Title: METHOD AND APPARATUS FOR ABDOMINAL AND UPPER BODY STRENGTH TRAINING

Abstract: The present invention discloses an exercise device wherein a user exercises the abdominal muscles and upper body strength training by throwing a ball into a ball shoot or against a rebound surface. The user places back on a horizontal fixed back rest portion and buttocks on a pivotal seat and feet on an adjustable device provided for securing the feet. Springs provide shock dissipation while the user catches ball in a downward position. The user throws ball in an upward movement into a ball shoot retrieving ball located at bottom ball ram.
**INTERNATIONAL SEARCH REPORT**

**A. CLASSIFICATION OF SUBJECT MATTER**
- IPC(8): A63B 26/00, 71/00 (2007.01)
- USPC: 482/140; 273/127C

According to International Patent Classification (IPC) or to both national classification and IPC

**B. FIELDS SEARCHED**

Minimum documentation searched (classification system followed by classification symbols)
- USPC: 482/140; 273/127C

Documentation searched other than minimum documentation to the extent that such documents are included in the fields searched

Electronic data base consulted during the international search (name of data base and, where practicable, search terms used)
- PubWest (PGP,B,USPT,USOC,EPAB,JPAB; PLUR=YES; OP=ADJ)
- Search Terms Used: ball return, abdominal

**C. DOCUMENTS CONSIDERED TO BE RELEVANT**

<table>
<thead>
<tr>
<th>Category</th>
<th>Citation of document, with indication, where appropriate, of the relevant passages</th>
<th>Relevant to claim No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Y</td>
<td>US 6,280,367 B1 (ARSENAULT) 28 August 2001 (28.08.2001), entire document, esp., fig 2 and 3.</td>
<td>1 and 2</td>
</tr>
<tr>
<td>Y</td>
<td>US 5,257,780 A (COOK et al.) 02 November 1993 (02.11.1993), entire document, especially Fig. 2.</td>
<td>1 and 2</td>
</tr>
</tbody>
</table>

- Special categories of cited documents:
  - "A" document defining the general state of the art which is not considered to be of particular relevance
  - "E" earlier application or patent but published on or after the international filing date
  - "L" document which may throw doubts on priority claim(s) or which is cited to establish the publication date of another citation or other special reason (as specified)
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  - "C" document member of the same patent family

Date of the actual completion of the international search
- 30 April 2007 (30.04.2007)

Date of mailing of the international search report
- 26 JUL 2007

Name and mailing address of the ISA/US
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