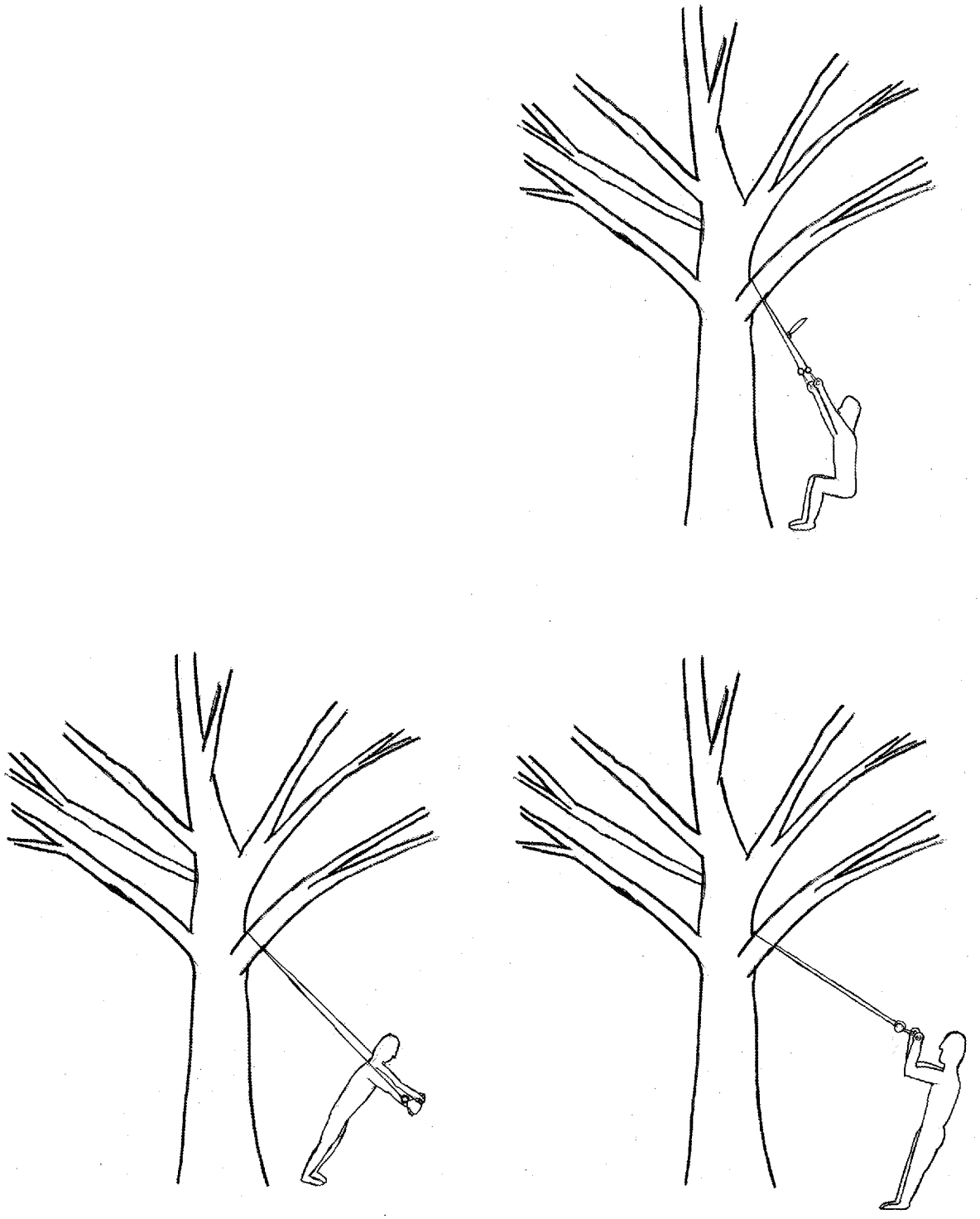
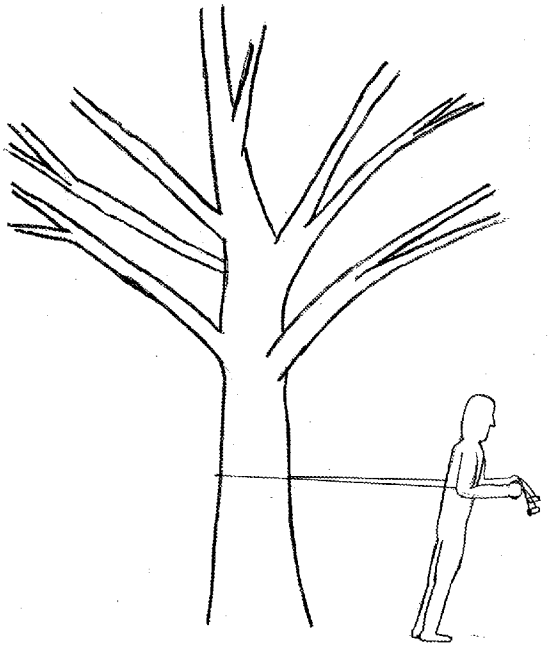
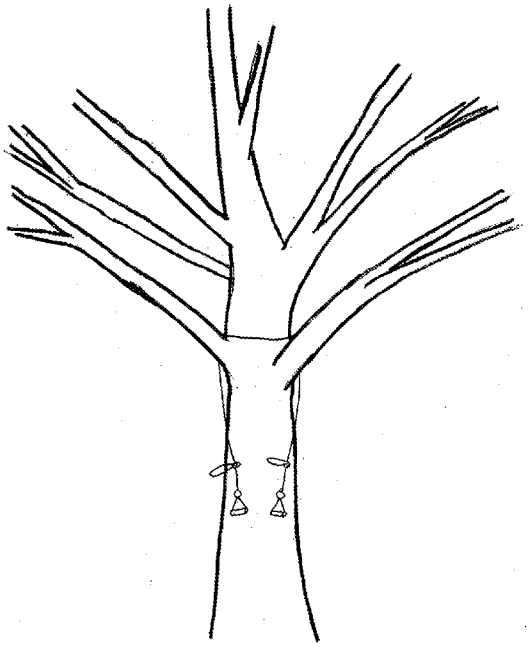


Fig. 11





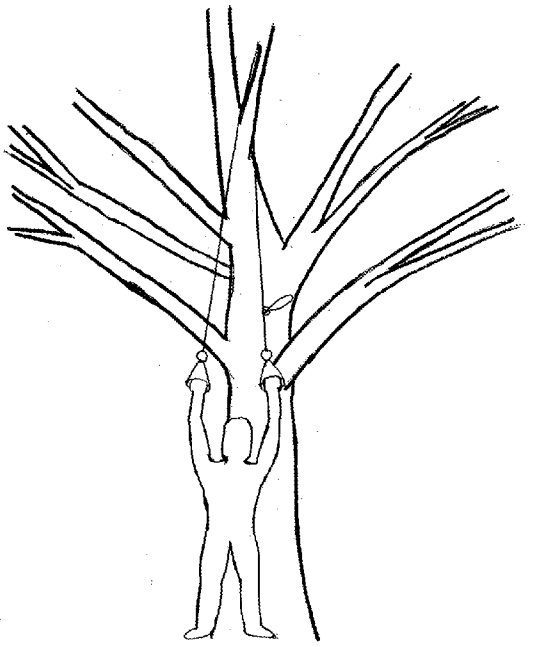
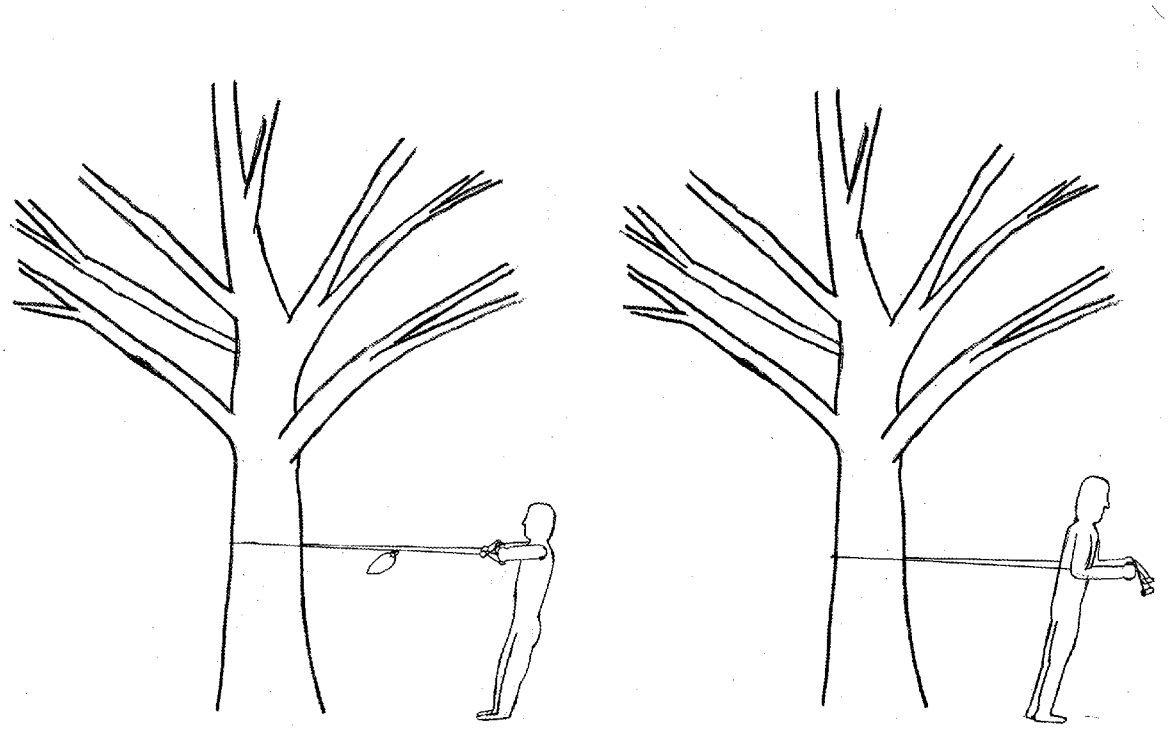


Fig. 12



SINGLE CONSTRUCT ADJUSTABLE TRAINING ROPE

FIELD OF THE INVENTION

[0001] Invention relates to a training device that utilizes no attachments or removable parts. Invention is a adjustable training rope designed to use trees to anchor invention and body positions (include: positions parallel, below or above users waist level) for physical training purpose.

BACKGROUND OF INVENTION

[0002] Conventional strap or rope training device consist of many attachments and separate parts that are required to work in conjunction with each other for the system to function. Also conventional trainers use a single anchor point. Using limbs as your anchor allows for different anchor points making invention adjustable to different width as anchor points. Long length of rope allow for higher anchor points then conventional straps that require the user to attach anchor by hand. Many rope trainers attach above the user and limit there training techniques. By utilizing the trunk of a tree the invention is able to be used at angles above, parallel or below users waist. Buckles, harnesses, clips, hooks and many other clasps are used to adjust conventional training systems. This invention utilizes a tow knot which allows for adjustable rope length and the ability to untie a knot after it has just suspended a average man completely off the ground. Invention is completely useful without any attachments or additional hardware. Conventional training devices involves carrying many attachments. Our lighter weight single construct invention brings new portability to the field.

SUMMARY OF THE INVENTION

[0003] Tree training rope according to the invention comprises of a rope made of nylon with very faint elastic properties. A handle made of tubular sturdy material which is wrapped with grip. A weighted ball grip made of firm but not hardened sphere covers both knots needed to tie off handles and act as second grip option. In yet another aspect of the invention long length of rope allows for more training techniques and adjustable lengths. Adjustable lengths are completely custom and not preset by clasps and harnesses. Specialized knot used to adjust length.

BRIEF DESCRIPTION OF THE DRAWINGS

[0004] FIG. **1** shows invention in preferred embodiment:
[0005] FIG. **2** shows construction of handle in preferred embodiment:
[0006] FIG. **3** shows person using tree trainer in a preferred embodiment:
[0007] FIG. **4** shows tree wrapping technique in preferred embodiment:
[0008] FIG. **5** shows tow knots function with invention in preferred embodiment:
[0009] FIG. **6** shows person using tree as anchor in preferred embodiment:
[0010] FIG. **7** shows person using tree trainer above head in preferred embodiment:
[0011] FIG. **8** shows person using tree trainer parallel to ground in preferred embodiment:
[0012] FIG. **9** shows person using tree trainer angled below head in preferred embodiment:
[0013] FIG. **10** shows invention being used from single anchor point in preferred embodiment:
[0014] FIG. **11** shows multiple tree wrapping techniques in preferred embodiment:
[0015] FIG. **12** shows different handle options in preferred embodiment:

DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENT

[0016] FIG. **1** shows a tree trainer in accordance with the preferred embodiment of the invention's construction as a single constructed device.
[0017] FIG. **2** shows a tree trainer in accordance with the preferred embodiment of the invention's handle construction which threads rope through tubular handle secured using a knot which is covered by weighted sphere acting as second grip option.
[0018] FIG. **3** shows a tree trainer in accordance with the preferred embodiment of the invention being used in different body positions for many different training techniques.
[0019] FIG. **2** shows a tree trainer in accordance with the preferred embodiment of anchoring invention using a single limb technique.
[0020] FIG. **3** shows a tree trainer in accordance with the preferred embodiment of anchoring invention using a multiple limb technique.
[0021] FIG. **4** shows a tree trainer in accordance with the preferred embodiment of anchoring invention using a tree trunk.
[0022] FIG. **5** shows a tree trainer in accordance with the preferred embodiment of the tow knot being used to adjust rope to multiple lengths for multiple techniques.
[0023] FIG. **6** shows a tree trainer in accordance with the preferred embodiment using a tree to anchor invention to support person in different body positions.
[0024] FIG. **7** shows a tree trainer in accordance with the preferred embodiment of tree trainer being used above head.
[0025] FIG. **8** shows a tree trainer in accordance with the preferred embodiment of tree trainer being used parallel to ground.
[0026] FIG. **9** shows a tree trainer in accordance with the preferred embodiment of tree trainer being used angled below head.
[0027] FIG. **10** shows a tree trainer in accordance with the preferred embodiment of tree trainer being used in different body positions from the same anchor point.
[0028] FIG. **11** shows a tree trainer in accordance with the preferred embodiment of tree trainer using different tree wrapping techniques.
[0029] FIG. **12** shows a tree trainer in accordance with the preferred embodiment of tree trainer using different handle options.

1. Training device designed for use in conjunction with any sturdy tree. Said device comprising of two turnable handles on the end of both sides of a nylon rope, which is thread through the middle of each handle and tied off using a knot. Weighted ball grips cover knots and act as second grip option. Invention is one single construction and requires no accessories to perform many functions.

2. The training device of claim **1**, wherein said rope is made of a nylon with very faint elastic properties.

3. The training device of claim **1**, wherein said handle is made of tubular sturdy material with flat ends.

4. The training device of claim **1**, wherein the ball grip is made of firm, weighted but not harden sphere.

5. Invention's adjustable length in conjunction with the nature of tree growth, allows for endless combinations of strengthening and stretching techniques.

6. The training device of claim **2**, wherein the adjustable length possible using a tow knot.

7. The training device of claim **6**. wherein the adjustable length allows for user to change training technique while keeping the same anchor point quickly and easily.

8. The training device of claim **7**, wherein endless combination of strengthening and stretching techniques are created utilizing trees shape in conjunction with wrapping device around tree limbs and trunk.

9. The training device of claim **8**, where in limb wrapping techniques can create wide anchor points which will result in more training options.

10. Device is completely transportable due to zero attachments and light weight nature of device.

11. Simplicity of device allow user to change training techniques quickly and easily.

12. Length of rope kept long to allow for more training techniques and adjustable lengths.

13. The training device of claim **1**, wherein turnable handles will be wrapped with grip.

14. The training device of claim **12**. wherein the length allows user to create anchor points higher than a standing reach.

15. The training device of claim **1**. wherein the weighted ball grip acts to give momentum when throwing device to reach higher limbs to anchor.

16. Length and weight of rope allow for use as a jump rope.

17. Device wraps around anchor point using no attachments.

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