

[54] **LIFTING YOKE AND HARNESS**

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128/87 B

[56] **References Cited**

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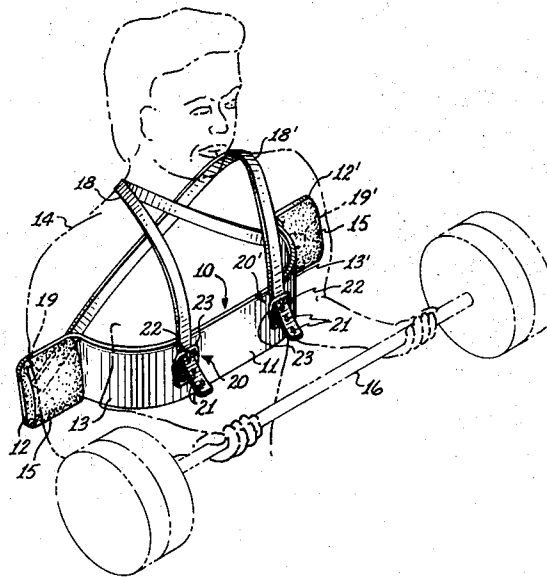
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[57]

ABSTRACT

A weight lifting yoke supported by the shoulders of a human for positioning the biceps and triceps muscles of the arms in a substantially vertical position when the forearms assume a substantially horizontal position during a weight lifting operation.

5 Claims, 3 Drawing Figures



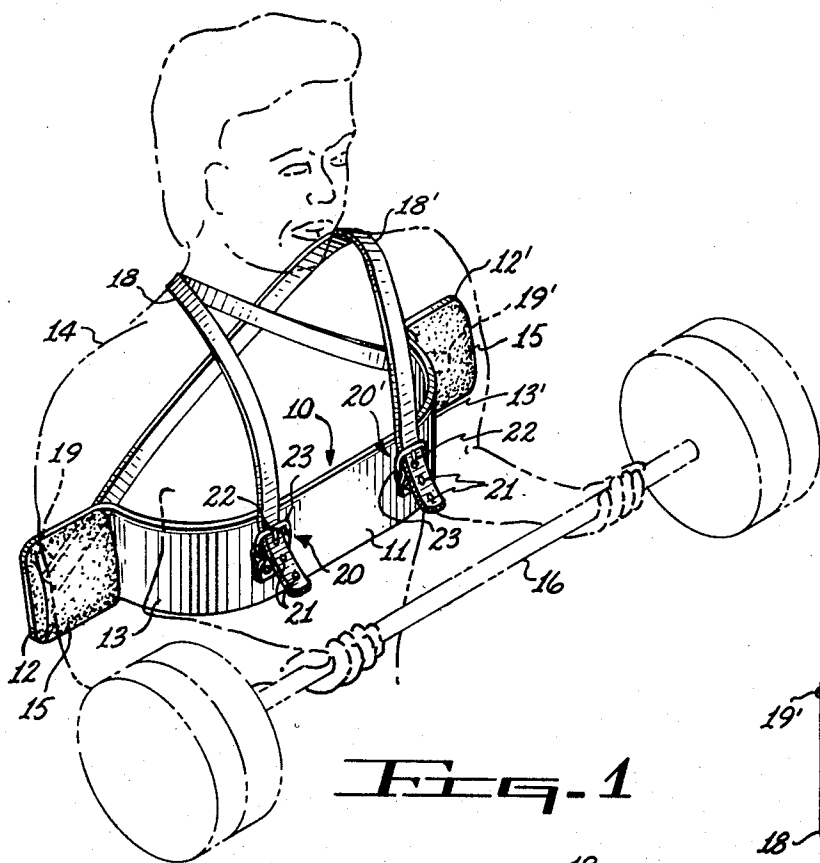


FIG. 1

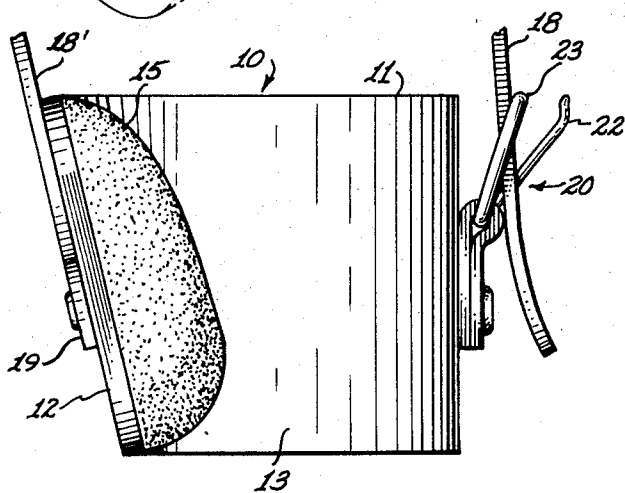


FIG. 2

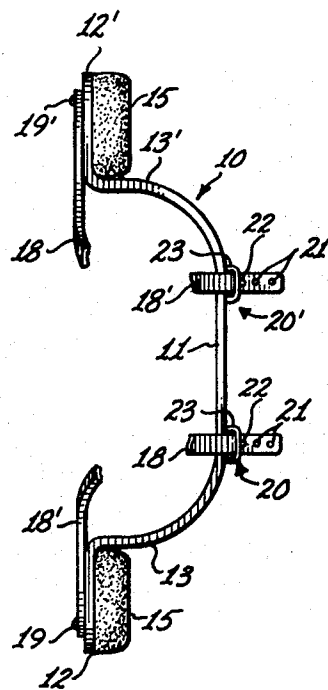


FIG. 3

LIFTING YOKE AND HARNESS

BACKGROUND OF THE INVENTION

This invention relates to weight lifting devices and more particularly to a weight lifting yoke worn on the shoulders for keeping the biceps, triceps and forearm muscles in predetermined positions during weight lifting operations.

1. Field of the Invention

This invention is directed to a weight lifting yoke and harness which holds the biceps, triceps and forearm skeletal muscles in given positions during weight lifting operations to avoid the weight from being held too close to the rectus abdominis muscles.

2. Description of the Prior Art

Heretofore, weight lifting bars have been grasped by the hands and pulled into the rectus abdominis muscles during a weight lifting operation or exercise causing the biceps and triceps to form with the forearm muscles an acute angle thereby placing the biceps and triceps in a position not conducive to easily suspending the weights and causing undue strain on the skeletal muscles. Further, such bending of the arms of the weight lifter is contrary to the style and requirements of weight lifting and thus unacceptable in weight lifting contests.

SUMMARY OF THE INVENTION

In accordance with the invention claimed an improved weight lifting yoke is provided which is worn on the weight lifter and fits around the chest of the weight lifter at or below the pectoralis major muscles which are the muscles in the front half of the chest. The harness then curves around the ribs of the weight lifter to behind the triceps for restraining the forearm from moving the biceps and triceps muscles from a substantially vertical position during a weight lifting operation.

It is, therefore, one object of this invention to provide an improved weight lifting harness.

Another object of this invention is to provide an improved yoke and harness for supporting the arms in predetermined positions during a weight lifting operation.

A further object of this invention is to provide an improved weight lifting harness which maintains the biceps and triceps in substantially right angular relationship to the forearm muscles during a weight lifting operation.

Further objects and advantages of the invention will become apparent as the following description proceeds and the features of novelty which characterize this invention will be pointed out with particularity in the claims annexed to and forming part of this specification.

BRIEF DESCRIPTION OF THE DRAWING

The present invention may be more readily described by reference to the accompanying drawing in which:

FIG. 1 is a perspective view of a weight lifting harness of the present invention positioned on the shoulders and chest of a user.

FIG. 2 is an enlarged end view of the yoke and harness shown in FIG. 1; and

FIG. 3 is a top view of the yoke harness shown in FIG. 1.

DESCRIPTION OF PREFERRED EMBODIMENT

Referring more particularly to the drawing by characters of reference FIGS. 1-3 disclose a harness 10 for controlling the positioning of the arms of a user during a weight lifting exercise. Harness 10 comprises a yoke 11 of a U-shaped configuration for fitting around the front half of the chest with terminal ends 12, 12' extending laterally outwardly from the legs 13, 13' of the U-shaped configuration to extend back of the triceps of the user 14 as shown in FIG. 1. This yoke unites the biceps, triceps and forearm skeletal muscles into a given weight lifting position to safely lift heavy weight with proper form during the transfer of muscular energy into mechanical energy in the form of motion.

As readily noted from the drawing the terminal ends 12, 12' of the yoke fit behind the triceps of the user and are each provided with a pad 15 for comfort when the forearms force the triceps of the user back against these pads. The pads may be formed of foam plastic material, foam rubber, or other suitable packing material to protect the arms from irritation and may be detachably mounted so that they can be replaced.

As noted from FIG. 1 the yoke is positioned against the chest of the user. This is intended to place the terminal ends 12, 12' of the yoke behind the triceps of the user just above his elbows. In this position the forearms of the user may extend substantially at a right angle to the biceps when the user 14 is lifting the weighted bar 16. The bar comprises a shaft adapted to hold selectively a plurality of ordinary weights at each end. Weights may be changed or added to the shaft in the usual manner.

As shown in FIGS. 1-3, straps 18, 18' are utilized to and in keeping the yoke well positioned on the chest of the user. The ends 19, 19' of the straps are pivotally attached one to each of the terminal ends 12, 12' of the legs of the yoke on their back sides and overlap on the back of the wearer and down from the shoulders to connect with harness connections 20, 20', as shown. The straps are provided with the usual apertures 21 for engaging with a tongue 22 of the well known buckles 23. The buckles are pivotally connected to the front of the yoke or fixedly attached thereto by bolts or other suitable means.

To more clearly understand the function provided by the disclosed weight lifting yoke or iso-curl it should be noted that the biceps, the large muscle on the front of the upper arm, bring about a movement of the forearm in a vertical plane, among other actions. The triceps at the back of the upper arms act together with the biceps when the arms are flexed or extended at the elbows to bring about motion of the forearms. For example, when the arm is flexed, the action is largely the result of contraction of the biceps muscle. When the arm is extended the triceps muscle contracts.

The activities of many of the skeletal muscles pass unnoticed because they lie below the surface of the body.

The act of lifting weights involves many different muscles and if the muscles of both arms are coordinated the weight lifting action may be controlled to not only provide graceful body coordination but also a muscle building activity.

By use of the disclosed yoke the skeletal muscles of the arms, shoulders and abdomen may be united to act in a given way during a weight lifting exercise to cause a predetermined form to exist.

It should be recognized that yokes may be made of various materials, however, reinforced plastics such as fiber glass have resulted in strong yoke structures.

Although but one embodiment of the present invention has been illustrated and described, it will be apparent to those skilled in the art that various changes and modifications may be made therein without departing from the spirit of the invention or from the scope of the appended claims.

What is claimed is:

1. A yoke suspended from the shoulders of a human and extending around his chest and back of his upper arms for weight lifting exercises, said yoke comprising:
 - a rigid contoured solid body member of a U-shaped configuration for extending around the chest of the user,
 - said configuration having a pair of legs extending one on each side of the user terminating at his back,
 - each leg of said configuration comprising a bent end portion extending laterally of said leg outwardly away from said configuration for fitting behind the upper arm of the user, and

harness means fastened to the bent portion of each leg and extending over the shoulders of the user for fastening to the yoke at spaced positions in front of his chest for supporting the yoke on the user.

2. The yoke set forth in claim 1 in further combination with:

a pair of resilient pads one mounted on the front face of each of said bent portions of said legs of said U-shaped configuration for cushioning the arms of the user during a weight lifting exercise.

3. The yoke set forth in claim 1 wherein said fastening means comprises:

a pair of straps each having one end connected to a different bent end portion of said U-shape configuration, and

buckle means attached to each of said other ends for adjustably connecting to said yoke for varying the lengths of the straps.

4. The yoke set forth in claim 1 wherein said U-shaped configuration is formed of fiber glass.

5. The yoke set forth in claim 1 wherein:
 - said bent portions extend substantially perpendicularly of the legs of said U-shaped configuration.

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