US 20100279830A1

(19) **United States**

(12) **Patent Application Publication**

Snagg

(10) **Pub. No.: US 2010/0279830 A1**

(43) **Pub. Date: Nov. 4, 2010**

(54) **EXERCISE BELT**

(76) Inventor: **Ian Snagg**, Sunrise, FL (US)

Correspondence Address:
CHRISTOPHER & WEISBERG, P.A.
200 EAST LAS OLAS BOULEVARD, SUITE 2040
FORT LAUDERDALE, FL 33301 (US)

(21) Appl. No.: **12/434,407**

(22) Filed: **May 1, 2009**

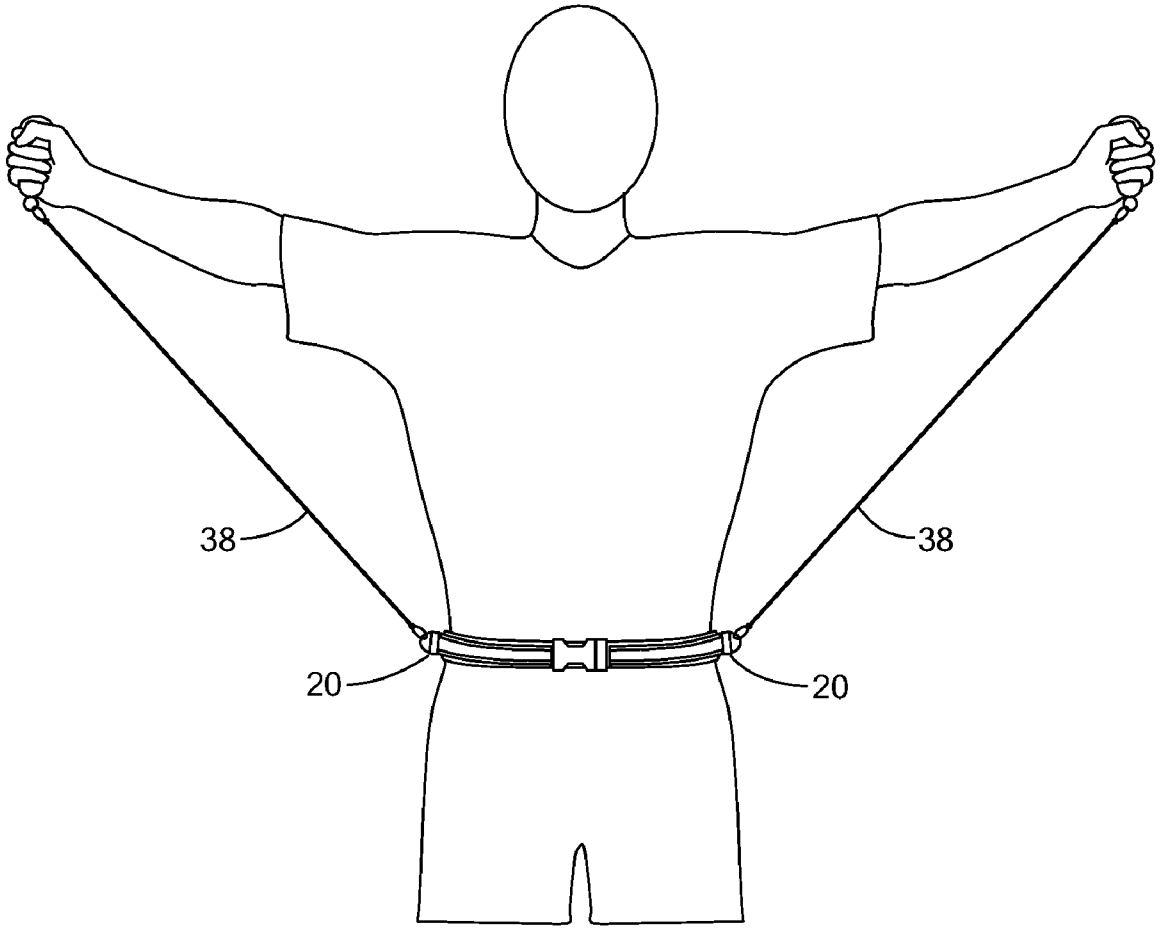
Publication Classification

(51) **Int. Cl.**
A63B 21/02 (2006.01)

(52) **U.S. Cl.** **482/124**

(57) **ABSTRACT**

An exercise apparatus for performing a variety of different exercises. An exercise belt sized to encircle and be secured around a user's waist includes a belt portion having one or more apertures. One or more movable members are adapted to move along the belt portion and be secured to different locations along the circumference of the belt by insertion into one of the apertures. Exercise attachment devices such as elongated resilient bands can be attached to each movable member and used for a series of exercises. In order to create different exercises, the user moves the movable members to different locations along the belt, re-secures the members to the belt, and performs different exercises with the exercise attachments.



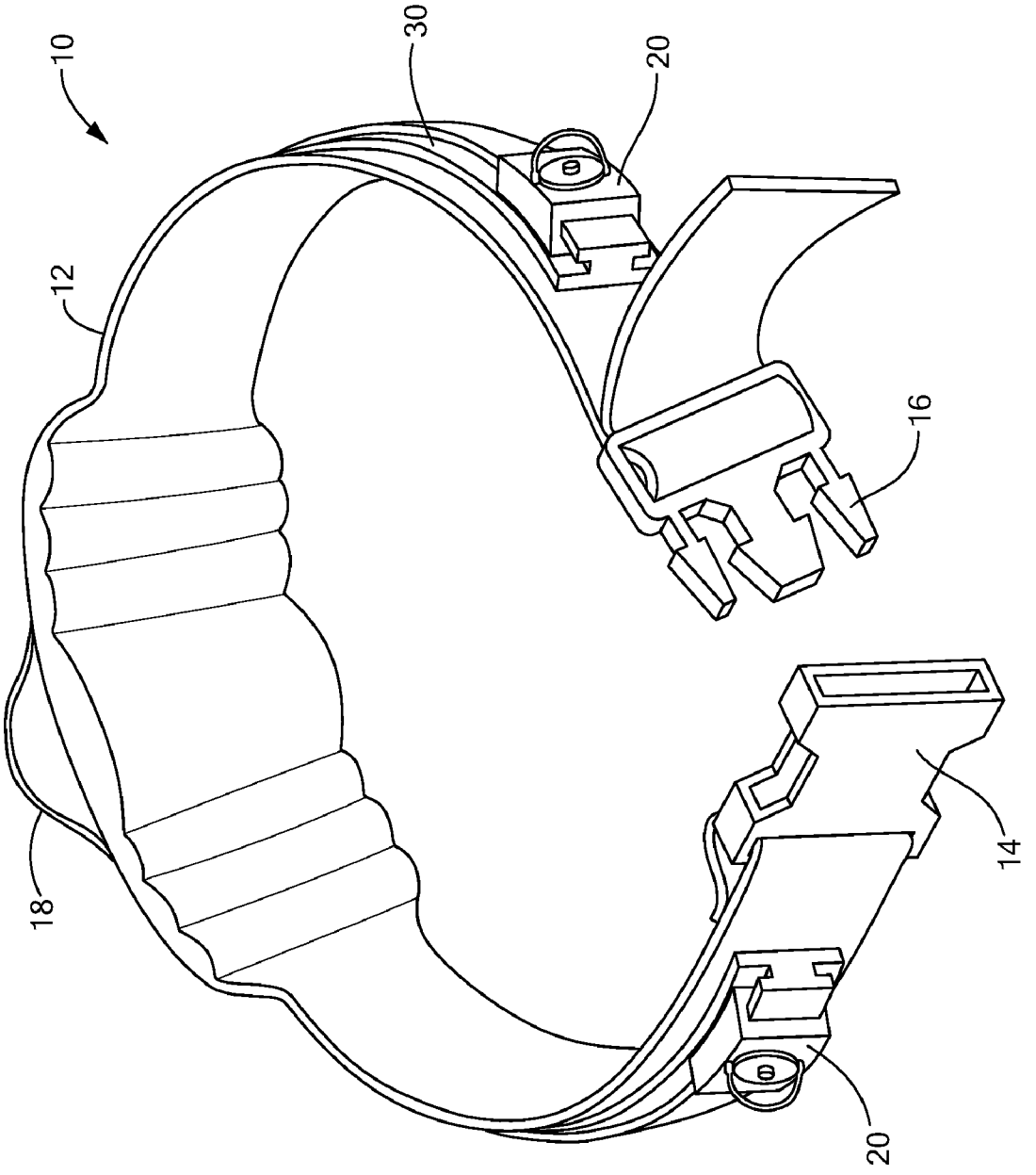


FIG. 1

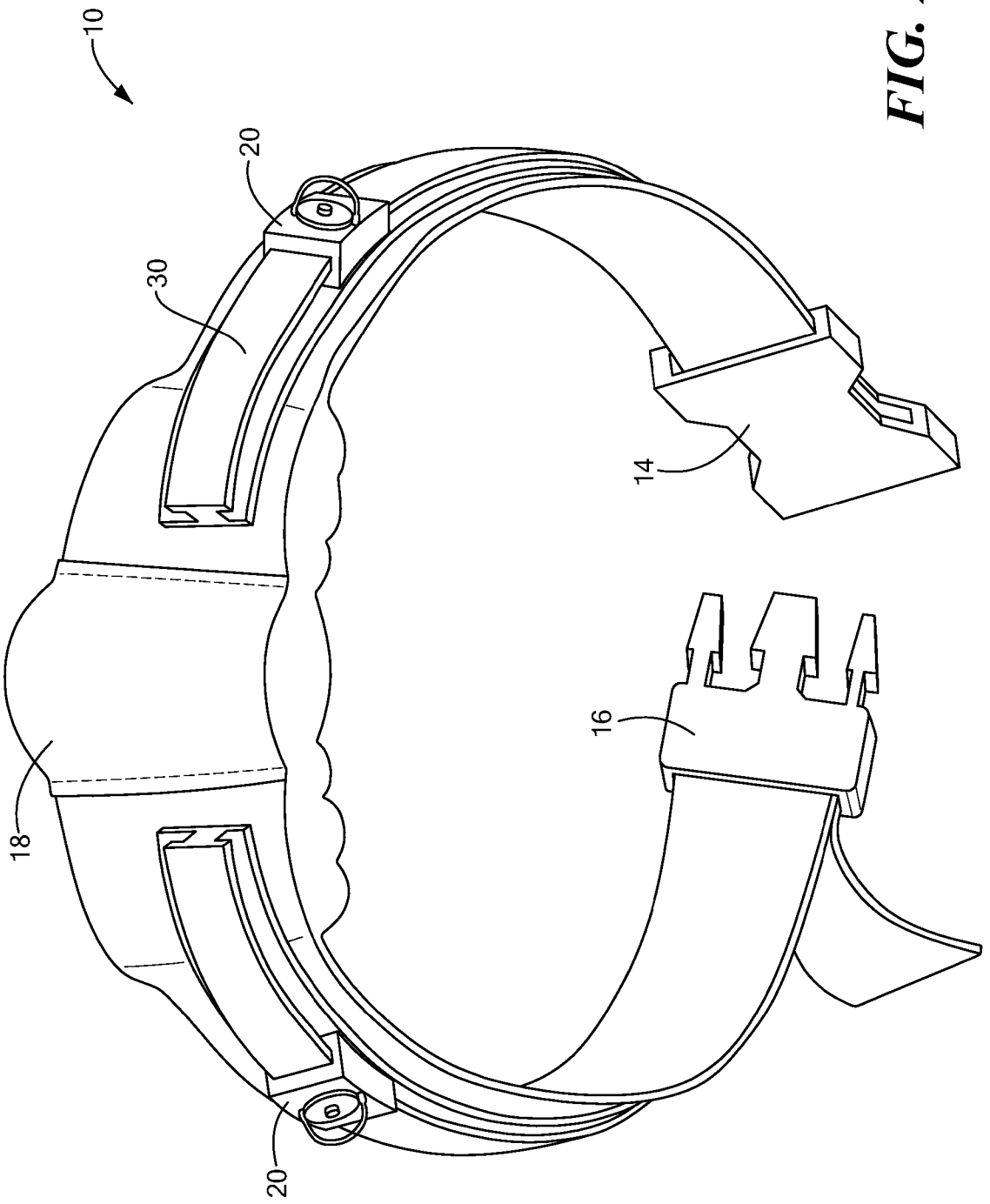


FIG. 2

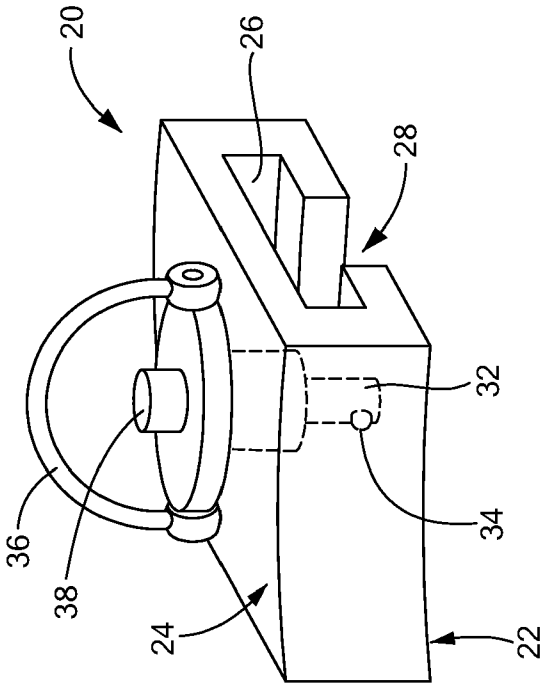


FIG. 3

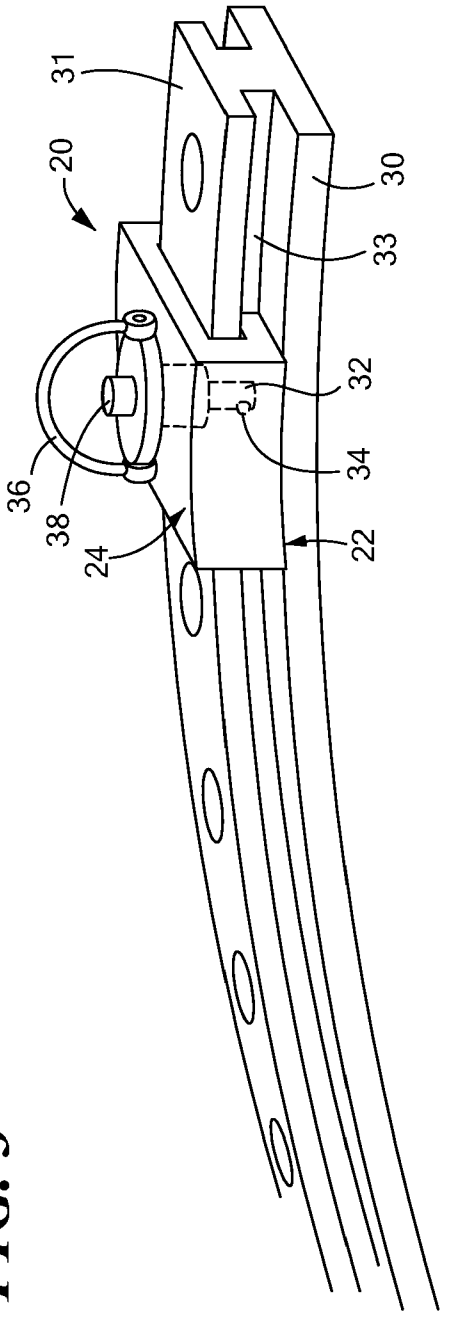


FIG. 4

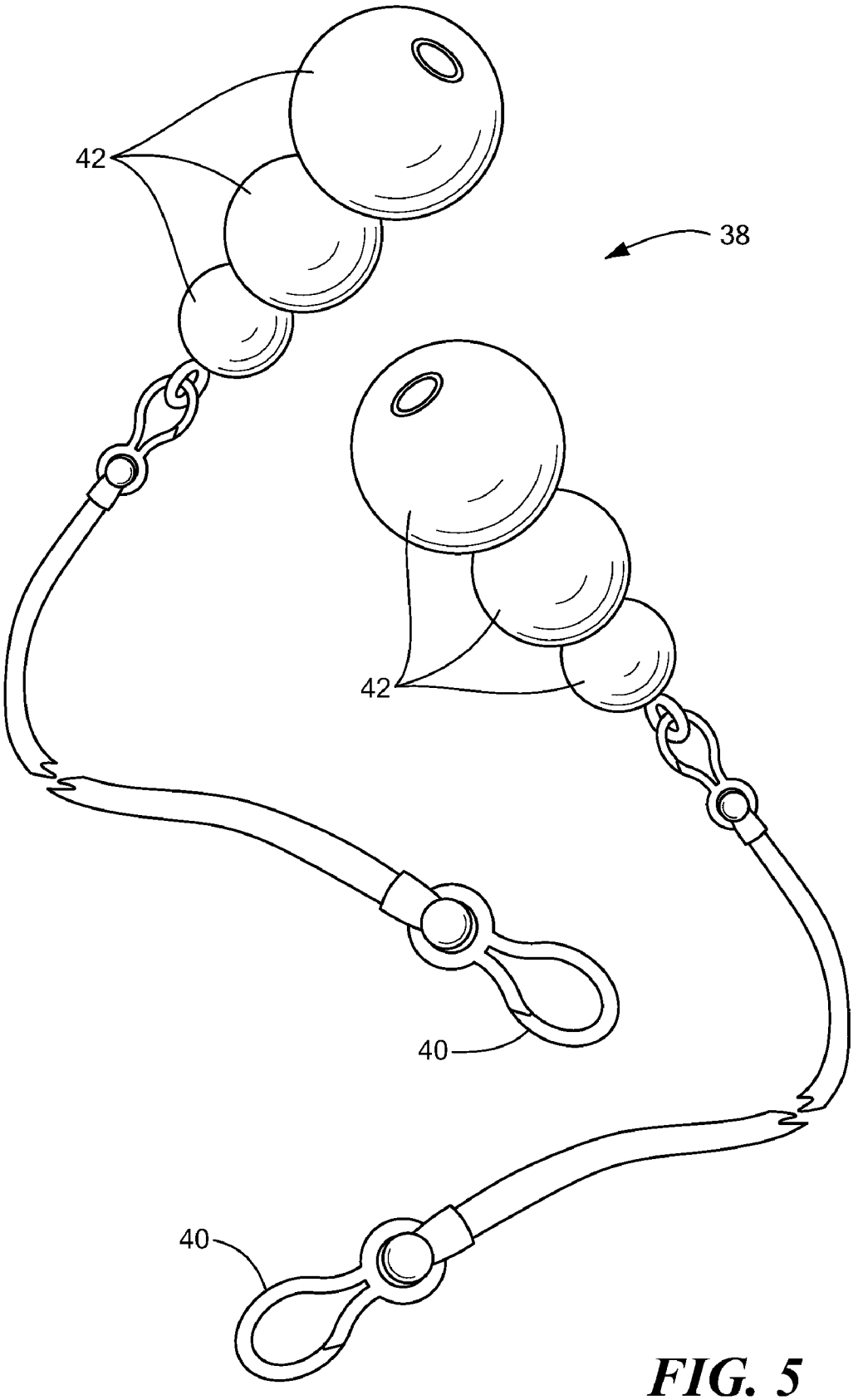


FIG. 5

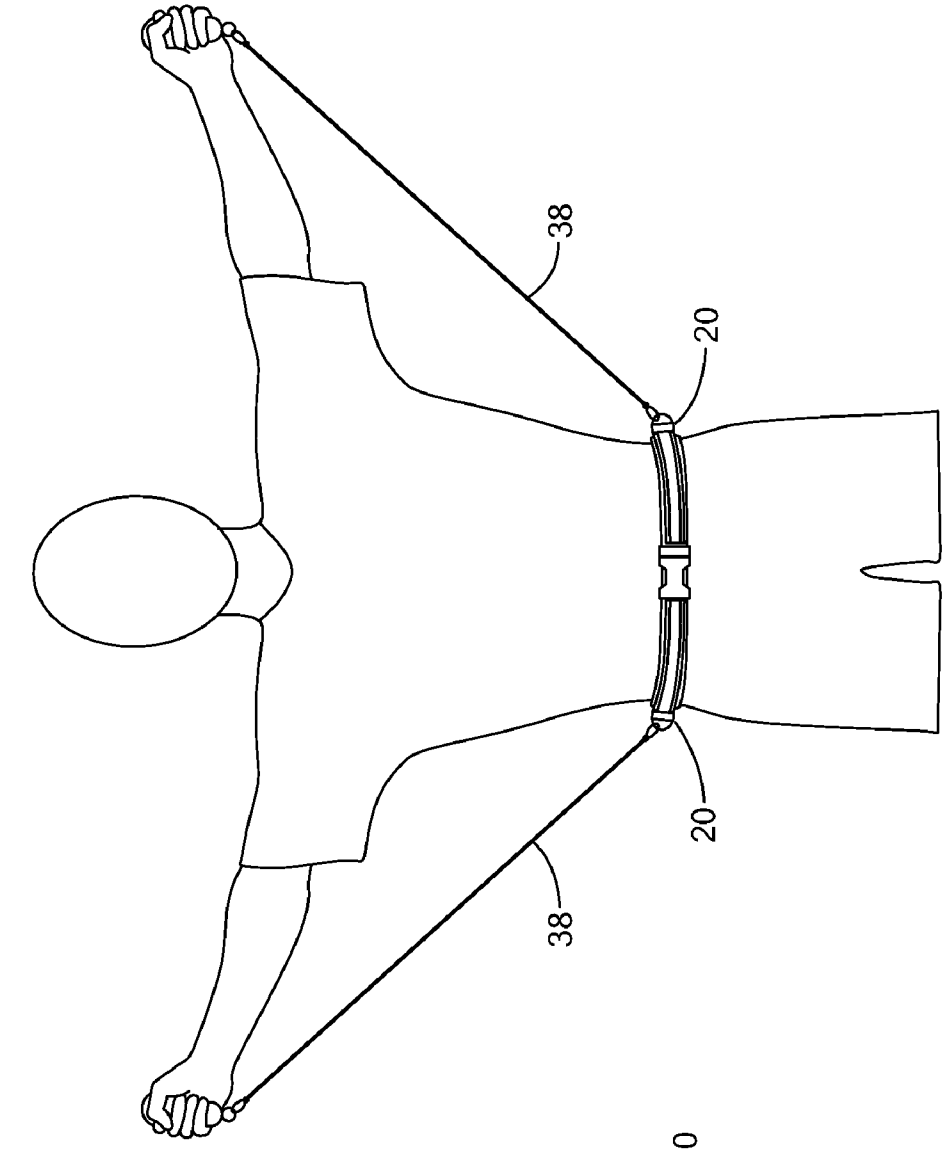


FIG. 7

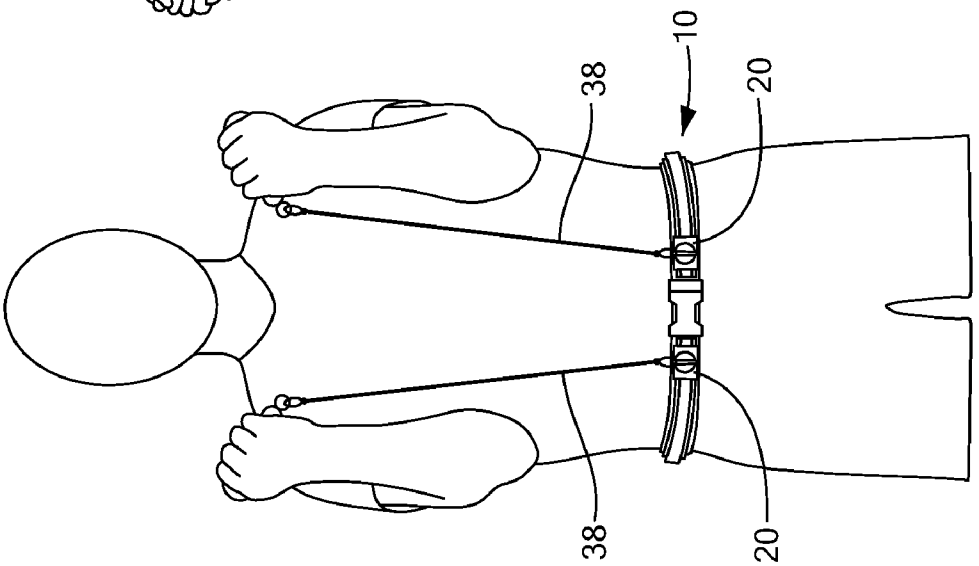


FIG. 6

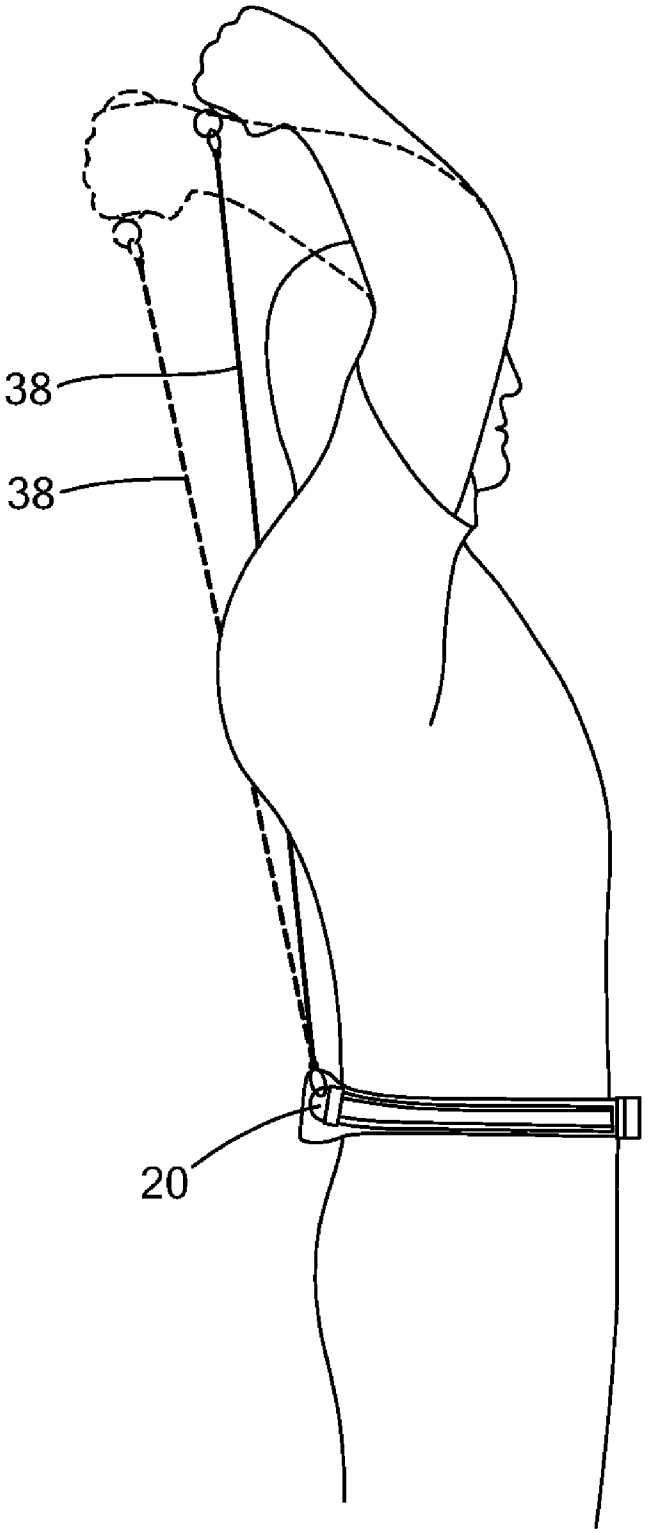


FIG. 8

EXERCISE BELT

CROSS-REFERENCE TO RELATED APPLICATION

[0001] n/a

STATEMENT REGARDING FEDERALLY SPONSORED RESEARCH OR DEVELOPMENT

[0002] n/a

FIELD OF THE INVENTION

[0003] The present invention relates to exercise equipment and more specifically to an exercise belt with a movable attachment mechanism that allows the user to attach elastic bands at various locations on the belt to create a myriad of exercise routines.

BACKGROUND OF THE INVENTION

[0004] Exercise belts are used for a variety of reasons. They provide support for weightlifters that need support for their back when lifting heavy weights. Others wear exercise belts for storing items such as water bottles, food packs, cell phones and keys. While exercise belts are primarily used inside in gyms and exercise facilities there is usually little need or use for exercise belts outside of the gym.

[0005] Elastic exercise bands are frequently seen in gyms and can provide a beneficial and safe alternative to free weights and traditional weight machines. Typically, elastic bands of varying tensions are secured to a track along a wall. The user selects the desired elastic band and can perform different exercises by facing the wall, turning around with his or her back to the wall or facing 90 degrees from the wall. While the user can get a workout in this fashion and exercise a large number of different muscle groups, the user cannot leave the vicinity of the wall where the bands are secured. In some instances, the user can remove the bands and walk or run outside or around an indoor track while simultaneously stretching the elastic bands to exercise muscle or muscle group. This, however, is limiting as the user has no anchor point for one end of the elastic band and using two bands while walking, jogging or running can prove cumbersome and, ultimately, ineffective.

[0006] Elastic bands that are secured to exercise belts attempt to solve some of the problems found in the prior art. Users of these belts can attach one or more elastic bands to an anchor point on the outer perimeter of the belt and perform a series of limited exercises while walking, jogging, or running. However, these types of prior art belts have their inherent limitations. Typical exercise belts have one or more fixed loops stitched into the belt and the user can attach the bands to the various loops around the belt. However, these loops are fixed and not movable and in order to alter their exercise routines the user will have to unclip the band from one loop, and reattach the bands to a different loop. This requires the user to look down, perhaps stop walking or running, in order to look for other loops to clip into. Needless to say, this can disrupt the user's walk or run routine and can even be dangerous if the user is not looking forward as they are running but instead are looking down at the belt.

[0007] Another drawback of exercise belts with stitched in loops is that the user is limited to the variety of workouts he or she can perform. Because the attachment loops are stitched in at fixed locations the user can only lock in their elastic bands at fixed anchor points on the belt. This limits the number of exercise routines that can be performed and the number of muscle groups that can be worked on.

[0008] What is therefore needed is an exercise belt with the flexibility to allow the user to lock in their elastic bands at any desired location on the belt in order to create a virtually unlimited number of exercise routines and to select the location on the belt without having to stop, look down, unclip and re-clip the bands, thus disrupting their walk or run.

SUMMARY OF THE INVENTION

[0009] The present invention advantageously provides an exercise apparatus that allows a user to perform a wide variety of upper body exercises safely while running, jogging or performing aerobics without the need to unhook and re-attach exercise bands. The exercise apparatus of the present invention includes one or more movable members to which may be attached one or more exercise devices such as resilient bands. The movable members may be secured at different locations along the belt. The user can secure, move, and re-secure the members to different locations on the belt without the need to glance down at the belt. Thus, the exercise apparatus is ideal for the performance of upper body exercises while jogging, walking or performing other aerobic activities.

[0010] In one embodiment of the invention, an exercise belt includes a belt portion sized to encircle a user's waist, where the belt portion including one or more apertures. The belt includes fastening means at one end of the belt portion and complementary fastening means at an opposite end of the belt portion, whereby the complementary fastening means engages the fastening means in order to secure the belt portion around the user's waist. Finally, the belt includes a movable housing movable along the belt portion, where the movable housing includes an attachment portion for securing one or more attachment members, and an anchor portion for securing the movable housing to a desired location along the belt portion.

[0011] In another embodiment, a method of performing a series of exercises using an exercise belt and one or more exercise attachments is provided. The exercise belt is adapted to encircle a user's waist and includes one or more movable attachment members adapted to receive the one or more exercise attachments. The method includes affixing the one or more exercise attachments to the one or more movable attachment members, positioning the one or more movable attachment members at a desired location on the exercise belt, grasping the one or more resilient bands in order to perform a first exercise routine, repositioning at least one of the one or more movable attachment members to a different location on the exercise belt, and grasping the one or more resilient bands in order to perform a second exercise routine.

[0012] In yet another embodiment, an exercise apparatus includes a belt portion sized to encircle a user's waist, where the belt portion includes one or more apertures. The exercise apparatus also includes fastening means at one end of the belt portion and complementary fastening means at an opposite end of the belt portion, whereby the complementary fastening means engages the fastening means in order to secure the belt portion around the user's waist. Finally, the exercise apparatus includes a movable housing movable along the belt portion, where the housing includes an attachment portion and an anchor portion for securing the housing to a desired location

along the belt portion, and one or more exercise attachments releasably attachable to the attachment portion of the housing.

[0013] Additional aspects of the invention will be set forth in part in the description which follows, and in part will be obvious from the description, or may be learned by practice of the invention. The aspects of the invention will be realized and attained by means of the elements and combinations particularly pointed out in the appended claims. It is to be understood that both the foregoing general description and the following detailed description are exemplary and explanatory only and are not restrictive of the invention, as claimed.

BRIEF DESCRIPTION OF THE DRAWINGS

[0014] A more complete understanding of the present invention, and the attendant advantages and features thereof, will be more readily understood by reference to the following detailed description when considered in conjunction with the accompanying drawings wherein:

[0015] FIG. **1** is a front, perspective view of the exercise belt of the present invention;

[0016] FIG. **2** is a rear, perspective view of the exercise belt of the present invention;

[0017] FIG. **3** is a side perspective view of the slidable housing portion of the present invention;

[0018] FIG. **4** is a side perspective view of the slidable housing portion of the present invention movable along the belt portion of the exercise belt;

[0019] FIG. **5** is a perspective view of the resilient bands used in connection with the exercise belt of the present invention;

[0020] FIG. **6** is a front view of a user performing an exemplary exercise with the exercise belt of the present invention;

[0021] FIG. **7** is a front view of a user performing an alternate exercise with the exercise belt of the present invention; and

[0022] FIG. **8** is a front view of a user performing a different exercise with the exercise belt of the present invention.

DETAILED DESCRIPTION OF THE INVENTION

[0023] One embodiment of the present invention advantageously provides an exercise belt having a movable housing, connectable to one or more resilient exercise bands, adapted to travel along the belt until a desired location is reached, where it can then be secured into the desired location to allow the user to use the bands for a variety of different exercises targeting specific muscle groups. Referring now to the drawing figures in which like reference designators refer to like elements there is shown in FIG. **1** an apparatus constructed in accordance with the principles of the present invention and designated generally as "**10**". Apparatus **10** is an exercise belt having a belt portion **12** sized to encircle the waist of the user. A first latching member **14** and a complementary second latching member **16** secure the belt portion **12** around the user. Any type of latching members may be used to secure the belt around the user's waist.

[0024] Belt portion **12** may be made of any type of pliable material including but not limited to leather or fabric. Belt portion **12** can provide support to a user while lifting weights. Belt portion **12** may include one or more pockets **18** stitched into or otherwise formed as a part of belt portion **12**. The pockets **18** can be used to hold water bottles, keys, cell phones or other items that the user would like to have handy during a workout routine. While the exercise belt **10** of the present invention may be used anywhere, indoors or out, in one embodiment the user desires to combine an aerobic exercise routine, i.e., running, walking, with a strength-building routine. Advantageously, the exercise belt **10** of the present invention is ideally suited for such a workout as it allows the user to walk or run while performing a myriad of different upper body strength routines with the use of one or more resilient elastic bands (shown in FIG. **5**).

[0025] Referring to FIGS. **1** and **2**, a pair of movable members **20** can be seen along belt portion **12**, one on each side of pocket **18**. The belt configuration shown in FIG. **2** is exemplary only and the present invention is not limited to a specific number of movable members **20**. For example, one movable member **20** can be used on either side of pocket **18**. In another embodiment, multiple members **20** can be used, on each side of pocket **18**. In another embodiment, belt **10** does not include a pocket **18** and thus one or more movable members **20** can be dispersed and freely movable around the entirety of belt portion **12**.

[0026] Referring to FIG. **3**, movable member **20** and its components can be seen. Member **20** includes a frame **22** of substantially rectangular shape. Frame **22** need not be of this shape and may be sized in any manner in order to be secured to and travel along belt portion **12**. Frame **22** includes a top portion **24** and an inner portion **26** where the inner portion defines a groove along its substantial length that creates an interior passageway **28**. Passageway **28** is sized to fit substantially over belt portion **12** such that when unimpeded, member **20** slides smoothly over belt portion **12**. In one embodiment, shown in FIG. **4**, a track **30** is sewn or otherwise affixed to the top side of belt portion **12**. Track **30** is made of a pliable material that can fit on and bend along with belt portion **12**. Track **30**, similar to belt portion **12** (if the track **30** is not used) has one or more holes dispersed at intervals along its length in order to receive the movable member **20**. If no track is used, then the belt portion **12** has holes thereon to receive movable member **20**.

[0027] Track **30** or belt portion **12** is sized to receive movable member **20**, as shown in FIG. **4**. Track **30** includes a top portion **31** and an inner portion **33**. Inner portion **33** is narrower than top portion **31**. In this fashion, top portion **31** of track **30** fits within passageway **28** of member **20**, allowing member **20** to glide along track **30** until the user secures member **20** (in a manner discussed below) at a desired location along belt portion **12**. Advantageously, frame **22** of member **20** terminates in a substantially C-shaped section, which conforms to the relative shapes and dimensions of top portion **31** and inner portion **33** of track **30** in order to allow member **20** to freely glide along track **30** while also preventing member **20** from being inadvertently pulled away from track **30**.

[0028] The invention contemplates the use of different securing mechanisms that will essentially lock member **20** into place along the desired location on belt **10**. As shown in FIGS. **3** and **4**, member **20** may include a pin member **32** that protrudes through one of the holes on the track **30** or on the belt portion **12**. A knob **34** or protrusion at the distal end of pin member **32** secures the pin member **32** into the selected hole and prevents pin member **32** from unwanted retraction. Thus, one or more movable members **20** can be positioned at any desired location along belt portion **12** or on track **30** by moving member **20** until pin member **32** is aligned with a hole on belt portion **12** or track **30** on belt portion **12**, and locked

into position by activating pin member **32**. Pin member **32** may also be a retractable member, such as via the use of a spring that allows member **32** to be in a retracted first position that is not engageable in a hole on belt portion **12**, and in an extended second position that extends pin member **32** through the hole.

[0029] If pin member **32** is spring-loaded, the user can activate the spring-loaded pin member **32** in a number of ways. For example, a release button **35** can be used to extend and retract pin member **32**. In another embodiment, a spring-loaded lift-release mechanism allows the user to lift a ring **36** on the top side of frame **22**, which lifts pin member **32** and retracts it such that it disengages from the selected hole. The user then slides member **20** along the belt **10** until a new location is found. Regardless of the type of securing system used, once lift-release mechanism is then activated, and the pin member **32** extends through the hole, it is locked in place by knob **34**, which "catches" the underside of belt portion **12** thus preventing disengagement of pin member **32**. Thus, a user can, without looking down at belt **10**, easily disengage member **20** from one location along belt portion **12** or its track **30**, move it any desired location on belt **10**, and then re-engage member **20** in a new position, in the manner described above.

[0030] The top side of frame **22** of member **20** includes ring **36**, which, as described above, may be used to release pin member **32** from a hole in belt portion **12** or track **30**. Ring **36** may also receive one or more resilient, elastic bands **38**, of the type shown in FIG. **5**. The resilient bands depicted in FIG. **5** are exemplary only and the present invention is not limited to a particular type, style, or size of attachment that can be attached to ring **36**. Each band **38** can include a releasable latch **40** that allows band **38** to be attached to ring **36** on frame **22** of member **20**. One or more flexible bulbs **42** can be attached to one end of band **38** to allow the user to not only stretch the flexible bands **38** to perform a variety of exercises but also to add the additional benefit of a forearm and/or hand gripping exercise by squeezing bulbs **42**.

[0031] Because the present invention allows for movable members **20** to travel along belt portion **12** and to be secured into any location on the belt **10** or on track **30** where there is a hole, the user is provided with a virtually unlimited range of exercises. Further, the ease of changing locations of members **20** is particularly beneficial when the user is walking or running since there is no need to look down and unclip the bands **38** from one loop to another. Instead, the exercise belt **10** of the present invention allows the user, while walking or running, to simply disengage member **20** from its present location, slide it along track **30** or belt portion **12** to another location and re-engage member **20**. Advantageously, the bands **38** need not be removed from the member **20** to which they are attached. The user can move member **20** along belt **10** more by "feel" then by having to glance down, which may be particularly dangerous if the user is running or walking on a busy street or an off-road running trail filled with rocks, branches and other running hazards.

[0032] Some exemplary exercise routines that can be accomplished with the exercise belt **10** of the present invention are presented in FIGS. **6** through **8**. Of course, the amount of different types of exercise routines that can be performed with belt **10** is virtually unlimited. In particular, the user can easily transition from one exercise routine to the next, with nothing more than a simple movement of each member **20** and without the need to unclip a band **38** from one member **20**, look down, and re-attach it to another member **20**. With practice, the user can go from one routine to the next in a seamless fashion.

[0033] In FIG. **6**, an exemplary exercise using the exercise belt **10** of the present invention can be seen. In this exercise routine, members **20** are moved to and secured at a location towards the substantial front of belt **10**. The user grasps the ends or bulbs **42** of each band **38**, one band in each hand and performs curls to exercise the biceps. The user can then move on to another exercise routine such as the one depicted in FIG. **7**. To do so, the user need not look down and/or physically unhook any member **20** from the belt **10**. Instead, the user releases each member **20** and slides each member **20** laterally away from the front of the belt and toward each side of the belt **10**, where they are reattached. The user can then perform the lateral raise exercise routine shown in FIG. **7**, which exercises the deltoid muscles. The movement of members **20** can be done seamlessly while jogging or walking.

[0034] The user can then perform the next exercise routine, for example, the triceps exercise shown in FIG. **8** by sliding each member **20** toward the back of belt **10**, near each other. Again, the movement of members **20** can be performed by simply lifting and unlatching the members **20** from their position on the belt **10** and sliding them to the back of belt **10** where they can be secured on either side of pocket **18**, or if pocket **18** is not included in belt **10**, they can be secured on belt **10** in a side-by-side manner. In this manner, there is no need to remove the bands **38** from one set of members **20** and re-clip them to another set of members **20** as is done in the prior art.

[0035] The exercise belt **10** of the present invention is not limited to the exercises shown in FIGS. **6-8**. Bands **38** or other attachments can be used with belt **10** to create an endless variety of workout routines. Ideally, these routines can be performed while walking, jogging, or running, due to the ease in which the members **20** can be moved along and secured to belt **10**. Other attachments such as a heart rate monitor or additional pockets for keys, cell phones and portable audio players can be used. Belt **10** may also include additional belt portions to which members **20** can be movable affixed. For example, a pair of suspender-like attachments can be secured to belt portion **12** and used for additional exercises. These front suspenders can be attached to the substantial center of belt **10** and then affixed to the back of belt **10** like a typical pair of dress suspenders. Additional movable members **20** can be secured to the suspender portion in order to perform additional exercise routines. Further, a heart rate monitor can be secured in a pocket of the suspender portion.

[0036] It will be appreciated by persons skilled in the art that the present invention is not limited to what has been particularly shown and described herein above. In addition, unless mention was made above to the contrary, it should be noted that all of the accompanying drawings are not to scale. A variety of modifications and variations are possible in light of the above teachings without departing from the scope and spirit of the invention, which is limited only by the following claims.

What is claimed is:

1. An exercise belt comprising:

a belt portion sized to encircle a user's waist, the belt portion including one or more apertures;

fastening means at one end of the belt portion and complementary fastening means at an opposite end of the belt portion, whereby the complementary fastening means

engages the fastening means in order to secure the belt portion around the user's waist; and

a movable housing movable along the belt portion, the movable housing having:

an attachment portion for securing one or more attachment members; and

an anchor portion for securing the movable housing to a desired location along the belt portion.

2. The exercise belt of claim **1**, wherein the anchor portion includes a pin having a knob at its distal end to prevent the movable housing from being inadvertently separated from the belt portion.

3. The exercise belt of claim **1**, wherein the anchor portion of the movable housing includes a retractable pin comprising a retractable member having a retracted first position and an extended second position, wherein the retractable member engages one of the one or more apertures in the belt portion when the retractable member is in the extended second position, the pin including a knob at its distal end to secure the attachment member to the belt portion at a desired location when the retractable member is in the extended second position.

4. The exercise belt of claim **3**, wherein the retractable pin allows for movement of the movable housing along the belt portion when the retractable member is in the retracted first position and wherein the retractable pin inhibits the movement of the movable housing along the belt portion when the retractable member is in the extended second position.

5. The exercise belt of claim **1**, wherein the movable housing defines an inner passageway, the inner passageway adapted to slidably receive the belt portion as the movable housing moves along the belt portion.

6. The exercise belt of claim **1**, further comprising a track affixed to the belt portion, the track including one or more apertures, wherein the movable housing is movable along the track and removably securable within one of the one or more apertures in the track.

7. The exercise belt of claim **1**, wherein the one or more attachment members is an elongated resilient band.

8. A method of performing a series of exercises using an exercise belt and one or more exercise attachments, the exercise belt adapted to encircle a user's waist and including one or more movable attachment members adapted to receive the one or more exercise attachments, the method comprising:

affixing the one or more exercise attachments to the one or more movable attachment members;

positioning the one or more movable attachment members at a desired location on the exercise belt;

grasping the one or more resilient bands in order to perform a first exercise routine;

repositioning at least one of the one or more movable attachment members to a different location on the exercise belt; and

grasping the one or more resilient bands in order to perform a second exercise routine.

9. The method of claim **8**, wherein repositioning the at least one of the one or more movable attachment members to a different location on the exercise belt comprises:

releasing the one or more attachment members from a first location on the exercise belt;

sliding the one or more attachment members along the exercise belt to second location on the exercise belt; and

securing the one or more attachment members to the exercise belt at the second location.

10. The method of claim **8**, wherein the one or more attachment members includes a pin having a knob at its distal end to prevent the movable housing from being inadvertently separated from the belt portion.

11. The method of claim **8**, wherein the one or more exercise attachments is an elongated resilient exercise band.

12. An exercise apparatus comprising:

a belt portion sized to encircle a user's waist, the belt portion including one or more apertures;

fastening means at one end of the belt portion and complementary fastening means at an opposite end of the belt portion, whereby the complementary fastening means engages the fastening means in order to secure the belt portion around the user's waist;

a movable housing movable along the belt portion, the housing having:

an attachment portion; and

an anchor portion for securing the housing to a desired location along the belt portion; and

one or more exercise attachments releasably attachable to the attachment portion of the housing.

13. The exercise apparatus of claim **12**, wherein the one or more exercise attachments is an elongated resilient band.

14. The exercise apparatus of claim **12**, wherein the anchor portion includes a pin having a knob at its distal end to prevent the movable housing from being inadvertently separated from the belt portion.

15. The exercise apparatus of claim **12**, wherein the anchor portion of the movable housing includes a retractable pin comprising a retractable member having a retracted first position and an extended second position, wherein the retractable member engages one of the one or more apertures in the belt portion when the retractable member is in the extended second position, the pin including a knob at its distal end to secure the attachment member to the belt portion at a desired location when the retractable member is in the extended second position.

16. The exercise apparatus of claim **15**, wherein the retractable pin allows for movement of the movable housing along the belt portion when the retractable member is in the retracted first position and wherein the retractable pin inhibits the movement of the movable housing along the belt portion when the retractable member is in the extended second position.

17. The exercise apparatus of claim **12**, wherein the movable housing defines an inner passageway, the inner passageway adapted to slidably receive the belt portion as the movable housing moves along the belt portion.

18. The exercise apparatus of claim **12**, further comprising a track affixed to the belt portion, the track including one or more apertures, wherein the movable housing is movable along the track and removably securable within one of the one or more apertures in the track.

19. The exercise apparatus of claim **12**, wherein the one or more exercise attachments include a first end releasably attachable to the attachment portion of the housing and a second end having a squeezable member to provide a user with additional exercises while using the exercise apparatus.

20. The exercise apparatus of claim **12**, wherein the one or more exercise attachments are interchangeable with other exercise attachments of different configurations to create different exercise routines.

* * * * *