US 20140128231A1

(19) **United States**

(12) **Patent Application Publication**

Menaker

(10) **Pub. No.: US 2014/0128231 A1**

(43) **Pub. Date: May 8, 2014**

(54) **UNIQUE EXERCISE AND STRENGTH TRAINING APPARATUS, AND METHOD OF EXERCISE AND STRENGTH TRAINING**

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(21) Appl. No.: **13/890,287**

(22) Filed: **May 9, 2013**

Related U.S. Application Data

(60) Provisional application No. 61/646,307, filed on May 13, 2012.

Publication Classification

(51) **Int. Cl.**
A63B 26/00 (2006.01)

(52) **U.S. Cl.**
CPC ***A63B 26/00*** (2013.01)
USPC **482/145**; 482/142

(57) **ABSTRACT**

A multipurpose exercise device and corresponding exercise method that, when used and employed together, provides a novel, effective, and safe exercise regiment that minimizes inflammation and increases muscle density, thus having great utility for training, strengthening, and conditioning the human body.

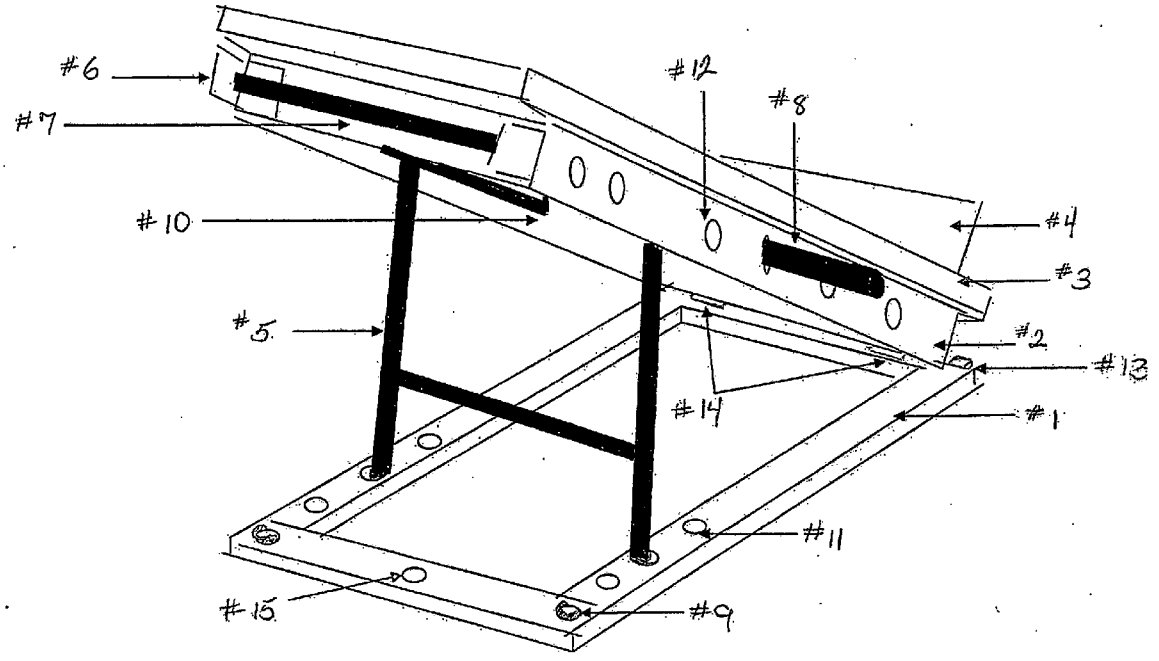
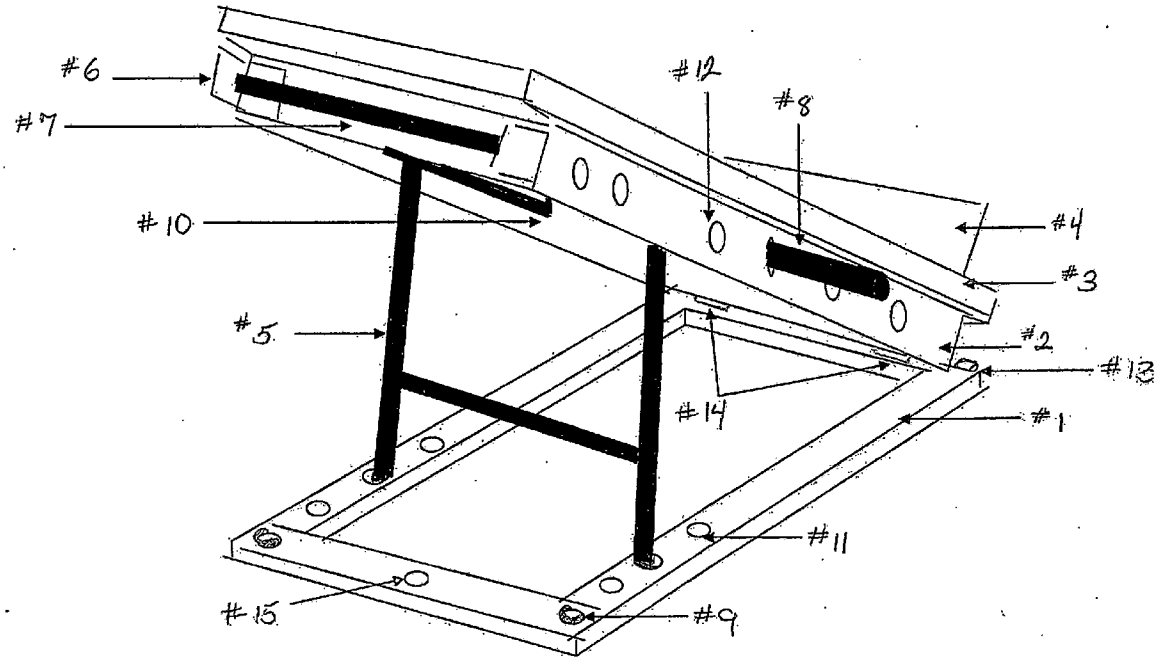


Figure A



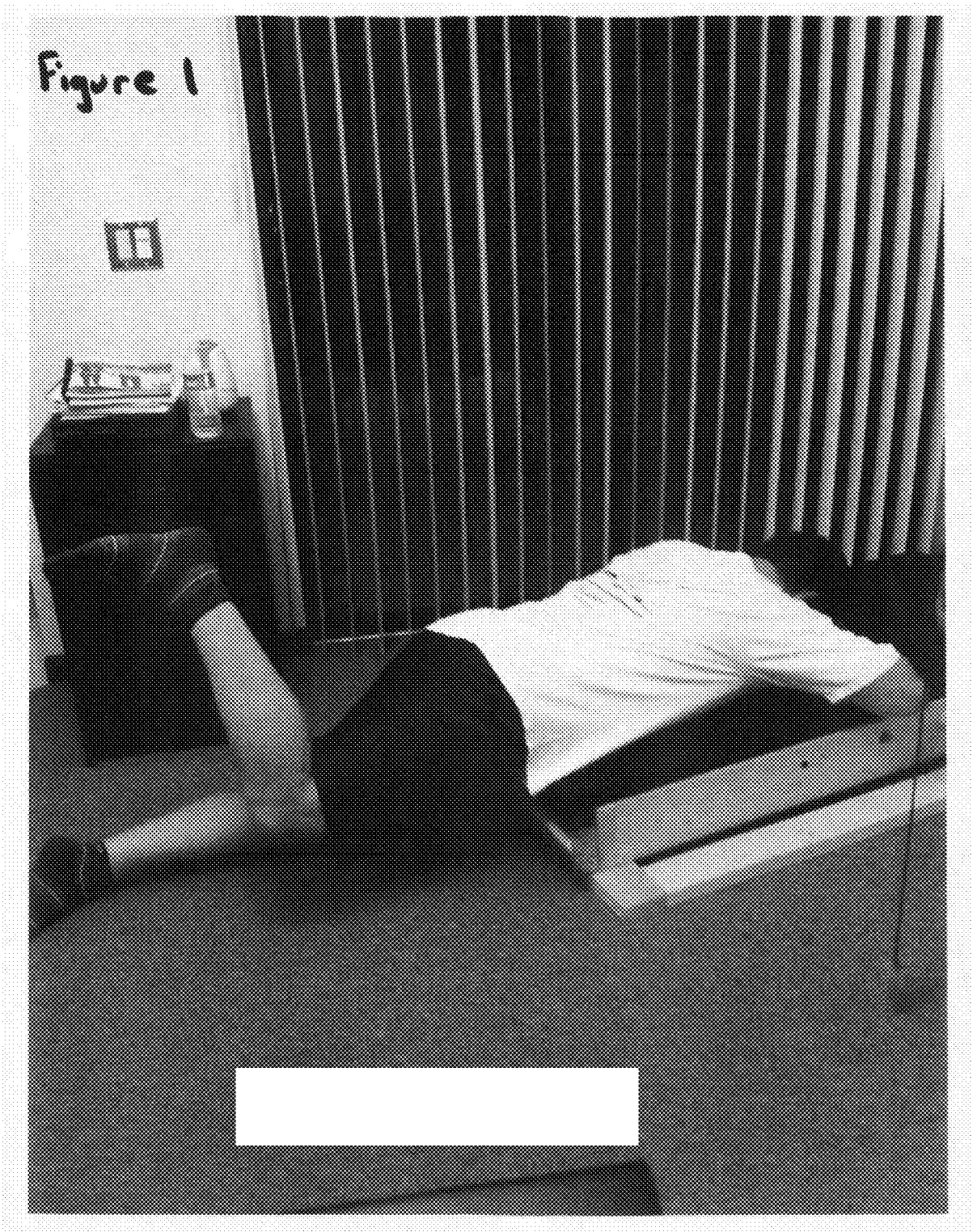


Figure 1

Figure 2

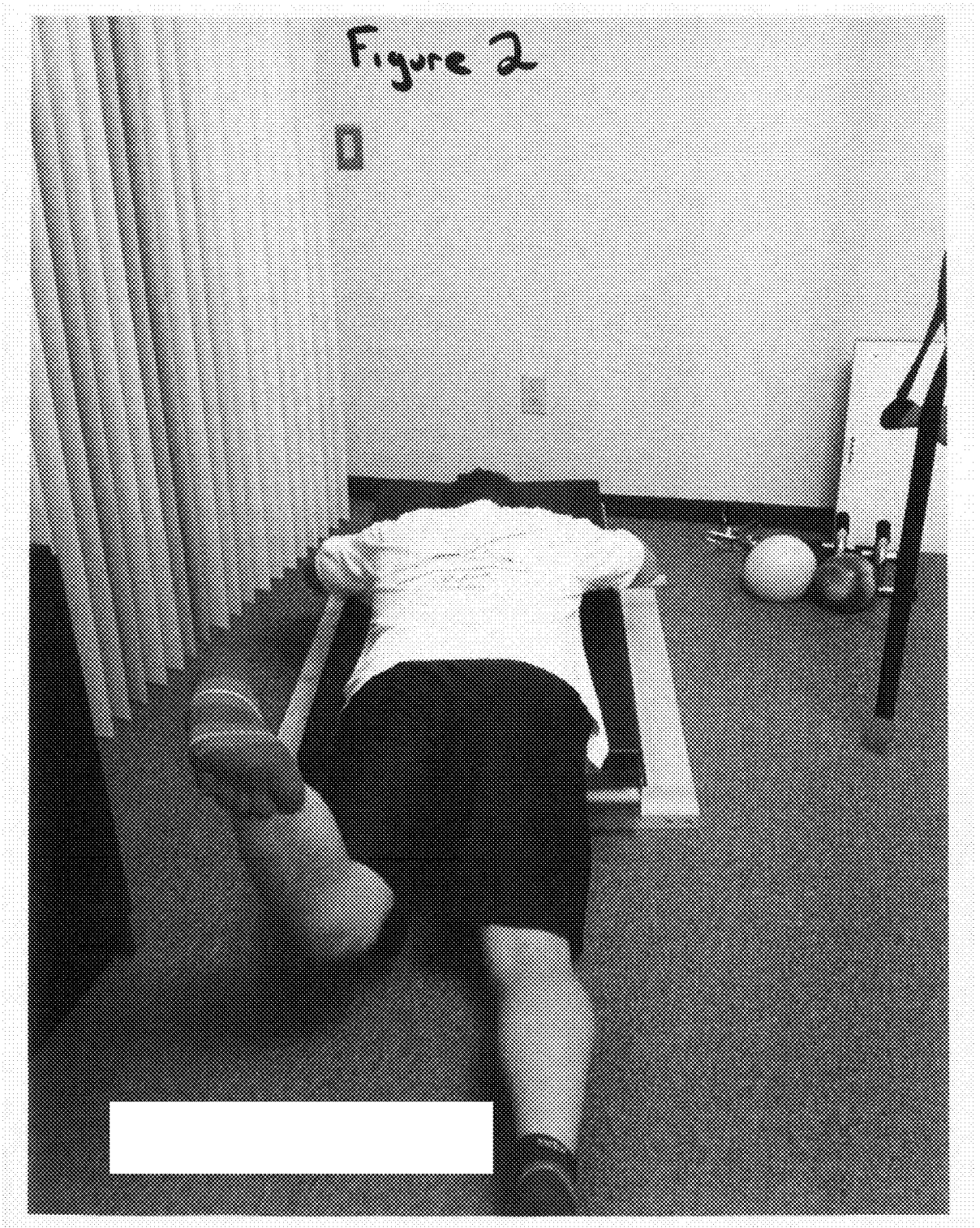


Figure 2A

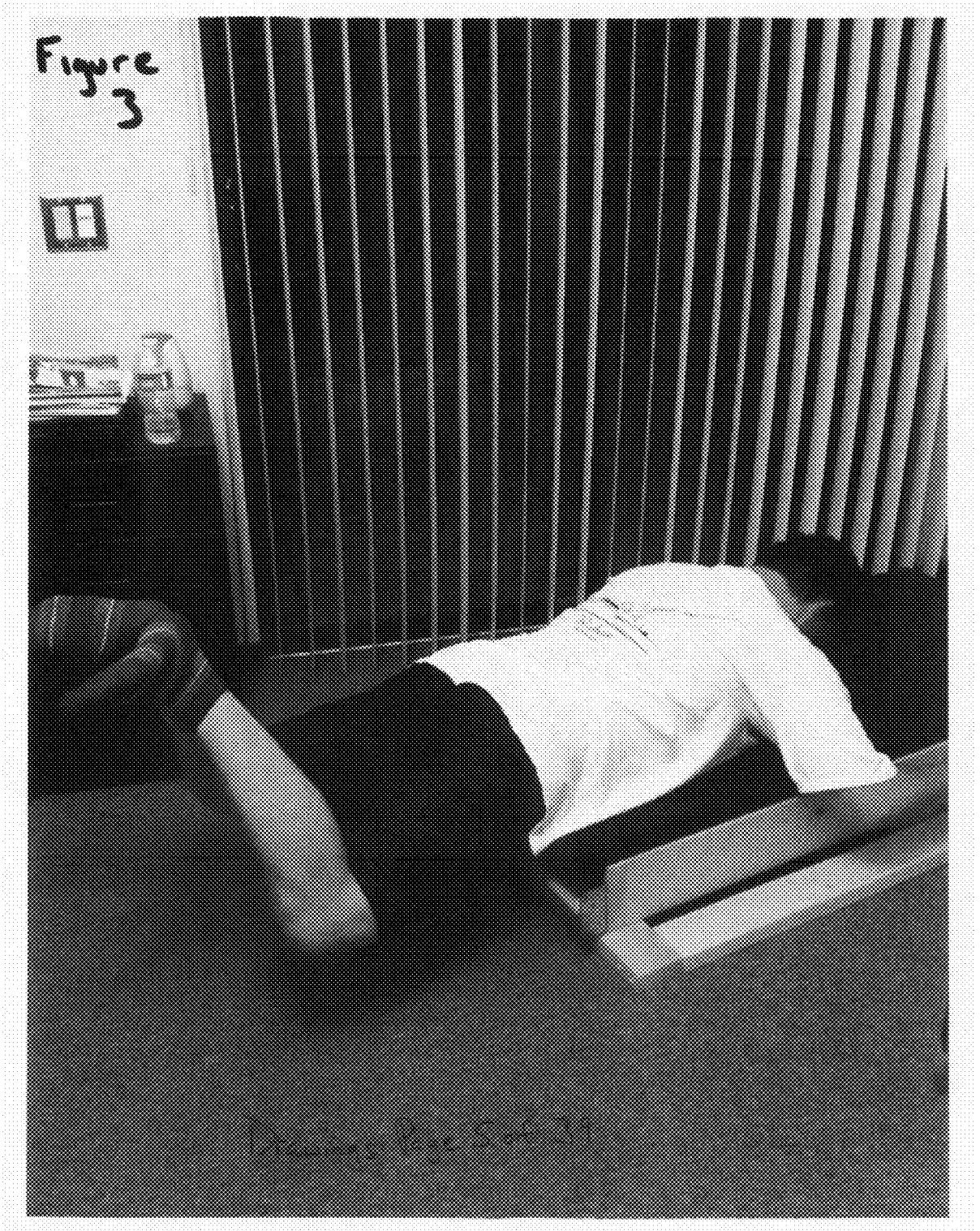


Figure 3

Figure 3A

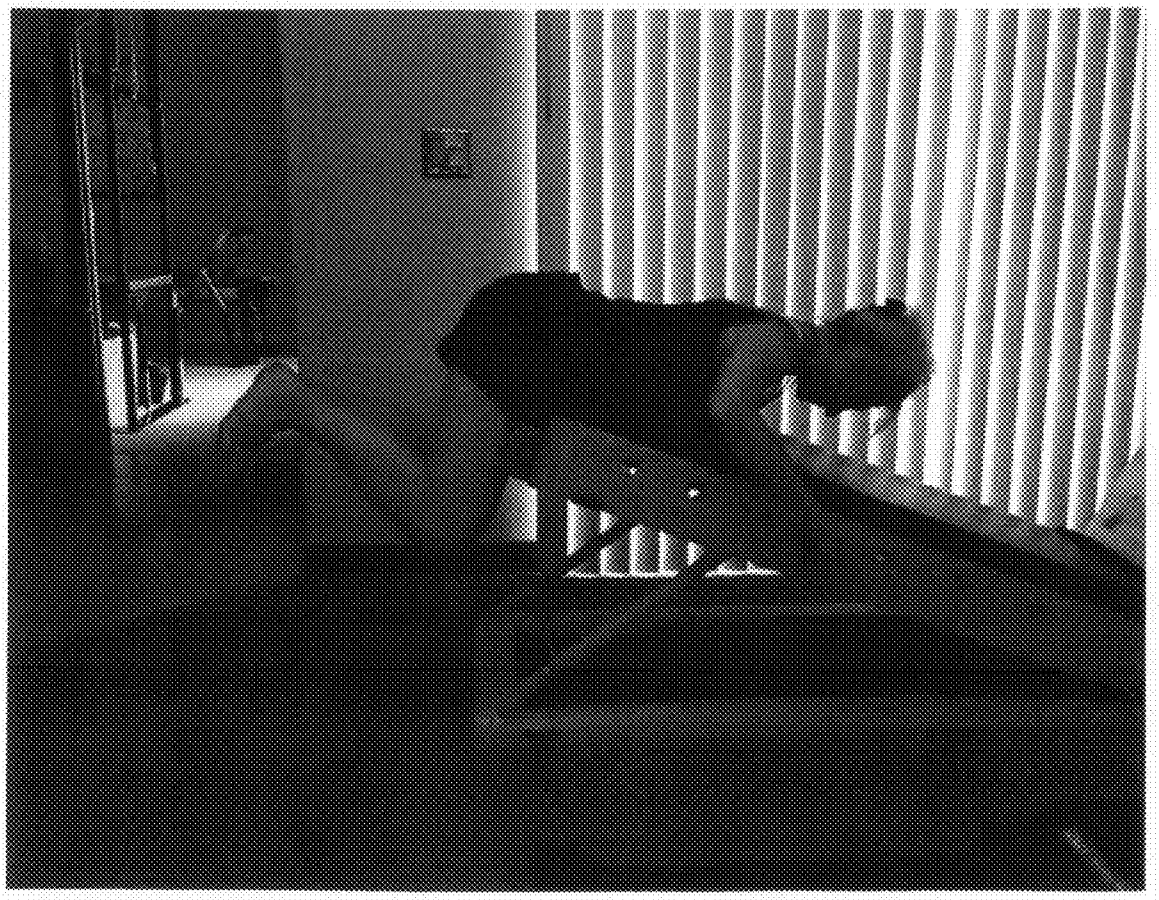
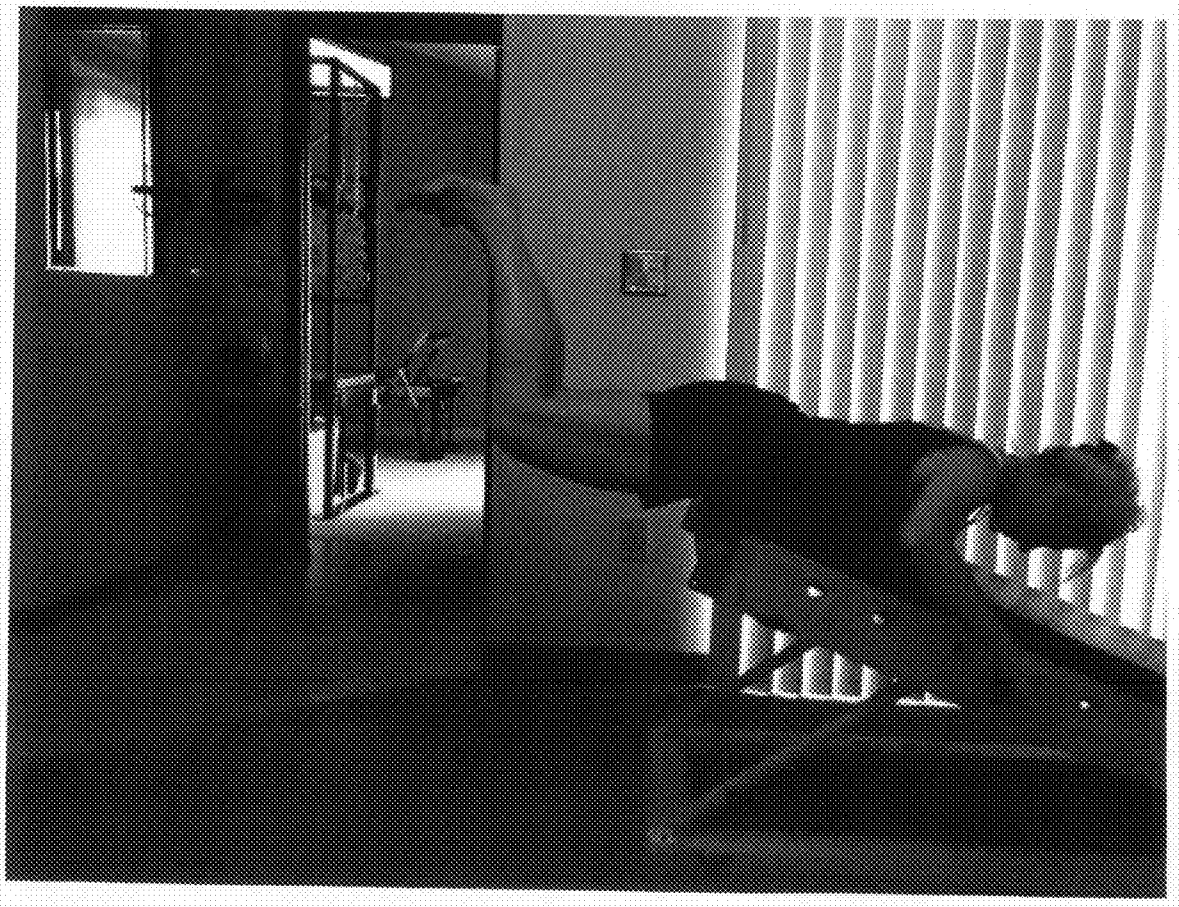


Figure 38



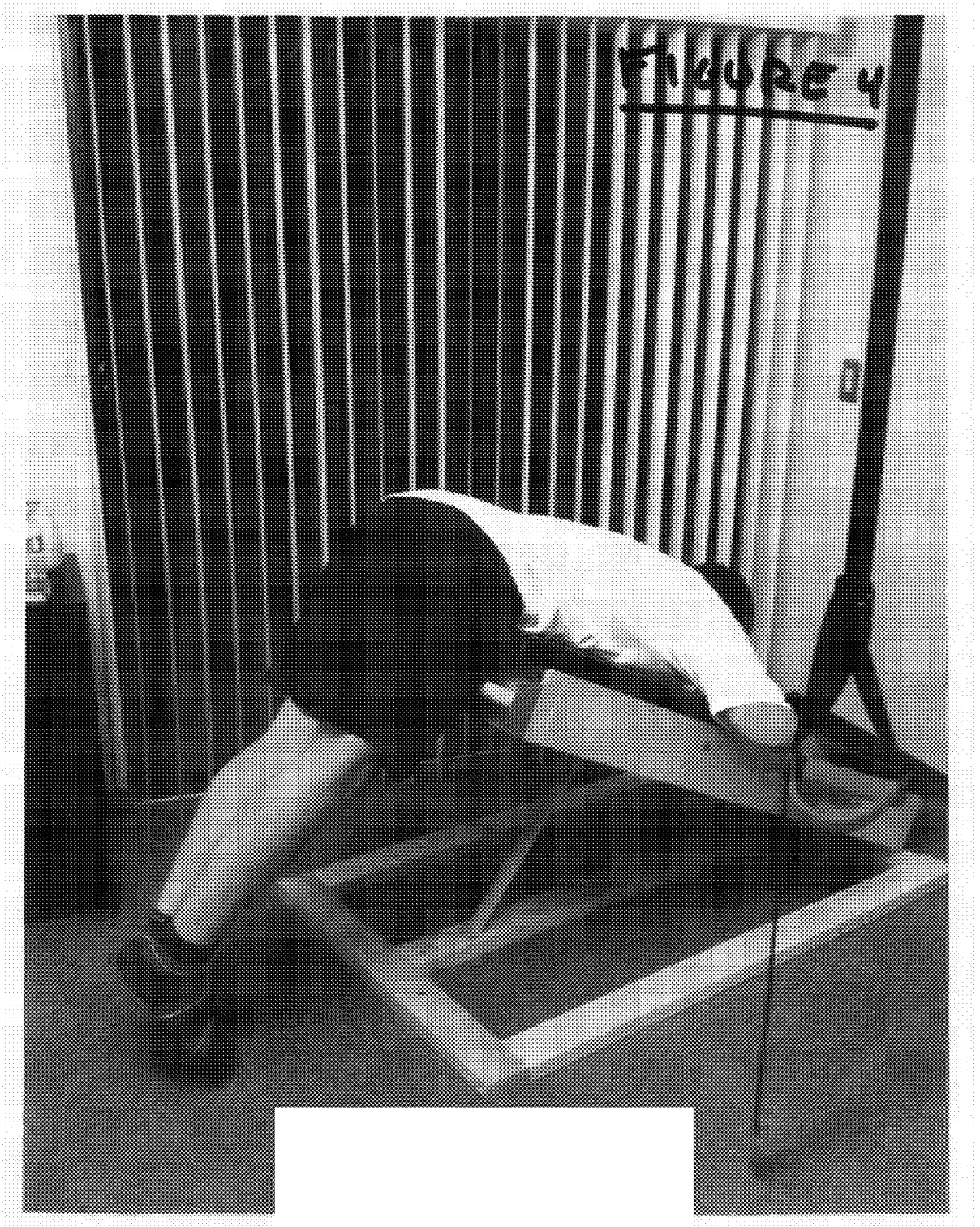


FIGURE 4

FIGURE 5

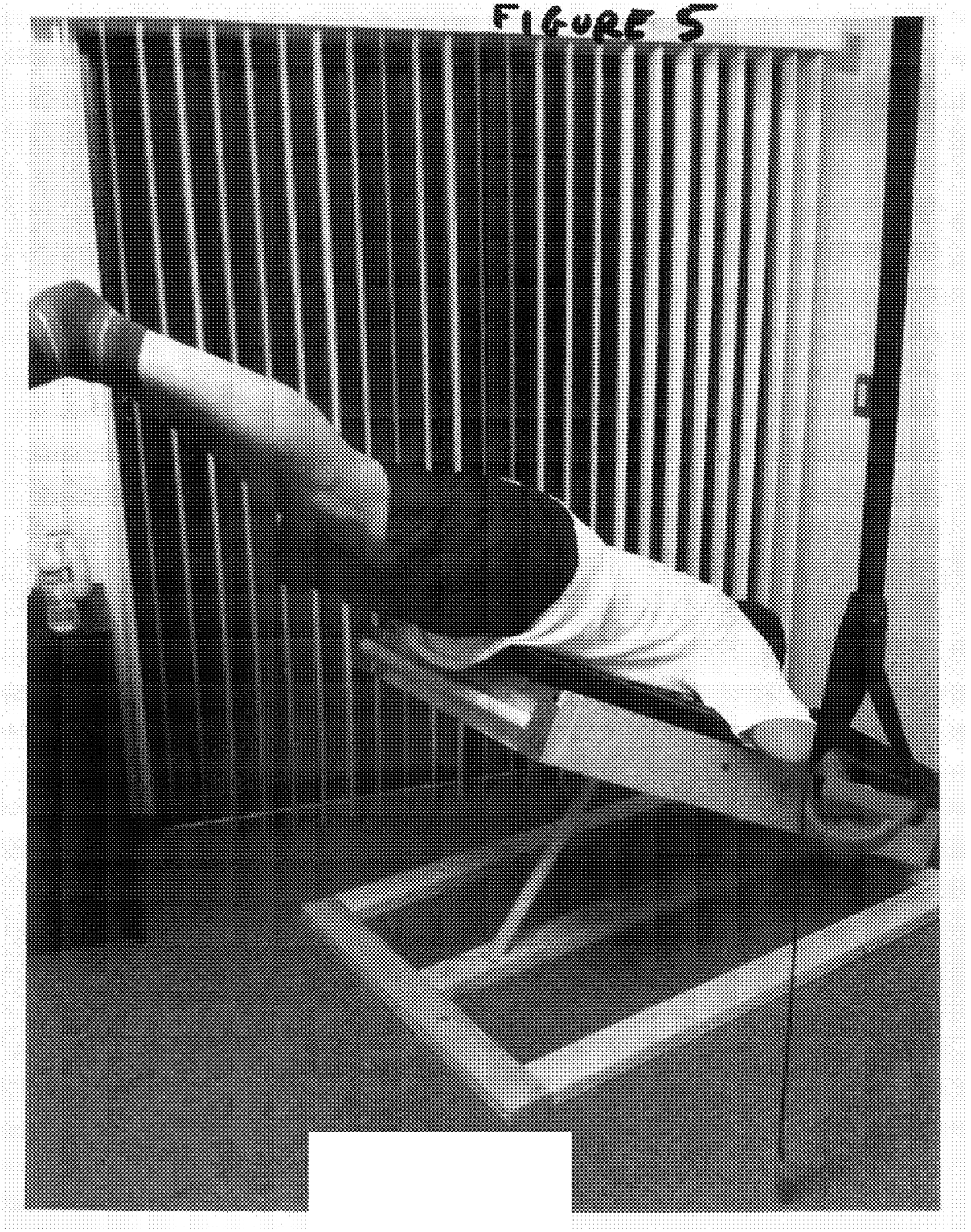
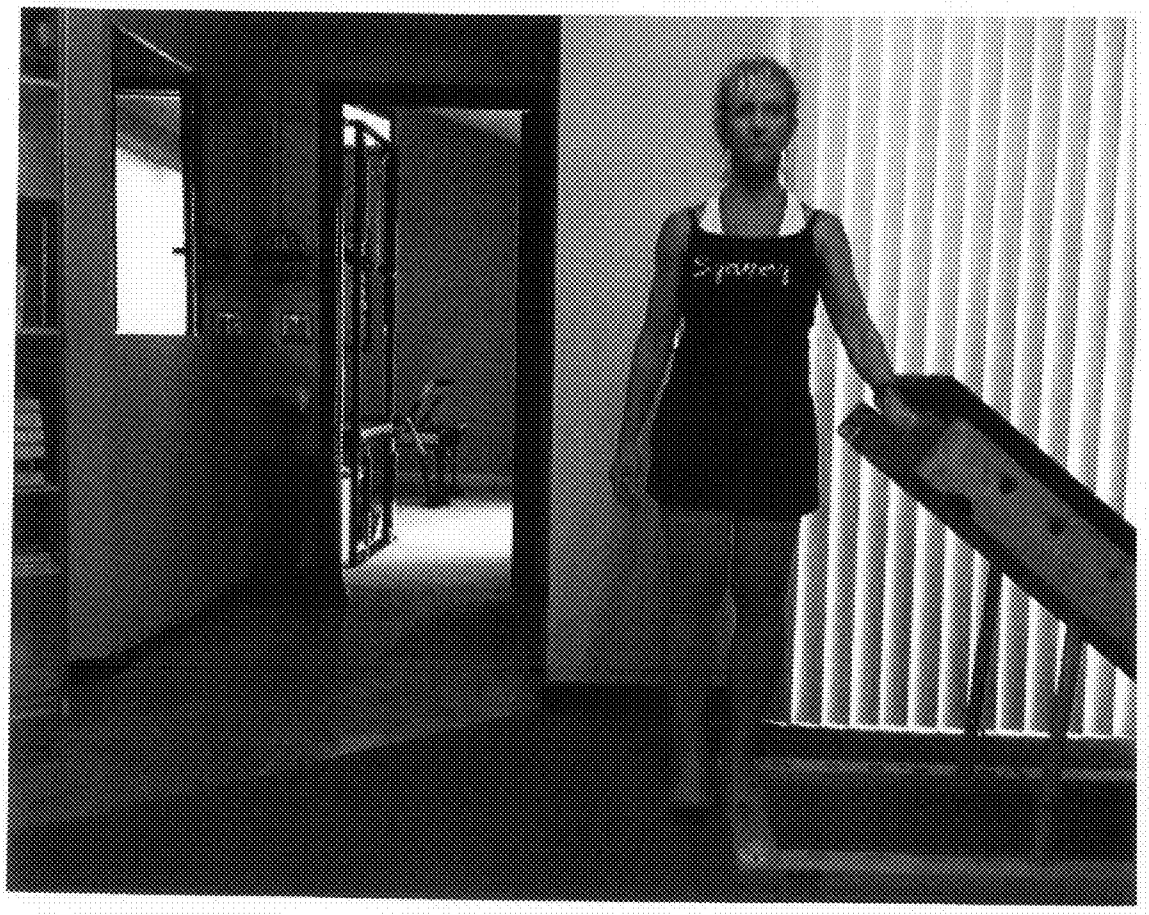


FIGURE 6



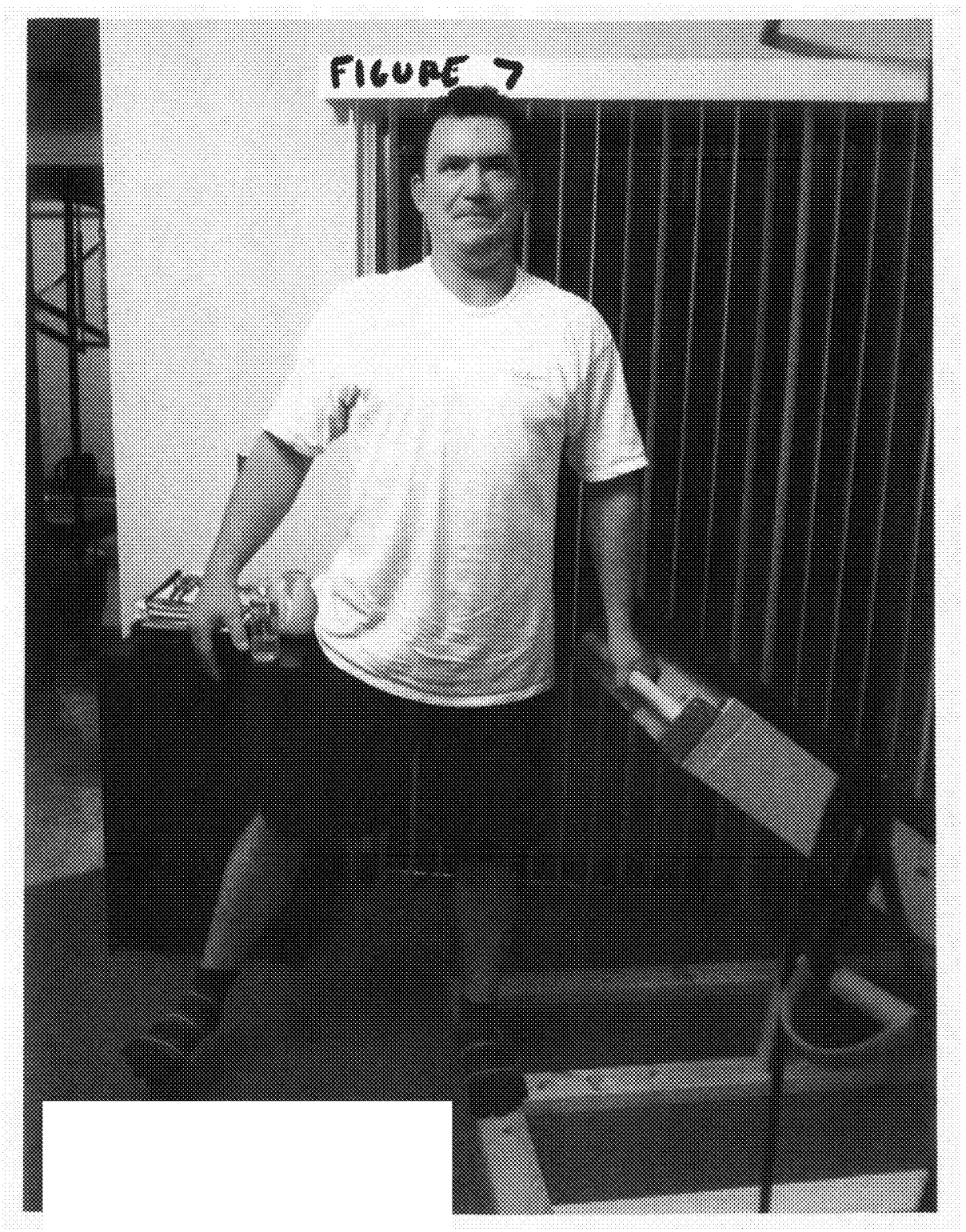


FIGURE 7

FIGURE 7A

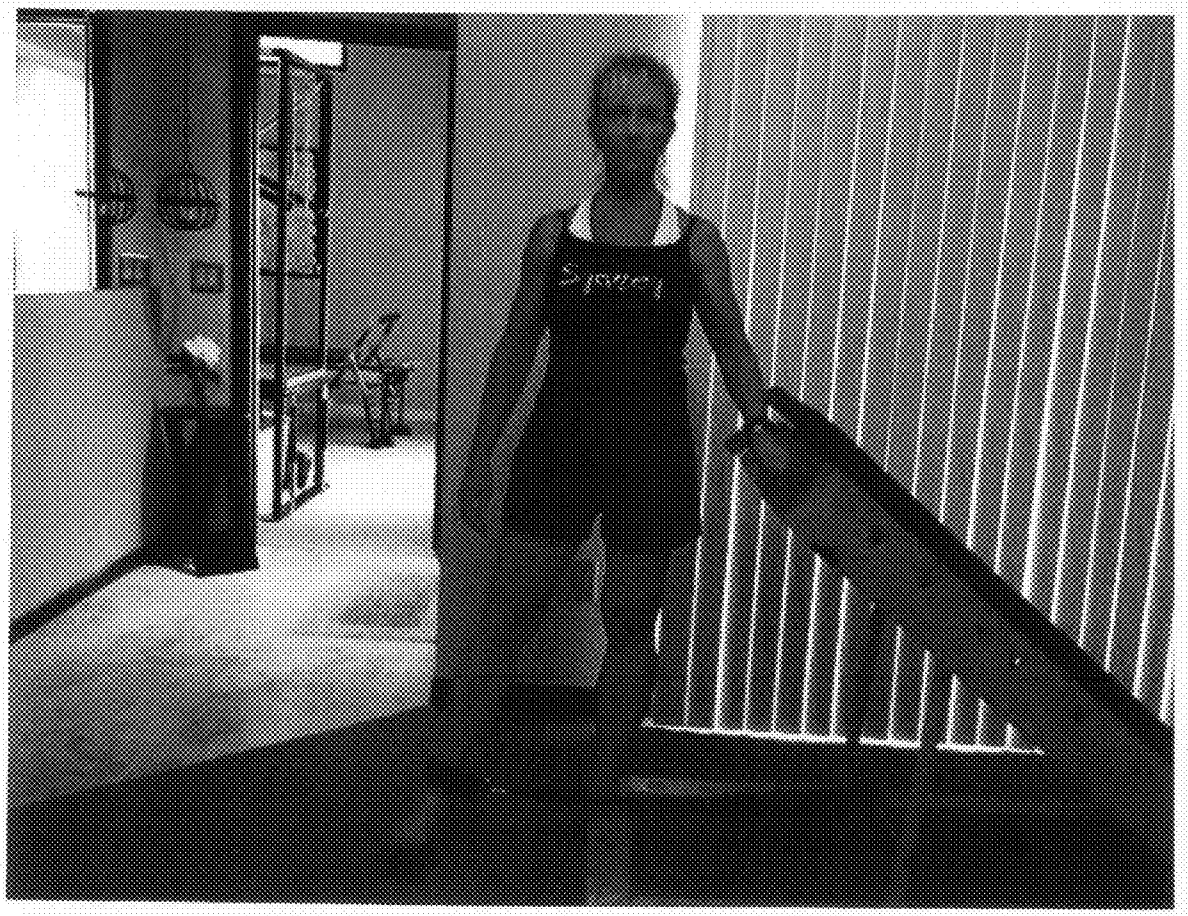
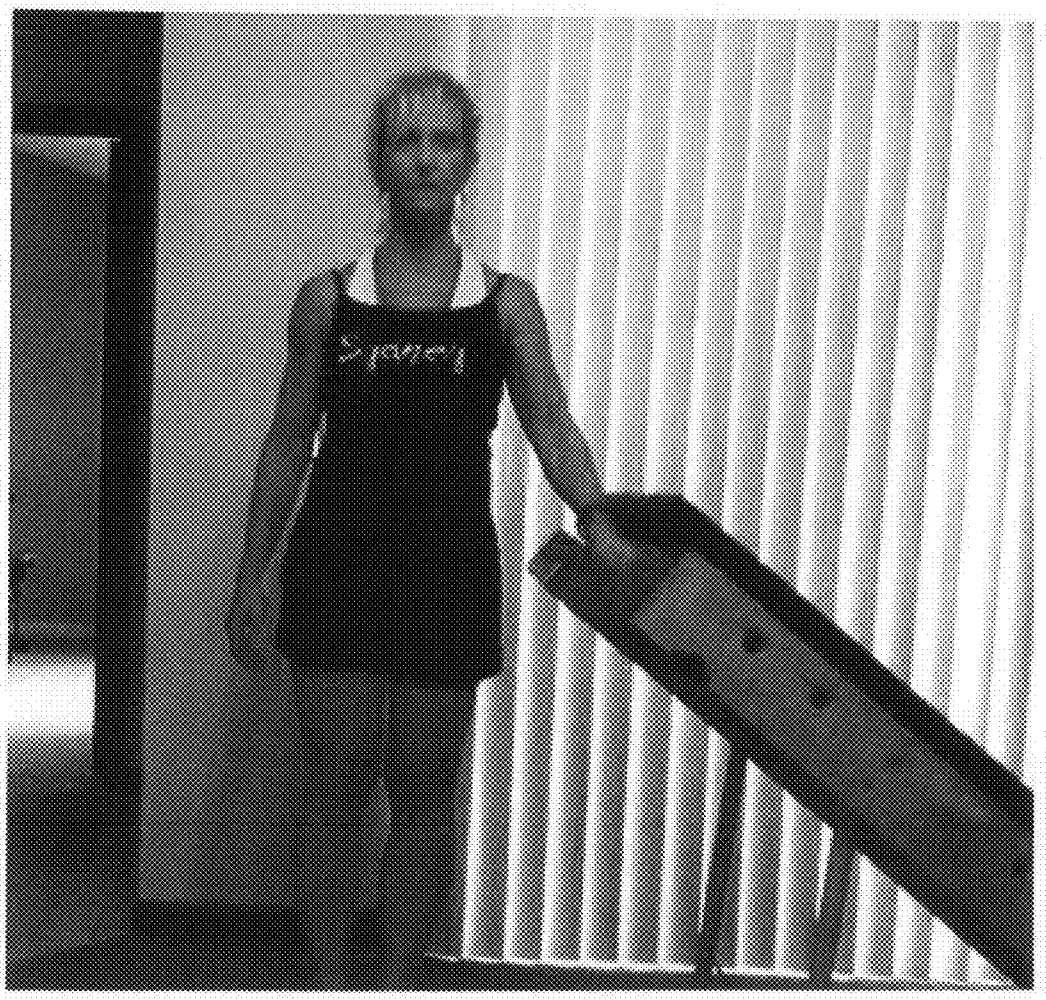


FIGURE 7B

FIGURE 7C



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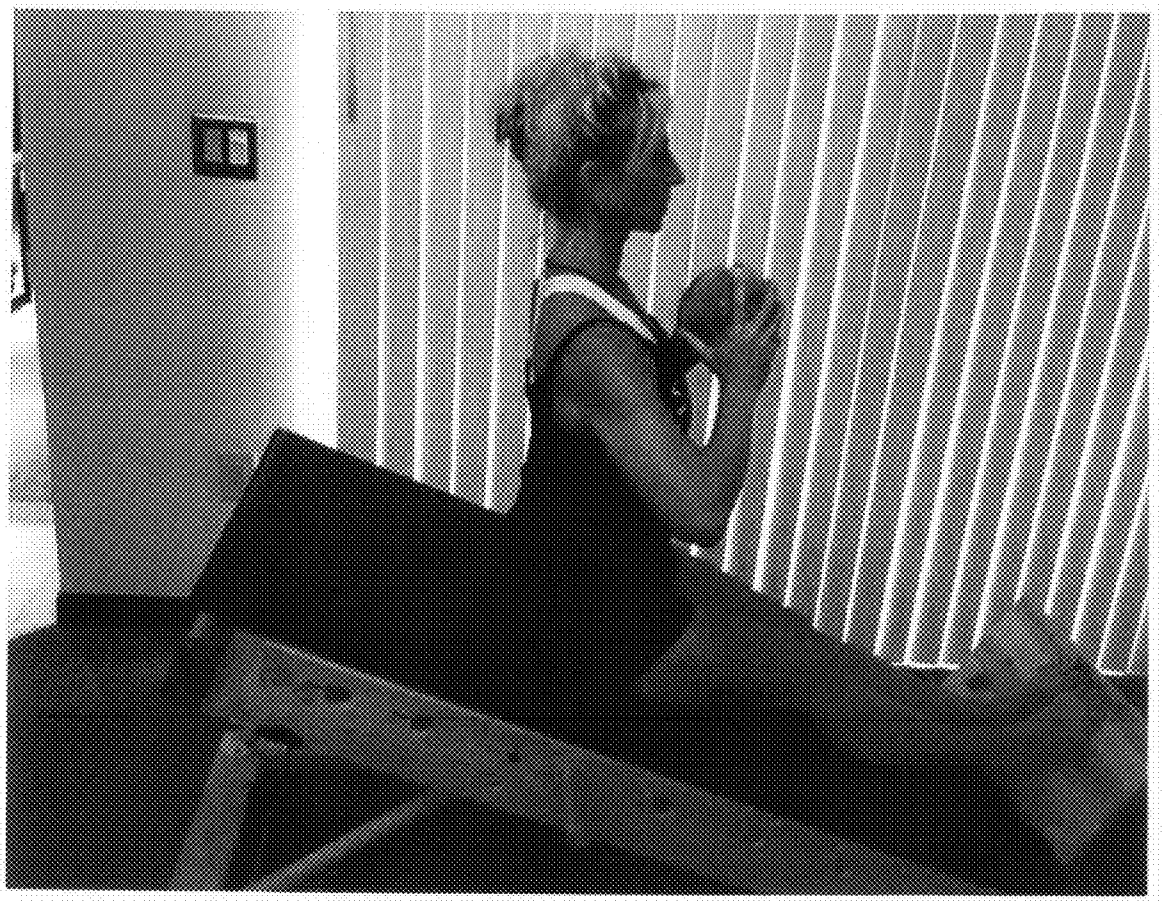


FIGURE 9

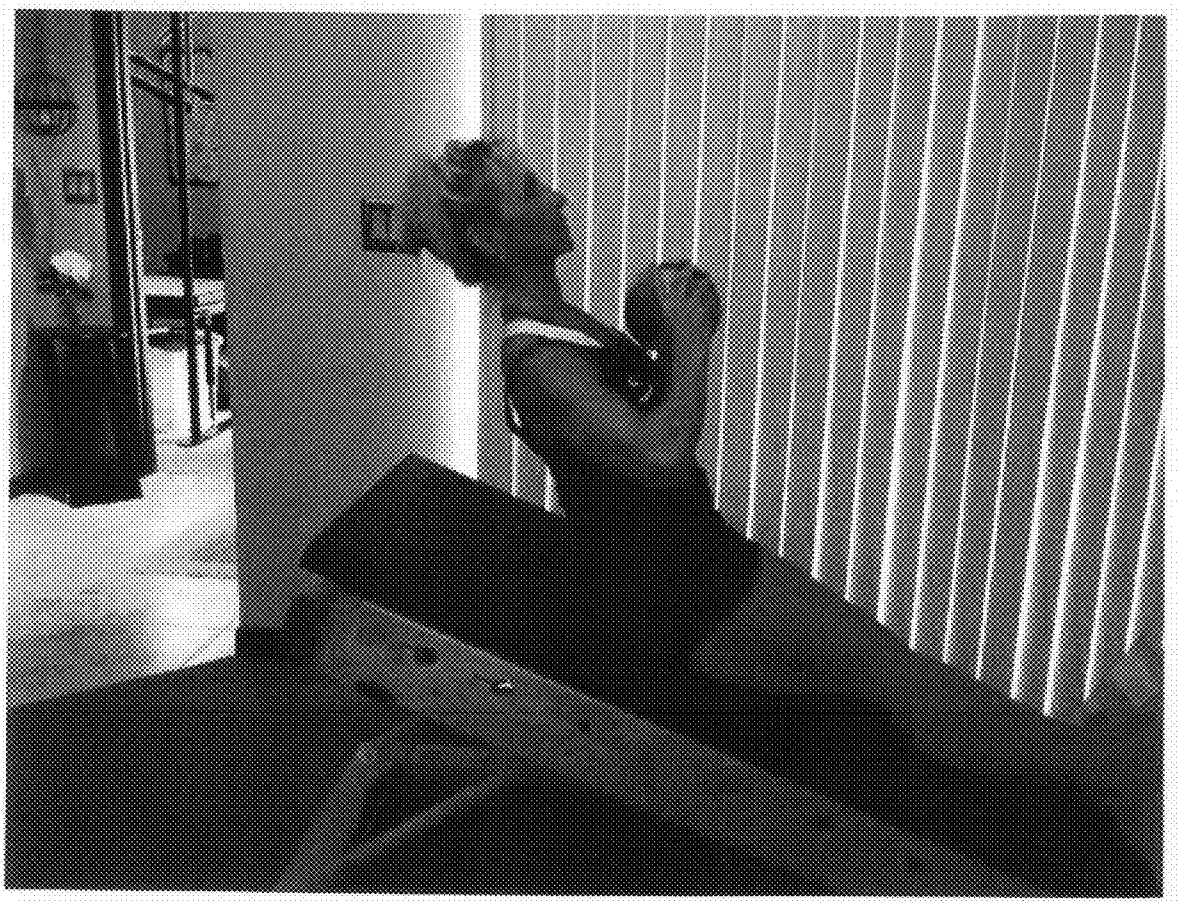


FIGURE 9B

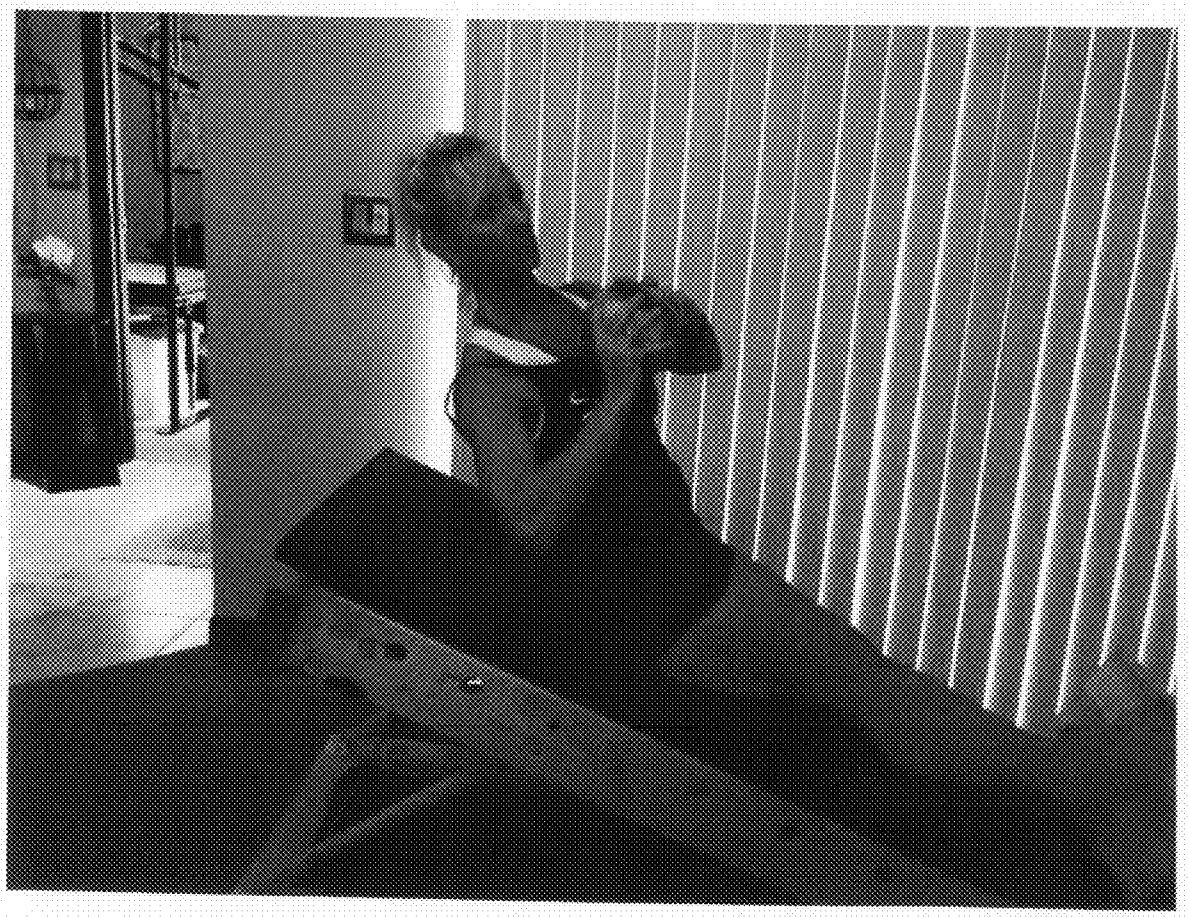


FIGURE 10

FIGURE 10B

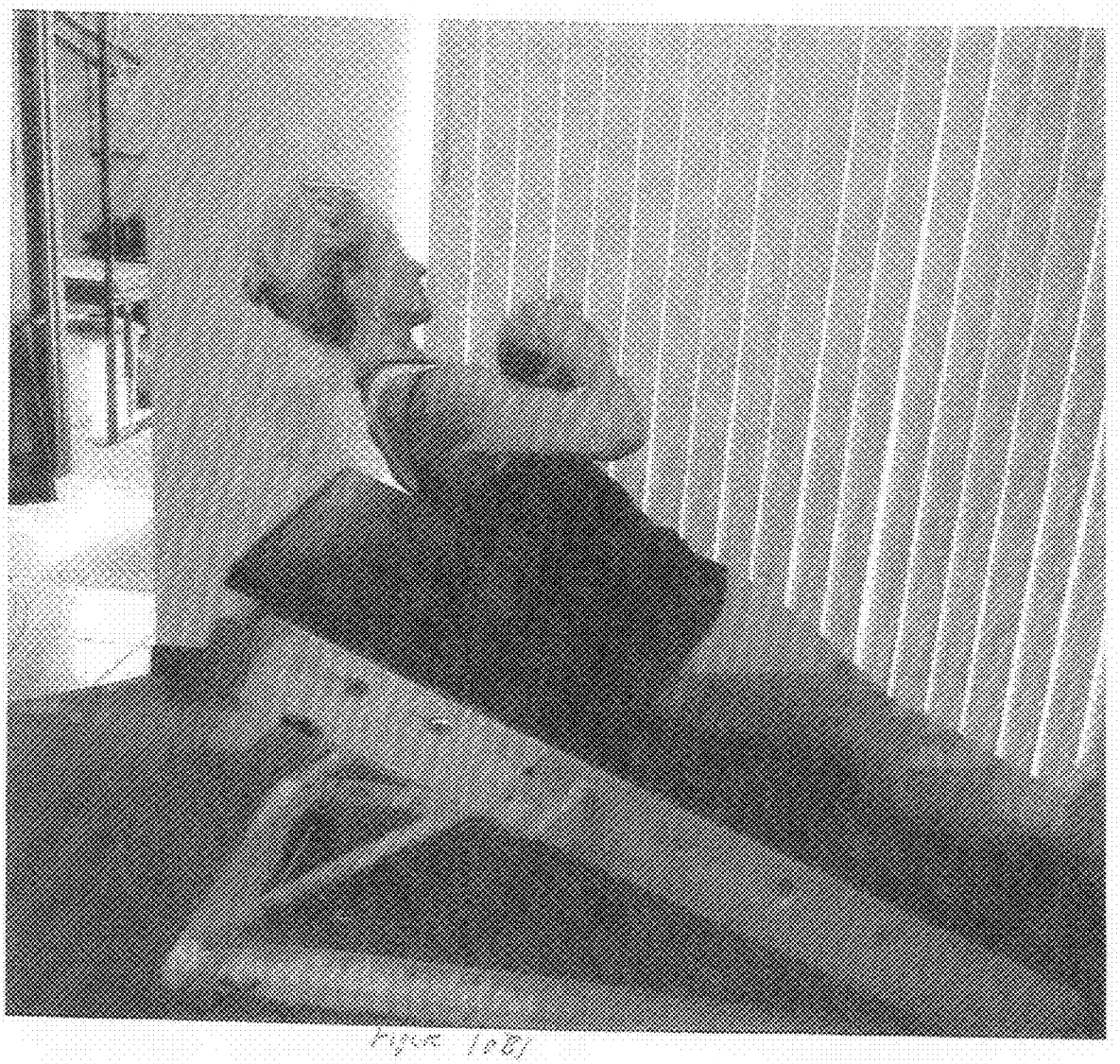


Figure 10B

FIGURE 10B2

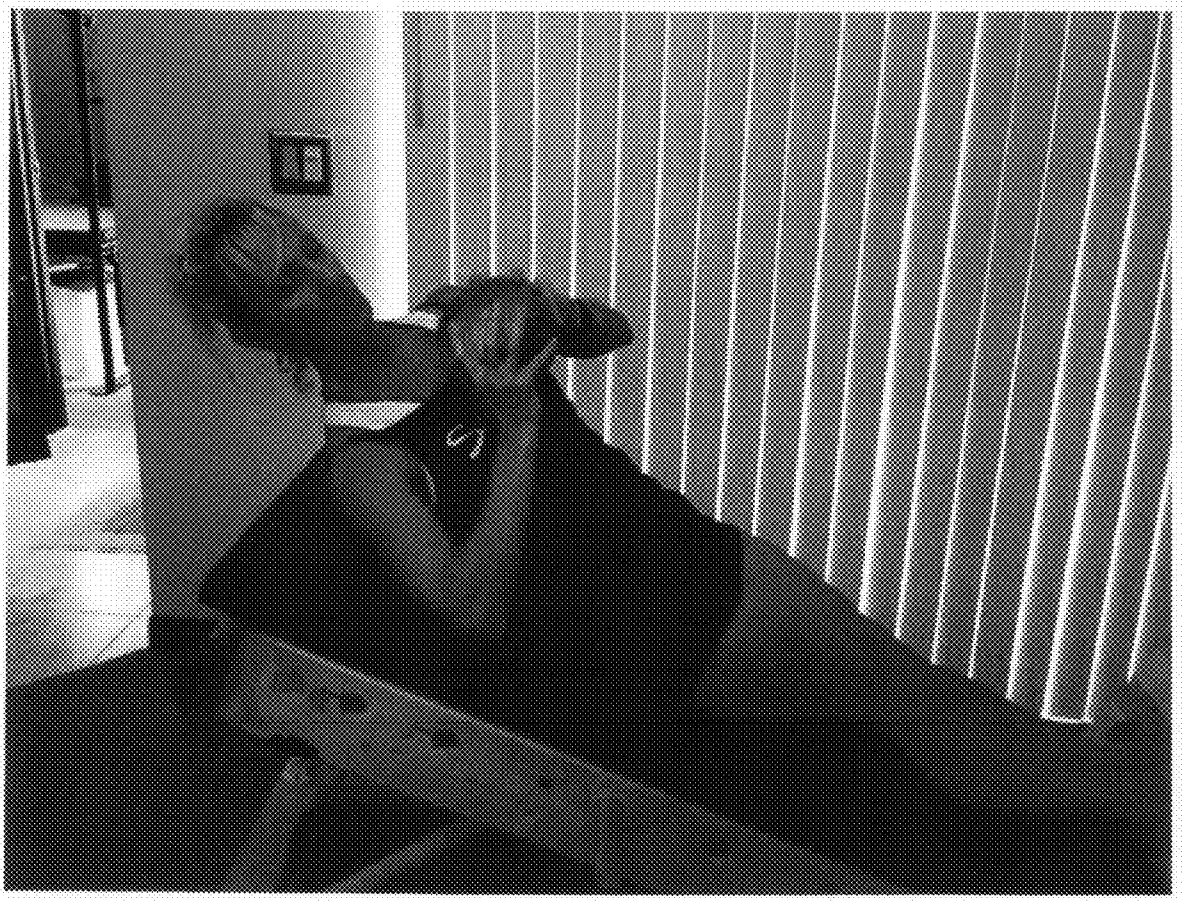


FIGURE 11

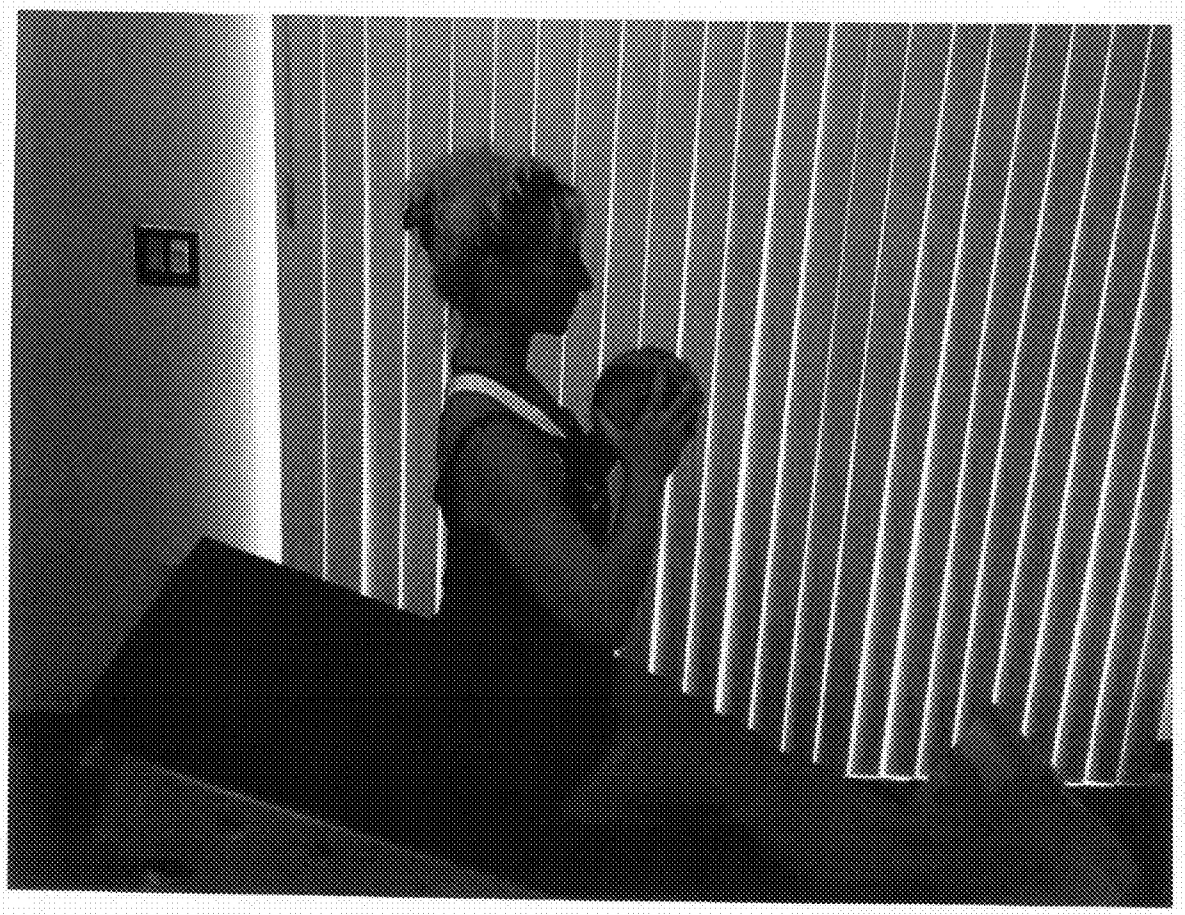
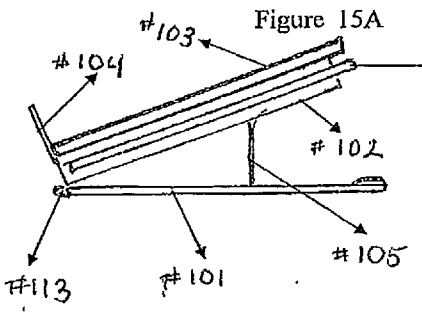


FIGURE 12

FIGURE 13

FIGURE 14

Figure 15A



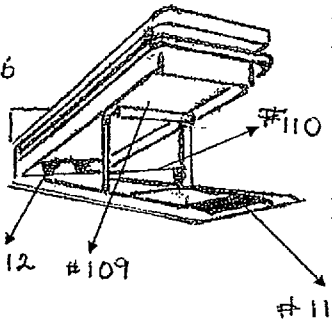


Figure #15ABCD

Figure 15B

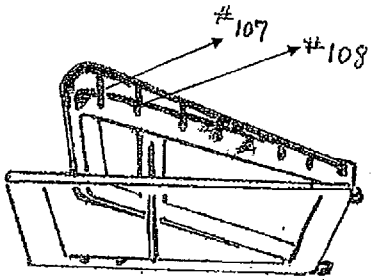


Figure 15C

Figure 15D

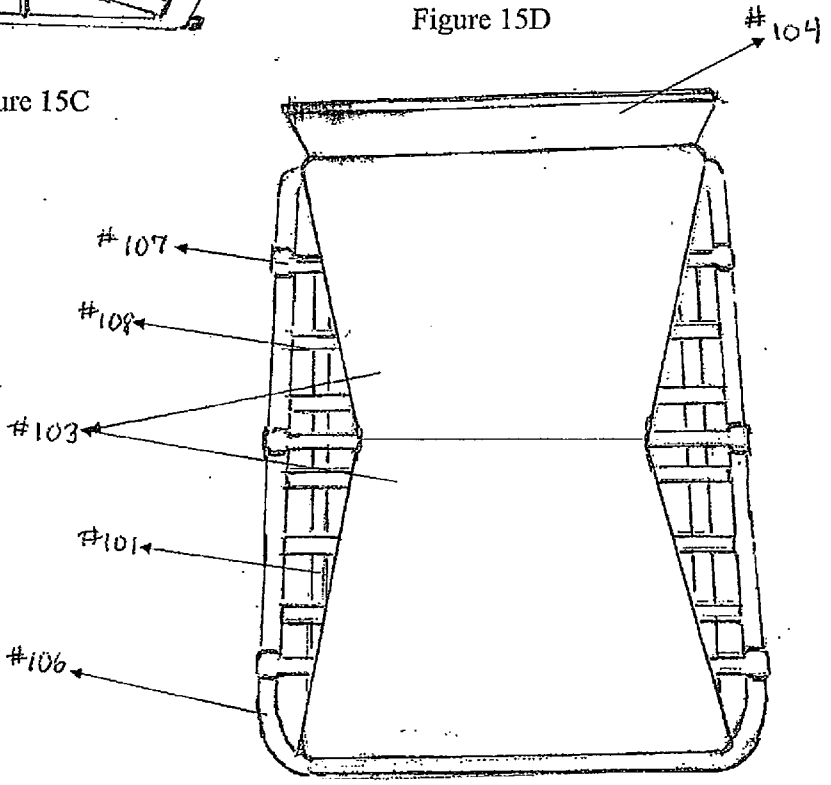


FIGURE 16

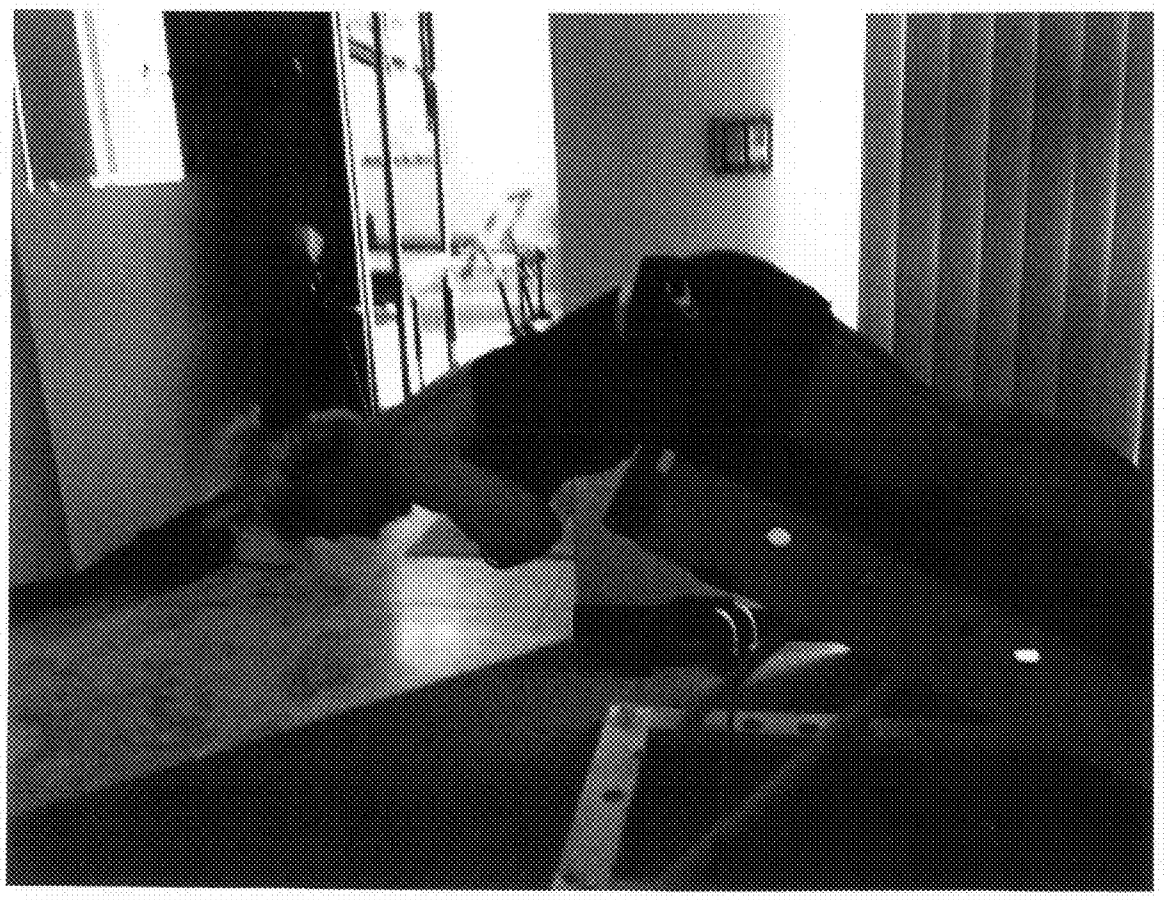


FIGURE 17

FIGURE 18

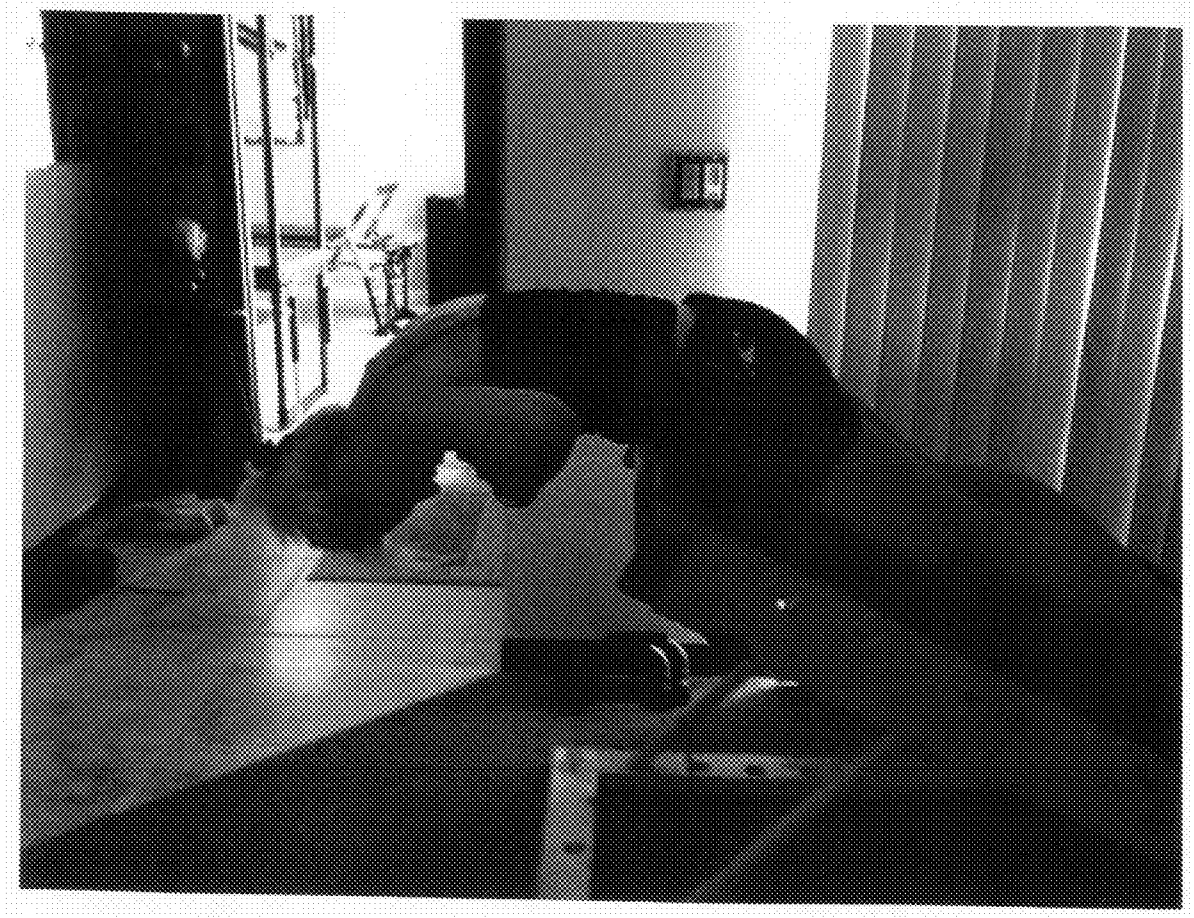


FIGURE 19

FIGURE 2o

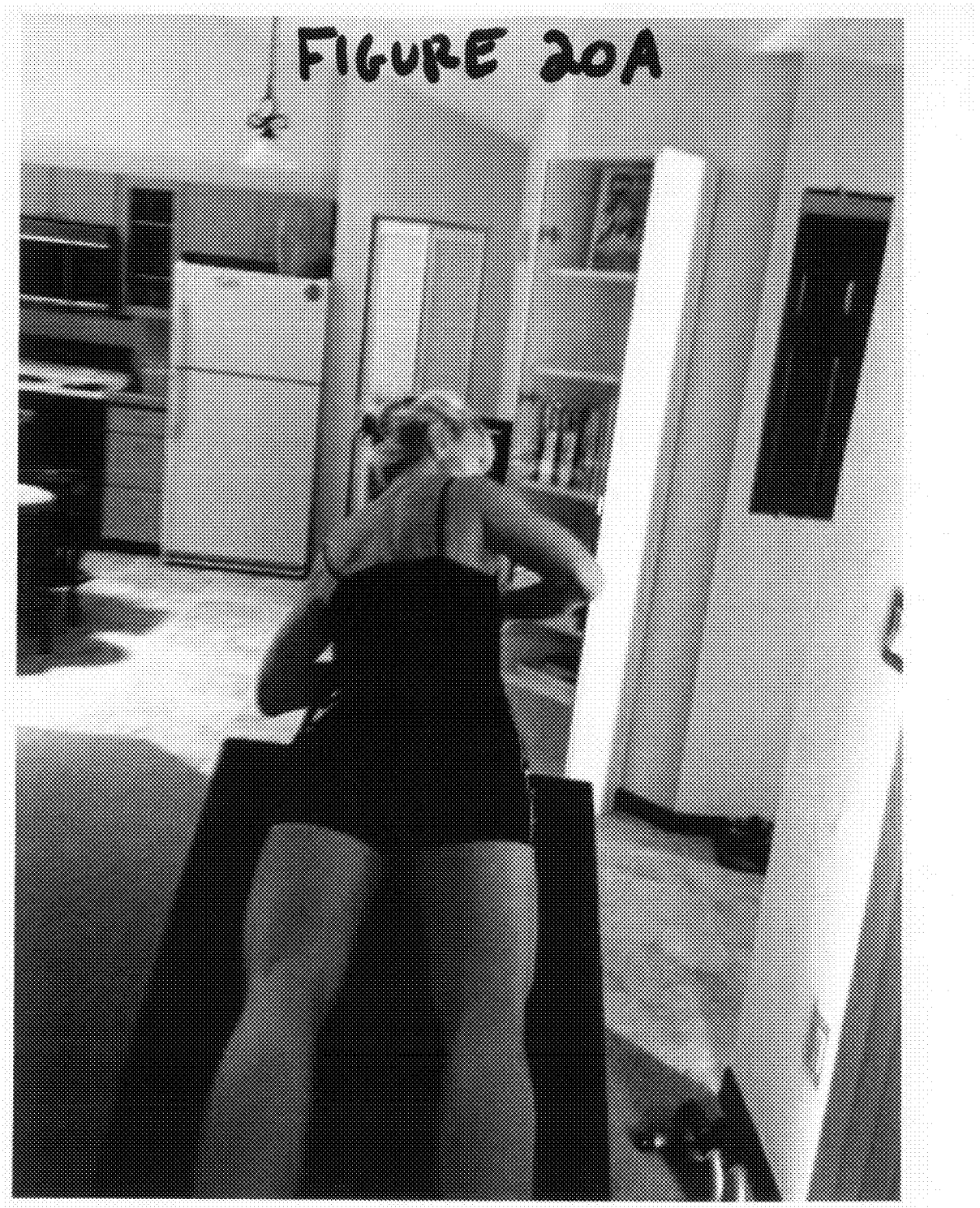


FIGURE 20A

FIGURE 21

FIGURE 22

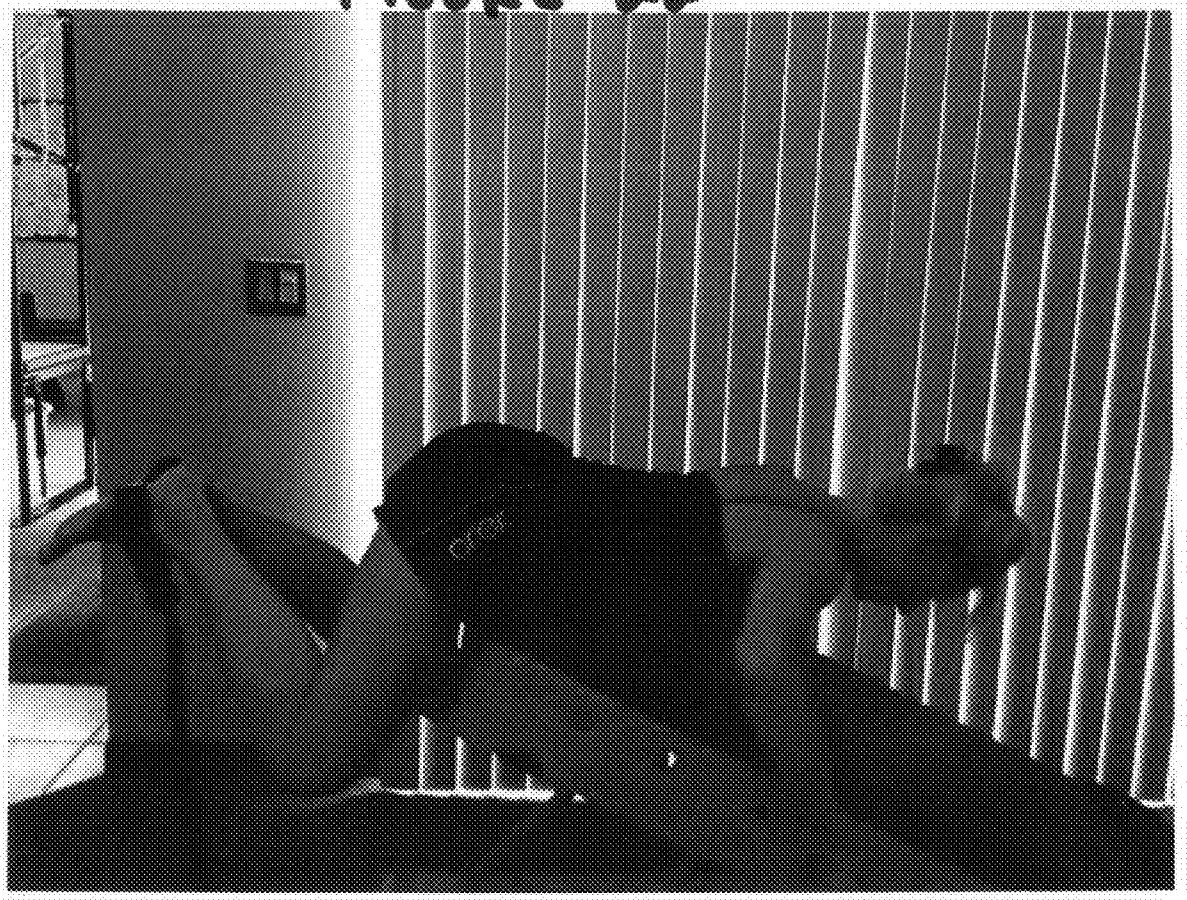


FIGURE 22A

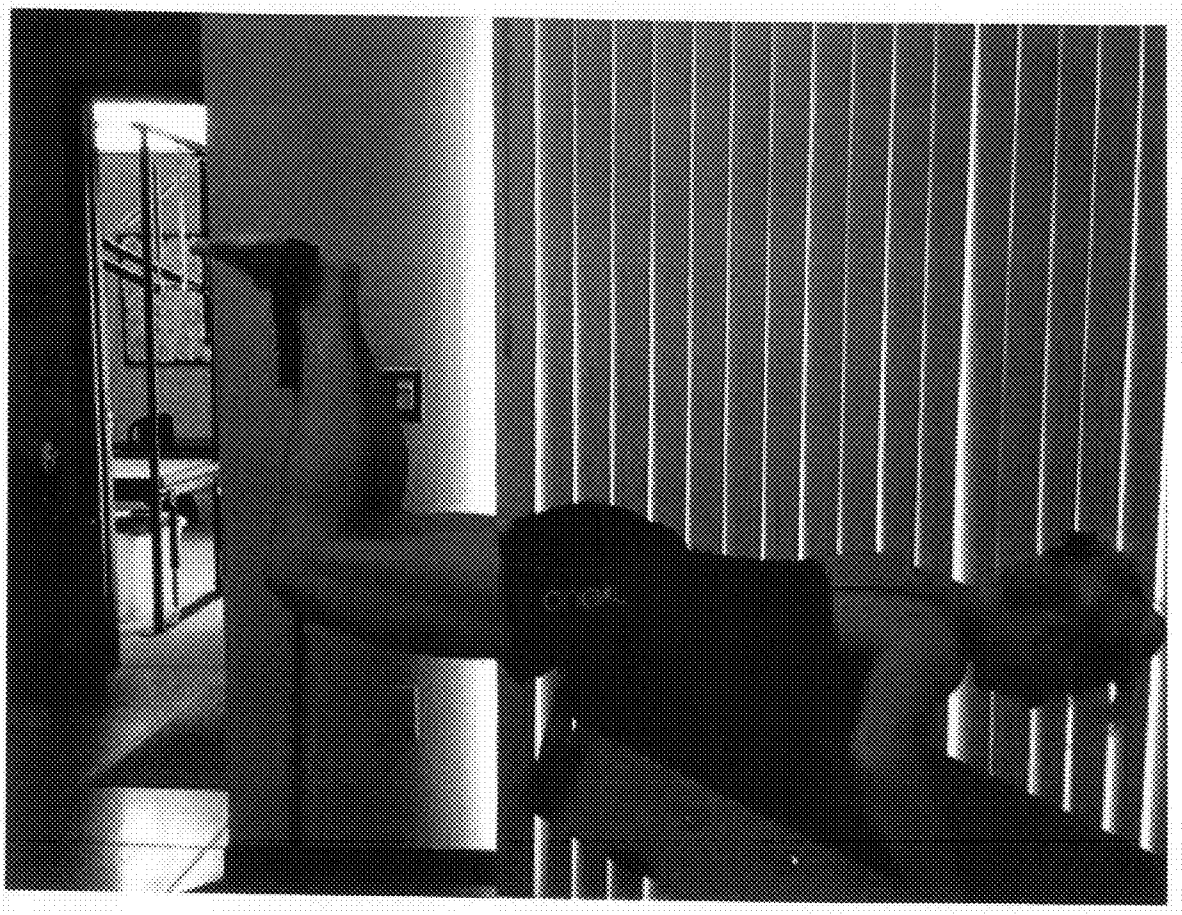


FIGURE 23

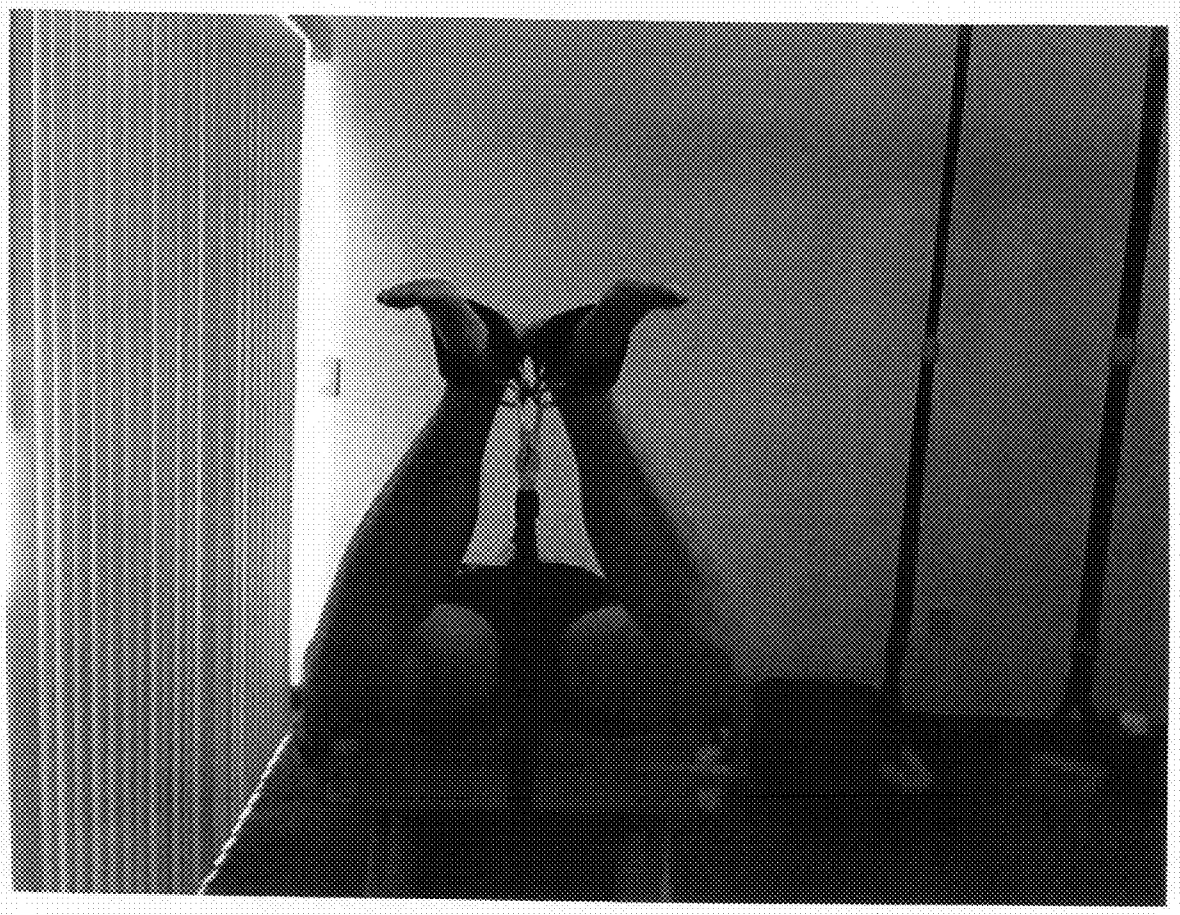


FIGURE 23A

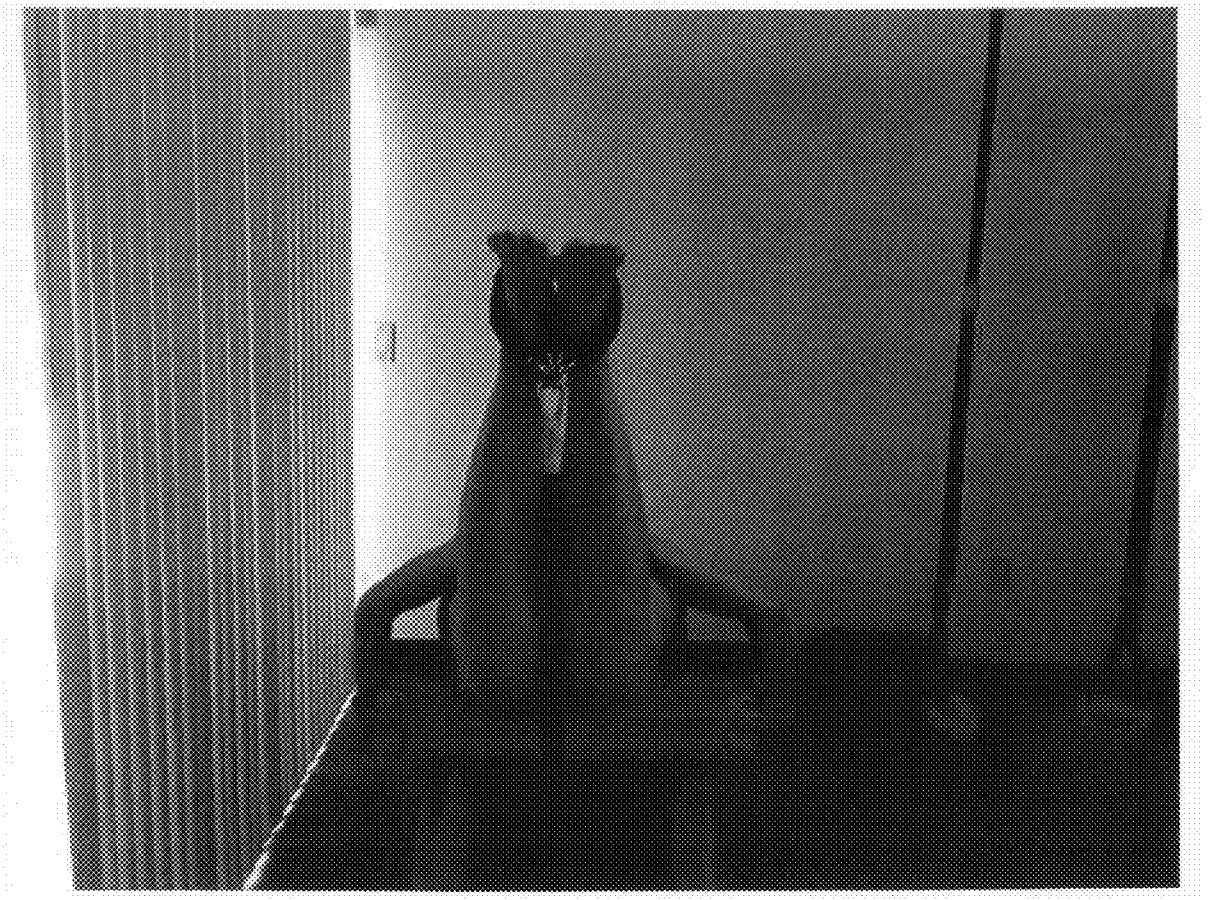


Figure 25B

FIGURE 23c

UNIQUE EXERCISE AND STRENGTH TRAINING APPARATUS, AND METHOD OF EXERCISE AND STRENGTH TRAINING

CLAIM OF PRIORITY

[0001] This application claims priority to Provisional Application for U.S. Patent No. 61/646,307, filed May 13, 2012, which is incorporated herein by reference for all purposes.

DEFINITIONS

[0002] The method of exercise and strength training is also herein referred to as "Articulatory Isolated Movement", or "AIM".

[0003] The exercise and strength training apparatus, is also herein referred to as "Oh My Glutes Apparatus", or "OMG", or "OMG Apparatus", or "Device".

Inventor Information and Background in Inventors Development

[0004] After working in the Fitness industry for over 15 years as a professional teacher and trainer in the field of health and physical exercise, Cynthia Lauren Menaker had realized a need to create an exercise apparatus that would be a substantial and unique improvement to current exercise beliefs and techniques. Cynthia Lauren Menaker thus developed more effective, efficient, and safe techniques through the use of the AIM method. Her personal experience using several methodologies such as Muscle Activation Techniques™ (MAT Intellectual Property, LLC), a neurological based strength training method that helps correct joint imbalances throughout the body, Pilates, a system of exercises performed on specifically designed apparatus using metal springs for resistance, and typical core strength conditioning gave her the background and experience to design and develop AIM exercise methodology when performed together with the OMG apparatus provides a novel, effective, and safe exercise regiment that minimizes inflammation and increases muscle density, thus having great utility for training, strengthening, and conditioning the human body. Her long-standing, award-winning, career, as a product design, research and development professional, gave her the wherewithal to create this superior apparatus and method of exercise. Over the course of her career, Cynthia Lauren Menaker has witnessed a vast number of injuries and back pathologies people suffer due to muscular imbalances and over stressed connective tissue, which have derived from mal positioning as well as constantly reinforcing compensatory patterns while exercising. The OMG apparatus and the AIM method of conditioning, training, and strengthening mitigate these injuries by isolating muscular development in a sequential manner and therefore safely and effectively increasing neurological innervations while enhancing muscular performance.

FIELD OF INVENTION

[0005] The present invention is an apparatus and method that relate to the field of physical exercise and fitness training methods and equipment. More particularly, this invention relates to a novel exercise and training apparatus and a specific method for training and strengthening through isolated articulatory movements utilizing the apparatus. This method can also be used in conjunction with the present exercise apparatus as a novel means to strengthen and condition one's lower and core muscles through low-load isometric and concentric contractions.

[0006] The OMG serves as an "all in one" apparatus enabling an entire body workout. AIM is a method of exercise that targets the movement of specific joints to increase muscular strength and performance. Strength training with AIM on the OMG decreases the chance of injury to the spine. The OMG offers support for the skeletal core while the user is strength training muscles that move the appendages, i.e.: gluteus Maximus raises the legs behind the pelvis to perform hip extension and rotation while the trunk and spine are supported in a prone position on the OMG preventing excessive and unsafe lumbar extension. Using a micro progression sequence of exercises the AIM method, aids all levels of athleticism. The OMG also enables the user to isolate specific muscles while working several axis of motion through the sagittal frontal and transverse planes safely and efficiently.

BACKGROUND

[0007] There have been numerous inventions over the years to help people achieve their fitness goals and live a healthier lifestyle. Prior art in this field has allowed individuals to achieve desired strength training results conveniently within their homes. Numerous prior art is available that consists of reclined benches with accompanying handgrips that aid in support and leverage for the user. However, unlike the present invention, these prior apparatuses allow their operators to either raise or lower an end of the platform by means of shifting and balancing their respective weight relative to a pivot point on the device. This is not an ideal means of exercise. In order to optimize muscle stimulation, and ultimately achieve balanced muscle growth and development, an elimination of these pivot points is necessary. A pivot point on a work out device hinders the operator's range and versatility of movements thus not providing a truly balanced workout. The present invention corrects this by not incorporating such a pivot point on the device or in its exercise method. The present invention allows the user to stabilize their own weight and contract at multiple areas upon their body, thus enabling the user to engage in multiple muscle contractions without offsetting a pivot point, and, therefore achieving a more balanced and efficient workout.

[0008] Prior art also exists for exercising one's rectus abdominus muscles by utilizing the traditional "crunch" and "knee-up" methods of abdominal workouts. However, these devices accomplish this goal by a rather restrictive process where the user similarly lies on his back between a reclined pivotal back rest and seat and then secures his feet and legs into an attachment, consequently affixing an upward bent knee position to perform the traditional movements. Much like the prior art, which relied on pivot points, this prior art also inhibit the user to engage in a specific movement or else the device will not function. This is not an ideal method, for several reasons, not only does this type of device restrict muscle stimulation by guiding the user movements, it is also unsafe. Because the user is positioned within the device he can essentially throw his weight into the exercise or utilize unintended muscles in order to complete the guided movements. However, because the user is positioned in place, by means of this restrictive design, the chances for injury are increased due to awkward muscle contractions and imbalance. The present invention disallows this behavior by requiring the user full freedom of movement. Due to this design and

the accompanying workout method, the user can only use the intended muscles engaged in the activity to complete the movements, further, if the user does try to shift his weight to complete the exercise he will be more likely to do so through safer, natural, contractions, since the user will not be able to channel his or her energy through any guided restraints.

[0009] Additionally, there is prior artwork of exercise machines that comprise of platforms to allow individuals the ability to perform both gluteus and abdominal exercises. Conversely, these inventions comprise of two consecutive horizontal benches, which pivot independently of one another depending on whether the user's force is transferred to an accompanying leg lever or hand bars at opposing ends of the device. This prior artwork is inferior to the present invention for the same reasons as stated above.

[0010] The present apparatus and method of training is different from, and an improvement to, this prior art because it safely and effectively enables an individual to train and strengthen through articulatory isolated movements. This unique apparatus's design and accompanying training method allows the present invention to fill a void in the current market. Unlike prior art, the present invention does not rely on the user to shift his or her weight or exert force by means of leverage through a pivot point or by transferring their energy throughout guided restraint mechanisms within the device. This is important because the free range of motion, which utilizes the user's own body weight to create an adequate level of work load, increases the effectiveness of isometric and concentric contractions while maintaining an elevated level of safety, in comparison to prior art. The present invention isolates muscular development in a sequential manner, increasing neurological innervations and thus achieving a novel means to enhance muscular performance.

Some of Key Benefits and Key Points of Interest

[0011] The present invention has several advantages and important unique features which address various industry needs, including but not limited to, supporting the thorax and pelvic region on a padded surface while the user performs articulatory exercises through the hip region with a free and full range of motion specific to the user's ability. The present invention offers the user a means of support by the aid of adjustable handles, foot board and a padded platform. Joint range of motion is not restricted or limited to the action of the invention. This is an important feature because when joint range of motion is restricted, repetitive use over time can cause harmful stress on connective tissue causing pathologies such as bursitis and arthritis.

[0012] The OMG allows the user to utilize their body weight as the active resistant force. In addition, this invention allows the user to change the approach of strengthening hip and trunk musculature and joint mobilization by a simple change of body position. One option is having legs fixed and supported on the OMG pad while moving thorax and pelvis by hinging at the femoral joint off the end of the OMG using body weight against gravity for resistance. Unique to the OMG, you can simply reverse your position, fixing thorax and pelvic region on the OMG pad and holding support handles while hinging at the femoral joint by lifting and lowering legs to challenge and strengthen hip and spinal muscles etc. Moving the legs in several positions will target the various muscular neurological innervations which are essential to creating complete muscular development while increasing proprioception and a well-balanced body.

SUMMARY OF INVENTION

[0013] This new invention is an exercise apparatus, the OMG, to be utilized in training, strengthening, and conditioning, the muscular system and used in conjunction with a novel and unique method of exercise that is built upon the foundation of biomechanic, referred to herein as "AIM" (articulatory isolated movements). It is an object of this invention that this new method of specialized training, focuses on articulatory isolated movements, which can be safely accomplished in conjunction with the specially designed present exercise apparatus. This present exercise apparatus supports an individual with a single, adjustable, reclined, platform containing multiple support handles, in which the user can utilize in aid of performing the claimed novel method of exercise.

[0014] It is another objective of the present invention to work, condition, and strengthen the user's rectus and transverse abdominus through a set or method of specifically designed exercises through articulatory isolated movements. It is yet another objective of this invention to efficiently and effectively isolate the lower appendicular muscles and the trunk and spine muscles relative to the pelvis.

[0015] This invention increases the efficiency and safety of an individual's strength training through articulatory isolated movements on this apparatus by improving the biomechanical relationship of the appendages to the axial skeleton. The present invention accomplishes these objectives while purposefully allowing the user a free range of motion during his or her exercises thus effectively increasing neurological innervations.

[0016] The OMG facilitates adult intimacy through positional support. The AIM method enhances adult intimate activity by isolating and strengthening the relative musculature for both men and woman. When you strengthen the lumbar musculature and the gluteal, hamstring and abdominal muscles with AIM, through specialized exercises utilizing the OMG apparatus, your ability to post and anterior tilt the pelvis becomes greater. This will have a direct positive effect on the way you move during intimate relations enhancing your performance and pleasure. Additionally, the OMG by itself offers a safe and easy means of support for the body in a prone or supine position during intimate activities. The positional adjustability of the OMG apparatus to the height of the user, allows the user to enjoy the benefits of the apparatus's customizable features.

[0017] The benefits and objectives of the present invention apparatus, OMG, include the following:

[0018] The exercise apparatus provides a support system for isolated muscular contraction

[0019] The exercise apparatus facilitates the AIM method of movement and articulation

[0020] The exercise apparatus is comfortable and provides a safe environment

[0021] The exercise apparatus is portable

[0022] The exercise apparatus facilitates adult intimacy as a supportive platform enabling optimal positioning

[0023] The exercise apparatus is adjustable to most individuals

[0024] Easy to use

[0025] The exercise apparatus facilitates core stabilization which increases the efficacy of the isolated muscular contraction relative to the appedicular movement

[0026] The benefits and objectives of the present invention, AIM method, include the following:

[0027] The method of exercise allows for a slower pace of exercise with greater precision in movement producing a stronger and more resilient body.

[0028] The method increases athletic ability and endurance for everyday activities.

[0029] The method improves axial skeletal strength and posture

[0030] The method achieves greater muscular contractile ability

[0031] The method encourages learning and understanding of how the muscular system handles force and increases skeletal stabilization

[0032] The method enhances proprioception, and increases awareness of the body's position, known as "muscle sensibility"

[0033] The method increases metabolism and decreases inflammation

[0034] The method increases and improves mind-body awareness through movement relating to all activities including exercises done on prior art, sports and athletic performance and biomechanical function

[0035] The method can be done in accordance with, but not limited to the use of the OMG apparatus

[0036] An exercise, strength training, and physical therapy device "OMG apparatus" adapted for free-range articulatory isolated movements, comprising of a base frame connected to a pad frame by a securing means attached to both said pad frame and said base frame. The securing means can be is adjustable. The securing means allows said pad frame to achieve alternating heights and angle degrees. The securing means can be an H frame leg. Said H frame leg is comprised of at least one of the following: fixed rigid member and/or assembly and/or weldment, a manually adjustable screw jack, a motorized screw jack, or a hydraulic cylinder. The pad frame and base frame can further comprise at least one of an adjustment hole, protrusion, groove, sliding slot, or attached sliding mechanism. A pad is usually attached to said pad frame. The pad is used as a means for frontal, backside, and/or partial side support of a user. The pad frame can have attached at least one of the following; bar, end bar, handle, gripping means protruding from said pad frame for supplying the user with an additional means of support. The pad frame can have attached at least one adjustable sidebar. The adjustable sidebar can further comprise of at least one of the following; peg handle, rubberized handle, hand bar, hand grip, dowel, screw knob adjustment, securing latch, securing clamp, position locking pin. The adjustable sidebar(s) may be adjusted and positioned in at least one of the following; side slot, hole, groove provided along said pad frame. OMG can also include a bar partially or fully surrounding the perimeter of said pad. OMG has a foot board which can support user during certain exercises. Said bar can have several connecting bars attached for various hand and/or foot positions and said bar is hinged so it can lay against the side of the OMG apparatus or when needed for hand and foot positions and can be adjusted to become parallel to said OMG pad frame and can have a locking mechanism that can secure said bar in at least one angle relative to said OMG apparatus. The pad can be rectangle in shape or can be shaped with a slight contour narrowing in the center with widest points being at each end of said pad. The said bar can be made from one of the following; metal, plastic, wood, tubular material and/or solid material. The connecting bars can be perpendicular or at other angles to said bar. The OMG apparatus can additionally comprised of base wheels attached to said base frame to make the OMG apparatus easily mobile. The said base frame can be made from one of the following; metal, plastic, wood, tubular material and can be solid. Said pad frame can be made from one of the following; metal, plastic, wood, tubular material, and can be solid. The OMG apparatus can further comprising at least one device for changing the level of resistive force and corresponding exercise difficulty level. This device can be comprised of at least one of the following; elastic bands, rubber bands, springs and can be attached to said base frame and/or said pad frame. The OMG apparatus can be also comprising of a storage device attached to the OMG apparatus and said storage device can be for holding at least one of the following; wallets, keys, money, cosmetics, jewelry, bracelets, rings, earrings, paper, electronic devices, watches, smart phones, music players, books, magazines, cloths, and said storage device can be removable. Also said storage device can be repositionable. AIM can be a method of strength training, exercise, and physical therapy that is implemented in the execution of upper and lower body exercises, through articulatory isolated movements, using the OMG apparatus, which comprises of the following steps:

[0037] a) A series of hip extensions to be performed in a neutral position through articulatory isolated movements using the OMG apparatus, where the user utilizes the OMG apparatus pad for support of user's torso and pelvis while bending and lifting one knee and femur without rotating either. While in this pose, the user must hold this isometric contraction for an elongated period, keeping the pelvis level on the OMG apparatus pad. Upon completion of this step the user may then lower the involved leg, straighten it, and repeat the exercise with other leg;

[0038] b) A series of bilateral hip extensions to be performed targeting sacral fibers through articulatory isolated movements using the OMG apparatus, whereby the user grasps the OMG apparatus's adjustable hand bars for torso stability, while utilizing the base pad in an inclined position for torso support to extend both user's legs in the bent-knee position freely into the air;

[0039] c) A series of full hip extensions to be performed through concentric contractions using articulatory isolated movements using the OMG apparatus, whereby the user must stabilize user's upper body while mobilizing user's lower body (hanging toward the floor) until said upper body and said lower body are in straight alignment. In order to execute this exercise the user is positioned lying face down upon said pad surface and holding said adjustable sidebars for necessary support and stability. For this exercise said pad frame is adjusted to an inclined position;

[0040] d) A series of hip abduction and adduction movements to be performed through articulatory isolated movements using the OMG apparatus, where the user utilizes said end bar to support user while standing on one leg on said base frame (as a balance beam) as user laterally mobilizes the opposite leg.

[0041] e) A series of rectus abdominus exercises to be performed through articulatory isolated movements using the OMG apparatus, whereby the user fully supports user's weight upon the said pad and utilizes said foot board for lower-body stabilization. The user is ini-

tially in the upright seated position, then leans back to work each division of the rectus abdominus by rotating to one side, pausing and holding that contraction for a period of time, and then alternating the process to the other side. After performing these rotations the user finishes the exercise by returning to a seated position.

Further Description of Invention

[0042] The present invention, AIM, is a method of exercise and the OMG, a multipurpose exercise apparatus, that creates a novel, more effective, and safe way for an individual to facilitate specifically designed exercises targeting alpha/gamma co-activation between the intra fusel and extra fusel fibers of the muscle spindle to improve muscle contractile capabilities. The above represents the physiological chain of events that occur within the muscle when trained in this manner. This is an important pathway that allows for more complete muscular development decreasing muscular size due to inflammation and increasing density. This present invention allows for a low load force, in this case gravity, to be applied to a muscular contraction in its shortest position to increase efferent information from the spinal cord to the muscle spindle, consequently creating a more neuro elastic response, resulting in greater muscular threshold and increased joint stability.

[0043] This new invention, known as the OMG, is an exercise apparatus to be utilized in training, strengthening and conditioning in accordance with the AIM method of exercise. In conjunction with one another the object of the invention is to:

[0044] Remedy the vast amounts of back injuries and pathologies caused by mal positioning and poor body alignment during exercise

[0045] Isolate the lower appendicular muscles—i.e. leg muscles

[0046] Isolate the trunk and spine muscles relative to the pelvis—i.e. back and abdominal muscles

[0047] Improve the biomechanical relationship of the appendages to the axial skeleton

[0048] Facilitate adult intimacy through positional support

[0049] Increase muscular neurological innervations

[0050] Enhance muscular development

[0051] Serve as an all-in-one workout apparatus

[0052] Offer a safe and secure training means and method

[0053] Safe and Secure

[0054] Fills a void currently within the industry

[0055] The present invention, the OMG apparatus, is comprised of a base frame, pad frame, pad, foot board, adjustable brackets (for altering the height and angle of the padded frame), base wheels, and adjustable hand bars. The pad is flat with a rounded edge on the opposite end of the foot board and is adjustable to varying acute angles from its frame. The pad serves as a comfortable surface for the user to sit, lay (supine or prone), or lean on while performing a specific exercise. The pad also has a connecting foot board, and adjustable, horizontally protruding handles for support and stabilization. A bar which can be metal and/or tubular surrounds the perimeter of the OMG pad frame which can end on either side of the OMG pad frame at the foot board. This bar may have several perpendicular or angled bars attached for various hand and/or foot positions. This support bar may be hinged so it can lay against the side of the OMG perpendicular to the OMG pad, or when needed for hand/foot positions, can be adjusted to become parallel to the OMG pad frame. The OMG pad may be a rectangle in shape or may have a slight contour narrowing in the center with widest points being at each end of the pad. The base frame lies flat on the ground and has several adjustment holes in it allowing the H frame leg, which supports the pad frame, to alter the height and relative angle of the pad, thus allowing the user to customize the OMG apparatus to the height of the user, as well as allowing the user to modify the pad positioning for a more or less challenging exercise, or an entirely new exercise altogether. The H frame leg is not limited to the shape depicted in the drawings. The H frame leg can be any leg that performs the equivalent function of adjusting the height and angle between the OMG pad frame and the OMG base frame. The H frame leg can have more horizontal cross members connecting the vertical members, and can be any shape including but not limited to solid and tubular. It can be cast, stamped, or a weldment. Consistent with the spirit of the invention the H frame leg can also contain locking telescopic elements to enable height adjustability resulting in the alteration of the angle between the OMG pad frame and the OMG base frame. It is anticipated in future embodiments that said telescoping function could be a manually adjustable or motorized screw jack or hydraulic jack. The H frame leg can be made from metal, wood, plastic, any combination thereof provided it is sufficiently rigid and strong enough to safely support the load of a person and the added forces generated by doing exercise.

Further Description of the Invention Sub-Section A

The AIM Method

[0056] a) A series of hip extensions to be performed in a neutral position through articulatory isolated movements using the OMG apparatus, where the user utilizes the OMG apparatus pad for support of user's torso and pelvis while bending and lifting one knee and femur without rotating either. While in this pose, the user must hold this isometric contraction for an elongated period, keeping the pelvis level on the OMG apparatus pad. Upon completion of this step the user may then lower the involved leg, straighten it, and repeat the exercise with other leg.

[0057] b) A series of bilateral hip extensions to be performed targeting sacral fibers through articulatory isolated movements using the OMG apparatus, whereby the user grasps the OMG apparatus's adjustable hand bars for torso stability, while utilizing the base pad in an inclined position for torso support to extend both user's legs in the bent-knee position freely into the air.

[0058] c) A series of full hip extensions to be performed through concentric contractions using articulatory isolated movements using the OMG apparatus, whereby the user must stabilize user's upper body while mobilizing user's lower body (hanging toward the floor) until user's upper body and lower body are in straight alignment. In order to execute this exercise the user is positioned lying face down upon the pad surface and holding the adjustable sidebars for necessary support and stability. For this exercise pad frame is adjusted to an inclined position.

[0059] d) A series of hip abduction and adduction movements to be performed through articulatory isolated movements using the OMG apparatus, where the user

utilizes the end bar to support user while standing on one leg on said base frame (as a balance beam) as user laterally mobilizes the opposite leg.

[0060] e) A series of rectus abdominus exercises to be performed through articulatory isolated movements using the OMG apparatus, whereby the user fully supports user's weight upon the pad and utilizes the foot board for lower-body stabilization. The user is initially in the upright seated position, then leans back to work each division of the rectus abdominus by rotating to one side, pausing and holding that contraction for a period of time, and then alternating the process to the other side. After performing these rotations the user finishes the exercise by returning to a seated position.

BRIEF DESCRIPTION OF DRAWINGS OF APPARATUS

[0061] Figure A is a perspective view that depicts the structure of the OMG apparatus through a numbered diagram of all relative parts of the invention, comprising of:

[0062] **1**. OMG Base Frame
[0063] **2**. OMG Pad Frame
[0064] **3**. OMG Pad
[0065] **4**. Foot Board
[0066] **5**. H Frame Leg
[0067] **6**. End Bar Hardware
[0068] **7**. End Bar
[0069] **8**. Adjustable Dowel Handle
[0070] **9**. Adjustment Bracket
[0071] **10**. Short Leg Adjuster
[0072] **11**. Adjustment holes for H Frame Leg
[0073] **12**. Adjustment Holes for Dowel Handle
[0074] **13**. Base Wheels
[0075] **14**. Pad Frame Hinges
[0076] **15**. Adjustment hole for Single Leg

[0077] The OMG base frame **1** rests on the floor. The OMG pad frame **2** is attached to the OMG base frame **1** via the pad frame hinges **14**. The OGM pad **3** rests on and is supported by the OMG pad frame **2**. The user lays on the OMG pad **3** for a number of the exercises. The angle between the OMG base frame **1** and the OMG pad frame **2** is maintained and held secure by the H frame leg **5**, which is a hinged attachment to the OMG pad frame **2** via the short leg adjuster **10**. The H frame leg **5** can fit into one of several adjustment holes for H frame leg **11**, and this can adjust the angle between the OMG pad frame **2** and the OMG base frame **1**. The adjustable dowel handle **8** can fit into the adjustable holes for dowel handle **12** as required for the exercise and where the user needs gripping support. Certain exercises require that the user's feet be supported by the foot board **4**. End bar **7** is attached to the end of the OMG pad frame **2** via the end bar hardware **6**, and this is used as needed to support and stabilize the user during certain exercise. For a more extreme adjustment angle the Adjustment bracket **9** can serve as a termination point for the H frame leg **5**. Adjustment hole for single leg **15** may be used as an alternative for height adjustment. Base wheels **13** are attached to the OMG base frame **1**, and this enables the invention to be more easily moved.

[0078] FIG. **1** is a partial side view of the invention depicting a user performing an exercise on the invention while it is in its most compact position as the pad is completely horizontal and parallel to the floor, showing OMG Base Frame, OMG Pad Frame, End Bar Hardware, End Bar, Adjustment Holes for Dowel Handle, and Adjustable Dowel Handle.

[0079] FIGS. **2** and **2**A are each an elevated front view that depicts the invention in its compacted position, both figures illustrating the user utilizing the invention's OMG Pad and Adjustable Dowel handle for support while performing gluteus exercise, also showing OMG Pad Frame, and End Bar.

[0080] FIG. **3** is a partial side and rear view of the invention, which depicts the invention's End Bar Hardware, End Bar, OMG Base Frame and Adjustment Holes for Dowel Handle. This figure also illustrates an example of how a user could utilize the invention's End Bar and OMG Base Frame in the aforementioned hip exercise.

[0081] FIG. **4**, **3**A, **3**B are a partial side view showing a variety of exercises using the invention displaying the OMG Pad on the OMG Pad Frame raised at an angle relative to the OMG Base Frame, also showing the Adjustment Holes for Dowel Handle, and Adjustable Dowel Handle, H Frame Leg. Foot Board is also shown in FIG. **3**A and FIG. **4**.

[0082] FIG. **5** is a partial side and rear elevation view of the invention portraying a user in an inverted reclined position performing a spinal extension depicting the versatility of the invention's unrestrictive design. In this figure, also clearly depicted is the OMG Pad on the OMG Pad Frame raised at an angle relative to the OMG Base Frame, also showing the Adjustment Holes for Dowel Handle, Adjustable Dowel Handle, End Bar, and H Frame Leg.

[0083] FIGS. **6**, **7**, **7**A, **7**B, **7**C is each a partial side view of the invention, collective showing a variety of exercises using the invention displaying the OMG Pad on the OMG Pad Frame raised at an angle relative to the OMG Base Frame, further showing the End Bar, End Bar Hardware, with H Frame Leg clearly shown in FIGS. **7**A, **7**B, and **7**C.

[0084] FIGS. **8**, **9**, **9**B, **10**, **10**B**1**, **10**B**2**, **16**, **17**, **18**, **19**, **20**, **22**, **22**A is each a partial side view of the invention, collective showing a variety of exercises using the invention displaying the OMG Pad on the OMG Pad Frame raised at an angle relative to the OMG Base Frame, also showing the Adjustment Holes for Dowel Handle, Adjustable Dowel Handle, and H Frame Leg.

[0085] FIGS. **11**, **12**, **13**, **14** is each a partial side view of the invention, collective showing a variety of exercises using the invention displaying the OMG Pad on the OMG Pad Frame raised at an angle, further showing the Foot Board, End Bar, End Bar Hardware, and Adjustment Holes for Dowel Handle, with Adjustable Dowel Handle clearly shown in FIG. **14**.

[0086] FIG. **20**A, **21**, **23**B**1**, **23**B**2** is each a rear view of the invention, collectively showing a variety of exercises using the invention showing the OMG Pad when raised at an angle.

[0087] FIGS. **23** and **23**A is each a front view of the invention, collectively showing exercises using the invention displaying the OMG Pad and OMG Pad Frame when raised at an angle relative to the OMG Base Frame, further showing End Bar, End Bar Hardware, and H Frame Leg.

[0088] Figure B**1** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, OMG Pad, Foot Board, H Frame Leg, End Bar, Adjustable Dowel Handle, Adjustment Holes for Dowel Handle

[0089] Figure B**2** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, OMG Pad, Foot Board, H Frame Leg, End Bar, Adjustable Dowel Handle, Adjustment holes for H Frame Leg, Adjustment Holes for Dowel Handle

[0090] Figure B**3** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, OMG Pad, H Frame Leg, End Bar, Adjustable Dowel Handle

[0091] Figure B**4** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, OMG Pad, Foot Board, H Frame Leg, End Bar, Adjustable Dowel Handle, Adjustment holes for H Frame Leg, Adjustment Holes for Dowel Handle

[0092] Figure B**5** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, OMG Pad, Foot Board, End Bar, Adjustable Dowel Handle, Adjustment Holes for Dowel Handle

[0093] Figure B**6** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, Foot Board, End Bar, Adjustable Dowel Handle

[0094] Figure B**7** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, OMG Pad, Foot Board, End Bar, Adjustable Dowel Handle, Adjustment Holes for Dowel Handle

[0095] Figure B**8** shows a metal embodiment depicting the OMG Base Frame, Foot Board, Adjustable Dowel Handle

[0096] Figure B**9** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, OMG Pad, Foot Board, End Bar, Adjustable Dowel Handle, Adjustment Holes for Dowel Handle

[0097] Figure B**10** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, OMG Pad, Foot Board, H Frame Leg, End Bar, Adjustable Dowel Handle, Adjustment holes for H Frame Leg, Adjustment Holes for Dowel Handle

[0098] FIG. **15**A is a side view of this alternative embodiment of the OMG apparatus invention.

[0099] FIG. **15**B is a perspective side view of this alternative embodiment of the OMG apparatus invention.

[0100] FIG. **15**C is a perspective view from below of this alternative embodiment of the OMG apparatus invention.

[0101] FIG. **15**D is a top view of this alternative embodiment of the OMG apparatus invention.

DETAILED DESCRIPTION OF DRAWINGS

[0102] Referring to Figure A, the OMG base frame **1** rests on the floor. The OMG pad frame **2** is attached to the OMG base frame **1** via the pad frame hinges **14**. The OGM pad **3** rests on and is supported by the OMG pad frame **2**. The user lays on the OMG pad **3** for a number of the exercises. The angle between the OMG base frame **1** and the OMG pad frame **2** is maintained and held secure by the H frame leg **5**, which is a hinged attachment to the OMG pad frame **2** via the short leg adjuster **10**. The H frame leg **5** can fit into one of several adjustment holes for H frame leg **11**, and this can adjust the angle between the OMG pad frame **2** and the OMG base frame **1**. The adjustable dowel handle **8** can fit into the adjustable holes for dowel handle **12** as required for the exercise and where the user needs gripping support. Certain exercises require that the user's feet be supported by the foot board **4**. End bar **7** is attached to the end of the OMG pad frame **2** via the end bar hardware **6**, and this is used as needed to support and stabilize the user during certain exercises. For a more extreme adjustment angle the Adjustment bracket **9** can serve as a termination point for the H frame leg **5**. Adjustment hole for single leg **15** may be used as an alternative for height adjustment. Base wheels **13** are attached to the OMG base frame **1**, and this enables the invention to be more easily moved.

[0103] A method of use of OMG including a particular exercise method, AIM, to be performed utilizing the OMG apparatus.

[0104] Referring to FIGS. **1**, **2**, **2**A, **3**, **3**A, **3**B, **4**, **5**, **6**, **7**, **7**A, **7**B, **7**C, **8**. **9**. **9**B, **10**, **10**B**1**, **10**B**2**, **11**, **12**, **13**, **14**, **16**, **17**, **18**, **19**, **20**, **20**A, **21**, **22**, **23**B**1**, **23**B**2**, **22**A, **23**, **23**A the present invention utilizes uniquely and specifically designed methods of training in accordance with this novel exercise apparatus to freely and effectively work, strengthen, and stabilize the gluteus, pelvis, and abdominus muscle fibers through isometric and concentric contractions.

[0105] FIGS. **1**, **2**, and **2**A depict an example of the user working the gluteus Maximus coccygeal and iliac, coccygeal, and sacral fibers in prone position with isometric contractions. In this figure the user is shown utilizing the OMG apparatus pad for support of his torso and pelvis while he performs a hip extension in a neutral position. For this exercise the user's legs are positioned hip width on the floor and the hip joint should be in a hinged position. The second step requires the user to bend one knee and lift his femur while not rotating it, thus targeting the iliac fibers of the Gluteus Maximus as the primary neurological innervation of the muscle. While in this pose, for the third step, the user most hold this isometric contraction, with gravity supplying the force, for several seconds, keeping the pelvis level on the OMG pad. The user then lowers the involved leg, straightens it, and bends his other knee to repeat procedure to opposite side. This exercise will give the previous involved side time to rest and keep the body engaged in creating a neurological response to the iso angular contraction.

[0106] Employing these concepts and methods, with the support of the OMG apparatus, will increase joint range of motion, strength, and stability throughout that range of motion resulting in spinal stability and a stronger core.

[0107] FIG. **3** depicts a user performing a bilateral external femoral hip rotation and extension targeting sacral fibers of gluteus maximus in prone position. For this exercise the user grips the adjustable hand bars for additional leverage and support while resting user's torso on the fully reclined OMG pad, then proceeds to extend user's hip with leg in the bent-knee position freely into the air.

[0108] FIGS. **3**A and **3**B depict a the same exercise in a more challenging position due to elevation of the OMG pad.

[0109] FIG. **4** depicts the starting position for full hip extension exercise through concentric contractions. This exercise is for more advanced work. By increasing the OMG apparatus to a steeper angle the difficulty level is increased.

[0110] FIG. **5** depicts an active position for the hip extension exercise. This method develops core strength, shoulder girdle and pelvic stabilization while isolating gluteus maximus concentric contractions. Proper utilization and operation of the OMG adjustable hand bars and pad surface are necessary to stabilize and support the user's body throughout this motion.

[0111] FIG. **6** depicts the starting position for a hip abduction exercise using the OMG apparatus. This exercise targets the posterior, lateral, and anterior fibers of the gluteus medius.

[0112] FIGS. **7** and **7**A depict the user in standing hip abduction position working the gluteus medius, specifically targeting his medial fibers, with FIG. **7**A being more challenging due to added resistance. In this position, the posterior and anterior fibers can be worked by rotating the femur through the abduction, as depicted in FIG. **7**B and FIG. **7**C. Additionally, the gluteus minimus posterior and anterior fibers can also be targeted with a 30-degree hip flexion and abduction. Utilizing the OMG end hand bar and the OMG base frame the user can accomplish great isotonic work on his

supporting hip (standing leg) while mobilizing his opposite leg. This exercise contributes to strengthening both hip muscles and stabilizing the pelvis.

[0113] FIGS. **8**, **9**, **9**B, **10**, **10**B**1**, **10**B**2**, **11**, **12**, **13**, **14** depict a user performing rectus abdominus exercises on the OMG apparatus, thus effectively aiding isometric contractions. For these exercises the user fully supports user's weight upon the OMG pad surface and utilizes the OMG Boot Board for stabilization. Adjusting the OMG angle between the OMG Pad Frame and the OMG Base Frame can alter the degree of difficulty desired in performing these exercises.

[0114] FIG. **9** depicts an exercise performed by keeping the spine lengthened and in neutral position. The user then leans back to work each division of the rectus with a 20-degree rotation to each side as shown in FIG. **9**B, holding six seconds in each position.

[0115] FIG. **10** depicts the furthest position user would lean back keeping spine and pelvis in neutral position, working the upper rectus and upper transverse abdominus muscles.

[0116] FIGS. **10**B**1** and **10**B**2** depict the user performing the exercise with a 20-degree rotation to each side with a weighted ball held to user's sternum.

[0117] FIG. **12** depicts the roll back position; here the user is still flexing user's rib cage to round lumbar spine, while working user's abdominal rectus muscles.

[0118] FIG. **13** depicts a more challenging upper rectus exercise by the user raising the weighted ball overhead. This exercise changes the length of the user's arm from axis, thus altering user's center of gravity and making it more challenging to keep abdominals contracted.

[0119] FIG. **14** depicts the forward movement of this exercise resulting in a C-shaped spine, accomplished by the user leaning forward from a roll back position. At this point, articulation is required to sit back up to original position, maximizing essential spinal erector work.

[0120] FIG. **11** depicts the user's return to seated position. The OMG Pad surface is slanted in this position to allow those with tighter hamstring muscles to sit up straighter and move more efficiently and effectively creating a stronger core and more stable pelvis.

[0121] FIGS. **16** and **17** complete the range of motion performed in this exercise. The user stabilizes legs on the OMG while hinging at the femoral hip joint to flex and extend the upper body using the user's own body weight against gravity. This exercise greatly challenges gluteus maximus and hamstring muscles while also challenging spine and thoracic stabilization muscles while moving through the sagital plane.

[0122] This exercise increases efficient hip extension by strengthening gluteus maximus and hamstrings allowing the lumbar spine to enjoy significantly less stress on a day-to-day basis.

[0123] FIGS. **18** and **19** depict an exercise focusing on articulatory isolated movement of the spine through flexion and extension in the sagittal plane. In this exercise there is no movement at the femoral hip joint. Gluteus maximus and hamstring muscles stabilize pelvis on femur while abdominal muscles and spinal erectors isolate spinal movement. Flexing the spine and extending the spine sequentially moving through each vertebrate strengthens and challenges the segmental erector spinae muscles as well as all others that are between and attached to the thorax and pelvis, i.e.: transverse abdominus, rectus abdominus and latissimus dorsi.

[0124] Greater core strength and pelvic stability will be realized through the performance of this exercise.

[0125] FIG. **20** depicts an exercise that stabilizes pelvis and legs through gluteal and hamstring contractions and mobilizes thoracic rotation through spinal erector and abdominal contractions. This exercise is working core muscles through the transverse plane.

[0126] The user will start in an extended prone position with thorax off the end of the OMG. The user then, keeping the pelvis affixed, rotates to one side as depicted in FIG. **20**A through contraction of Latissimus Dorsi, abdominal muscles and spinal erectors defining a disassociation between the rib cage and pelvis. The user returns to neutral position and repeats to the opposite side.

[0127] This exercise improves core axial skeletal muscles, strengthens lumbar and sacroiliac joint stabilizer muscles; such as quadratus lumborum and transverse abdominus. It is very important for athletic movement and ability.

[0128] FIG. **21** depicts the user in a neutral prone position working spinal extension off the end of the OMG. Isolating thoracic movement between the rib cage and pelvis, the user side bends in the frontal plane bringing the ribs closer to the pelvis on one side as depicted in FIG. **23**B**1**. Pelvis and legs are stabilized on the OMG pad through abdominal, gluteal and hamstring contractions. Muscles targeted are latissimus Dorsi, external/internal obliques, middle and lower trapezius muscles as well as all spinal erectors involved in spinal lateral flexion. User returns to neutral position and repeats the same movement to the opposite side as depicted in FIG. **23**B**2**.

[0129] This exercise improves stability in the frontal plane range of motion for the trunk and spine.

[0130] FIGS. **22** and **22**A depict user in a prone position with thorax on the OMG pad with the femoral hip joint hinged over the end of the OMG. Knees are bent slightly wider than hip width apart, heels are together and feet hold straps attached to an elastic band to create greater resistance. This is an advanced exercise targeting the sacral fibers of gluteus maximus and both medial and lateral hamstrings. Medial glutes and adductor muscles are also greatly benefiting from this exercise. The challenge level can be increased with greater resistance. This will result in sacroiliac stability and femoral hip joint mobility. This will improve function for proper biomechanics and athletic performance.

[0131] FIGS. **23** and **23**A depict hip extension with adduction and abduction. This exercise is performed in a constant hip extension position with thorax stabilized and supported on the OMG pad. Knees are brought together utilizing adductor muscles and taken apart through contraction of gluteus minimus and medius. This is a frontal plane motion which increases and improves hip and pelvic stability. Isometric contractions are continually held by gluteus maximus and hamstring muscles reinforcing an isolated hip extension position. This isometric contraction increases proprioception in each of the three neurological innervations of the gluteus maximus muscle as well as semitedinosis, semimembranosis, and bicep femoris long and short heads.

[0132] Employing these concepts and methods, with the aid and utilization of the OMG apparatus, will increase the user's joint range of motion, strength, and stability, ultimately resulting in spinal stability and a stronger core. Due to these unrestricted, free-range movements, pre and post rehab strengthening can be much more effective with the incremental work performed on the OMG apparatus.

[0133] Although preferred embodiments of the present invention have been described it will be understood by those skilled in the art that the present invention should not be

limited to the described preferred embodiments. Rather, various changes and modifications can be made within the spirit and scope of the present invention.

ALTERNATIVE EMBODIMENTS

[0134] First alternative embodiment refers to following Figures B**1** through B **10**:

[0135] Figure B**1** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, OMG Pad, Foot Board, H Frame Leg, End Bar, Adjustable Dowel Handle, Adjustment Holes for Dowel Handle

[0136] Figure B**2** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, OMG Pad, Foot Board, H Frame Leg, End Bar, Adjustable Dowel Handle, Adjustment holes for H Frame Leg, Adjustment Holes for Dowel Handle

[0137] Figure B**3** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, OMG Pad, H Frame Leg, End Bar, Adjustable Dowel Handle

[0138] Figure B**4** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, OMG Pad, Foot Board, H Frame Leg, End Bar, Adjustable Dowel Handle, Adjustment holes for H Frame Leg, Adjustment Holes for Dowel Handle

[0139] Figure B**5** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, OMG Pad, Foot Board, End Bar, Adjustable Dowel Handle, Adjustment Holes for Dowel Handle

[0140] Figure B**6** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, Foot Board, End Bar, Adjustable Dowel Handle

[0141] Figure B**7** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, OMG Pad, Foot Board, End Bar, Adjustable Dowel Handle, Adjustment Holes for Dowel Handle

[0142] Figure B**8** shows a metal embodiment depicting the OMG Base Frame, Foot Board, Adjustable Dowel Handle

[0143] Figure B**9** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, OMG Pad, Foot Board, End Bar, Adjustable Dowel Handle, Adjustment Holes for Dowel Handle

[0144] Figure B**10** shows a metal embodiment depicting the OMG Base Frame, OMG Pad Frame, OMG Pad, Foot Board, H Frame Leg, End Bar, Adjustable Dowel Handle, Adjustment holes for H Frame Leg, Adjustment Holes for Dowel Handle

[0145] FIG. **15** (A-D) depicts a second alternative embodiment of the OMG apparatus constructed using metal tubes for some of the below numbered components.

[0146] FIG. **15**A is a side view of this alternative embodiment of the OMG apparatus invention.

[0147] FIG. **15**B is a perspective side view of this alternative embodiment of the OMG apparatus invention.

[0148] FIG. **15**C is a perspective view from below of this alternative embodiment of the OMG apparatus invention.

[0149] FIG. **15**D is a top view of this alternative embodiment of the OMG apparatus invention.

[0150] All views of this second alternative embodiment of the OMG apparatus invention depict all relative parts, numbered as follows:

[0151] **101**. OMG Base Frame

[0152] **102**. OMG Pad Frame

[0153] **103**. OMG Pad

[0154] **104**. Foot Board

[0155] **105**. H Frame Leg

[0156] **106**. Bar Frame—pad bar

[0157] **107**. Bar Frame Hardware

[0158] **108**. Bar Frame Handle

[0159] **109**. H Frame Hardware

[0160] **110**. Resistance Attachment Bar

[0161] **111**. Standing Foot Placement Pad

[0162] **112**. OMG Base Frame Hinge

[0163] **113**. Base Wheels

[0164] The OMG base frame **101** rests on the floor. The OMG pad frame **102** is attached to the OMG base frame **101** via the OMG base frame hinges **112**. The OGM pad **103** rests on and is supported by the OMG pad frame **102**. The user's lays on the OMG pad **103** for a number of the exercises. The angle between the OMG base frame **101** and the OMG pad frame **102** is maintained and held secure by the H frame leg **105**, which is a hinged attachment to the OMG pad frame **102** via the H frame hardware **109**. The H frame hardware **109** can slide along the underside of OMG pad frame **102** to alter the corresponding angle between the OMG pad frame **102** is attached to the OMG base frame **101**. The bar frame handles **108** are attached to the bar frame **106** using the bar frame hardware **107**. The bar frame handles **108** are located in a number of places along the bar frame **106**, and this enables a number positions for the user to grab as needed for gripping support for different exercises. The bar frame **106** can completely or partially surround the perimeter of the OMG pad frame **102**, and this is also used for gripping during a number of exercises. Some exercise require that the user stand on Standing Foot Placement Pad **111**, which is affixed to OMG base frame **101**. Certain exercises require that the user's feet be supported by the foot board **104**. For added resistance, one or more of bungee cords or rubber bands or springs (not shown) will be attached to the Resistance Attachment Bar **110**. Base wheels **113** are attached to the OMG base frame **101**, and this enables the invention to be more easily moved.

[0165] The OMG apparatus parts including but not limited to any bar, connecting bars, foot board, pad frame, and/or base frame can be made from at least one or more of the following: wood, plastic, metal, tubular material, and/or solid material.

Brief Invention Overview

[0166] OMG is an exercise, strength training, and physical therapy apparatus/device adapted for free-range articulatory isolated movements, comprising of a base frame that is connected to an adjustable Pad Frame by use of a securing means connected to both the pad frame and the base frame for allowing the pad frame to achieve alternating heights and angle degrees. The securing means can be an H frame leg. The pad frame and base frame can be further comprised of at least one of adjustment holes, grooves, and/or sliding mechanisms. The pad can be attached to pad frame. The pad can be used as a means for frontal, backside, and/or partial-side support. The pad frame can have attached adjoining end bars protruding from one end of the pad frame and running parallel to said end of the pad frame for supplying the user with an additional means for support. The pad frame can have attached adjustable sidebars. The adjustable sidebars comprise of at least one of peg handles, dowels, or other similar support mechanisms. The said sidebars may be adjusted and positioned in one of several side slots, holes, or grooves provided along the pad

frame. The OMG can be additionally comprised of attached base wheels attached to the base frame to make the apparatus easily mobile.

[0167] The AIM Method is a unique method of strength training, exercise, and physical therapy that is implemented in the execution of upper and lower body exercises, through articulatory isolated movements, using the OMG

[0168] Although preferred embodiments of the present invention have been described it will be understood by those skilled in the art that the present invention should not be limited to the described preferred embodiments. Rather, various changes and modifications can be made within the spirit and scope of the present invention.

What is claimed is:

1. An exercise, strength training, and physical therapy device "OMG apparatus" adapted for free-range articulatory isolated movements, comprising:

a base frame;

a pad frame; and

a securing means for attaching said pad frame to said base frame.

2. The OMG apparatus in claim **1**, wherein said securing means is adjustable.

3. The OMG apparatus in claim **1**, wherein said securing means is an H frame leg.

4. The OMG apparatus in claim **1**, wherein each of said pad frame and said base frame further comprise at least one of an adjustment hole, protrusion, groove, sliding slot, or attached sliding mechanism.

5. The OMG apparatus in claim **1**, wherein a pad is attached to said pad frame.

6. The OMG apparatus in claim **1**, wherein said pad frame further comprises at least one of the following attached thereto: a bar, end bar, handle, and/or gripping means protruding from said pad frame for supplying the user with an additional means of support.

7. The OMG apparatus in claim **1**, wherein said pad frame further comprises at least one adjustable sidebar attached to said pad frame.

8. The OMG apparatus in claim **7**, wherein said adjustable sidebar further comprises at least one of the following: a peg handle, rubberized handle, hand bar, hand grip, dowel, screw knob adjustment, securing latch, securing clamp, and/or position locking pin.

9. The OMG apparatus in claim **7**, wherein said at least one adjustable sidebar is adjustable and positioned in at least one of the following: a side slot, hole, and/or groove provided along said pad frame.

10. The OMG apparatus in claim **5**, further comprising a bar partially or fully surrounding the perimeter of said pad.

11. The OMG apparatus in claim **10**, wherein said bar further comprises several connecting bars attached to said bar for various hand and/or foot positions and said connecting bars can be perpendicular and/or at other angles to said bar.

12. The OMG apparatus in claim **10**, wherein said bar is hinged so it can lay against the side of the OMG apparatus or, when needed for hand and foot positions, can be adjusted to become parallel or perpendicular to said OMG pad frame.

13. The OMG apparatus in claim **12**, wherein said bar has a locking mechanism that can secure said bar in at least one angle relative to said OMG apparatus.

14. The OMG apparatus in claim **5**, wherein said pad is rectangular in shape or is shaped with a slight contour narrowing in the center with its widest points being at each end of said pad.

15. The OMG apparatus in claim **11**, further comprising a footboard.

16. The OMG apparatus in claim **15**, wherein at least one of said bar, connecting bars, foot board, pad frame, and/or base frame is made from at least one of the following: wood, plastic, metal, tubular material, and/or solid material.

17. The OMG apparatus in claim **1**, further comprising base wheels attached to said base frame to make the OMG apparatus easily mobile.

18. The OMG apparatus in claim **1**, further comprising at least one device for changing the level of resistive force and corresponding exercise difficulty level.

19. The OMG apparatus in claim **18**, wherein said device is comprised of at least one of the following: elastic bands, rubber bands, and/or springs.

20. The OMG apparatus in claim **18**, wherein said device is attached to said base frame and/or pad frame.

21. The OMG apparatus in claim **6**, further comprising a storage device for storing belongings, said storage device being removeably attached to the OMG apparatus and repositionable on the OMG apparatus.

22. The OMG apparatus in claim **3**, wherein said H frame leg is comprised of at least one of the following: a fixed rigid member and/or assembly and/or weldment, a manually adjustable screw jack, a motorized screw jack, and/or a hydraulic cylinder.

23. A method of strength training, exercise, and physical therapy that is implemented by a user in the execution of upper and lower body exercises, through articulatory isolated movements, using the OMG apparatus, comprises the following:

a) A series of hip extensions to be performed in a neutral position through articulatory isolated movements using the OMG apparatus, where the user utilizes the OMG apparatus pad for support of user's torso and pelvis while bending and lifting one knee and femur without rotating either. While in this pose, the user must hold this isometric contraction for an elongated period, keeping the pelvis level on the OMG apparatus pad. Upon completion of this step the user may then lower the involved leg, straighten it, and repeat the exercise with other leg;

b) A series of bilateral hip extensions to be performed targeting sacral fibers through articulatory isolated movements using the OMG apparatus, whereby the user grasps the OMG apparatus's adjustable hand bars for torso stability, while utilizing the base pad in an inclined position for torso support to extend both user's legs in the bent-knee position freely into the air;

c) A series of full hip extensions to be performed through concentric contractions using articulatory isolated movements using the OMG apparatus, whereby the user must stabilize user's upper body while mobilizing user's lower body (hanging toward the floor) until said upper body and said lower body are in straight alignment. In order to execute this exercise the user is positioned lying face down upon said pad surface and holding said adjustable sidebars for necessary support and stability. For this exercise said pad frame is adjusted to an inclined position;

d) A series of hip abduction and adduction movements to be performed through articulatory isolated movements using the OMG apparatus, where the user utilizes said end bar to support user while standing on one leg on said base frame (as a balance beam) as user laterally mobilizes the opposite leg;

e) A series of rectus abdominus exercises to be performed through articulatory isolated movements using the OMG apparatus, whereby the user fully supports user's weight upon the said pad and utilizes said foot board for lower-body stabilization. The user is initially in the upright seated position, then leans back to work each division of the rectus abdominus by rotating to one side, pausing and holding that contraction for a period of time, and then alternating the process to the other side. After performing these rotations the user finishes the exercise by returning to a seated position.

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