US 20030092541A1

(19) United States

(12) Patent Application Publication (10) Pub. No.: US 2003/0092541 A1

Giannelli (43) Pub. Date: May 15, 2003

(54) TORSO EXERCISE MACHINE

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(21) Appl. No.: **10/293,042**

(22) Filed: **Nov. 13, 2002**

Related U.S. Application Data

(60) Provisional application No. 60/338,039, filed on Nov. 13, 2001.

Publication Classification

(51) **Int. Cl.**[7] **A63B 21/062**

(52) **U.S. Cl.** **482/99**; 482/100

(57) ABSTRACT

The subject invention provides an exercise machine for exercising the lower torso. As described herein, the exercise machine includes a stabilizer pad, which effectively immobilizes the user's lower body to maintain proper pelvic positioning during execution of the exercise. The stabilizer pad can be part of a user support structure having a seat surface, a pelvic stabilizer pad and a footrest. The footrest is positioned so the user can apply a force using the leg muscles to push the pelvis into the pelvic stabilization pad. The spatial arrangement of the stabilization assembly which comprises: pelvic stabilizer pad, seat, and footrest combination effectively immobilize the user's pelvic area, preventing it from rotating in either the anterior or posterior direction.

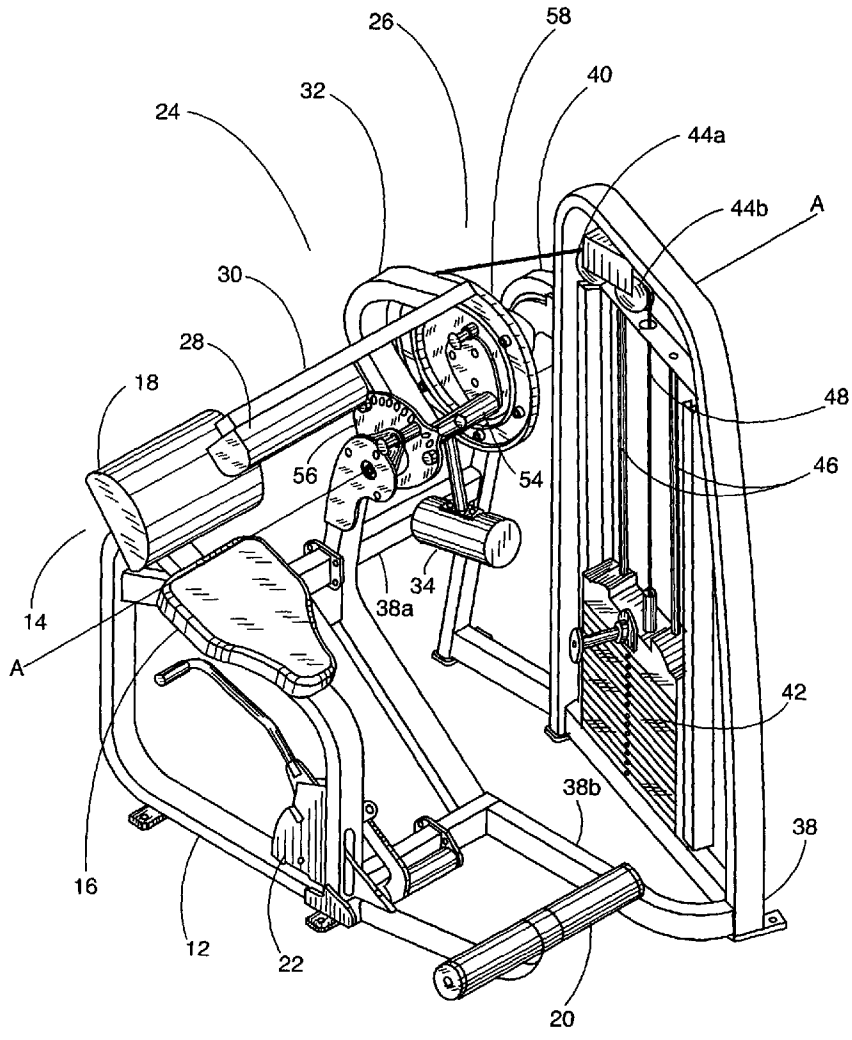

FIG. 1

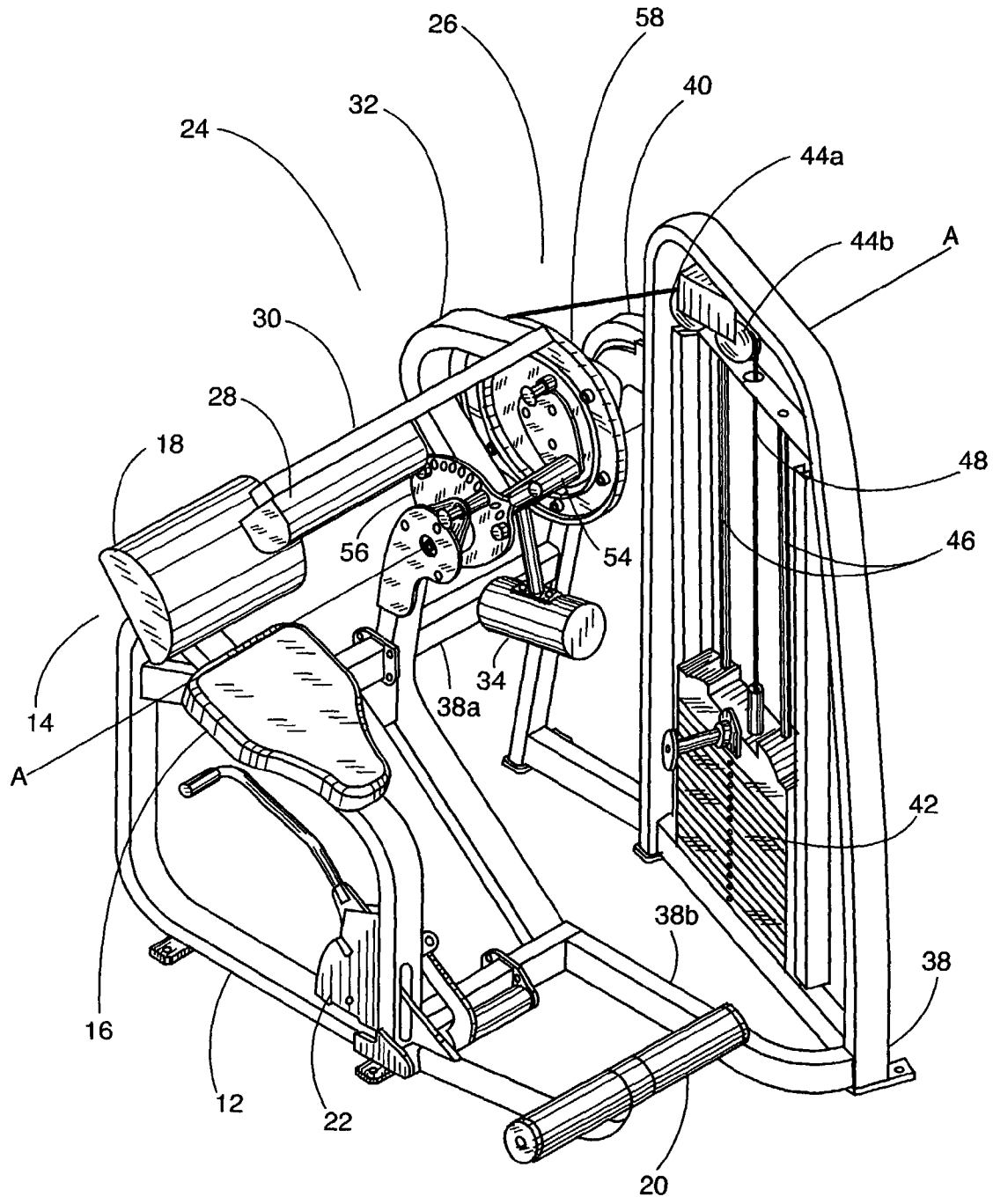
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FIG. 2

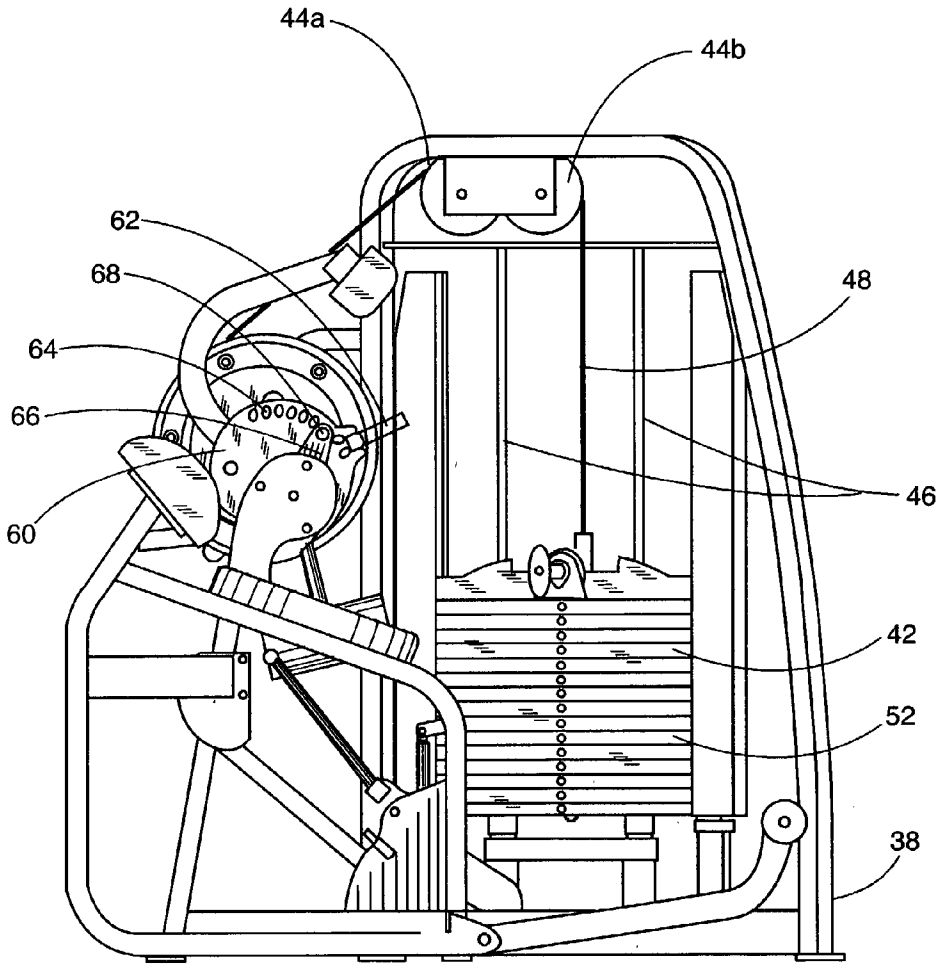


FIG. 3

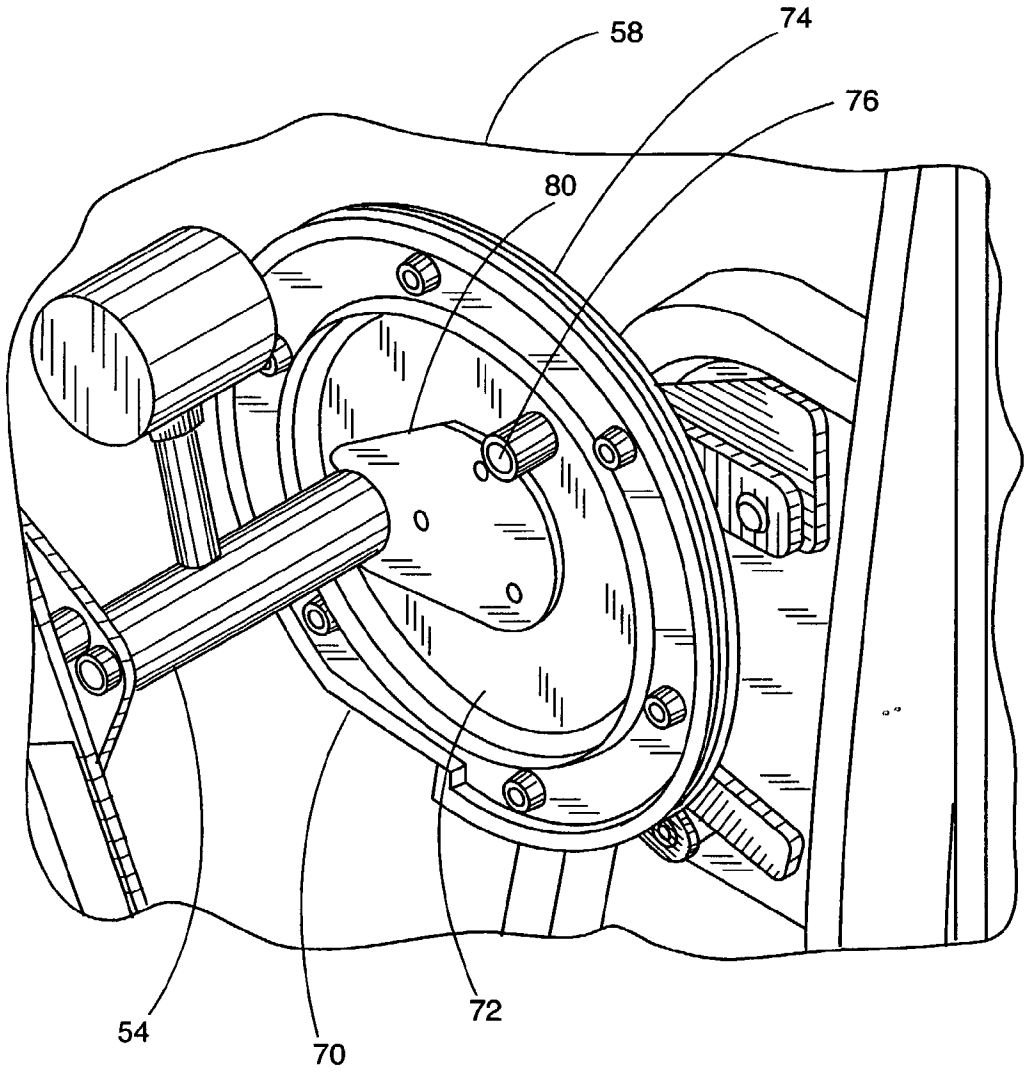


FIG. 4

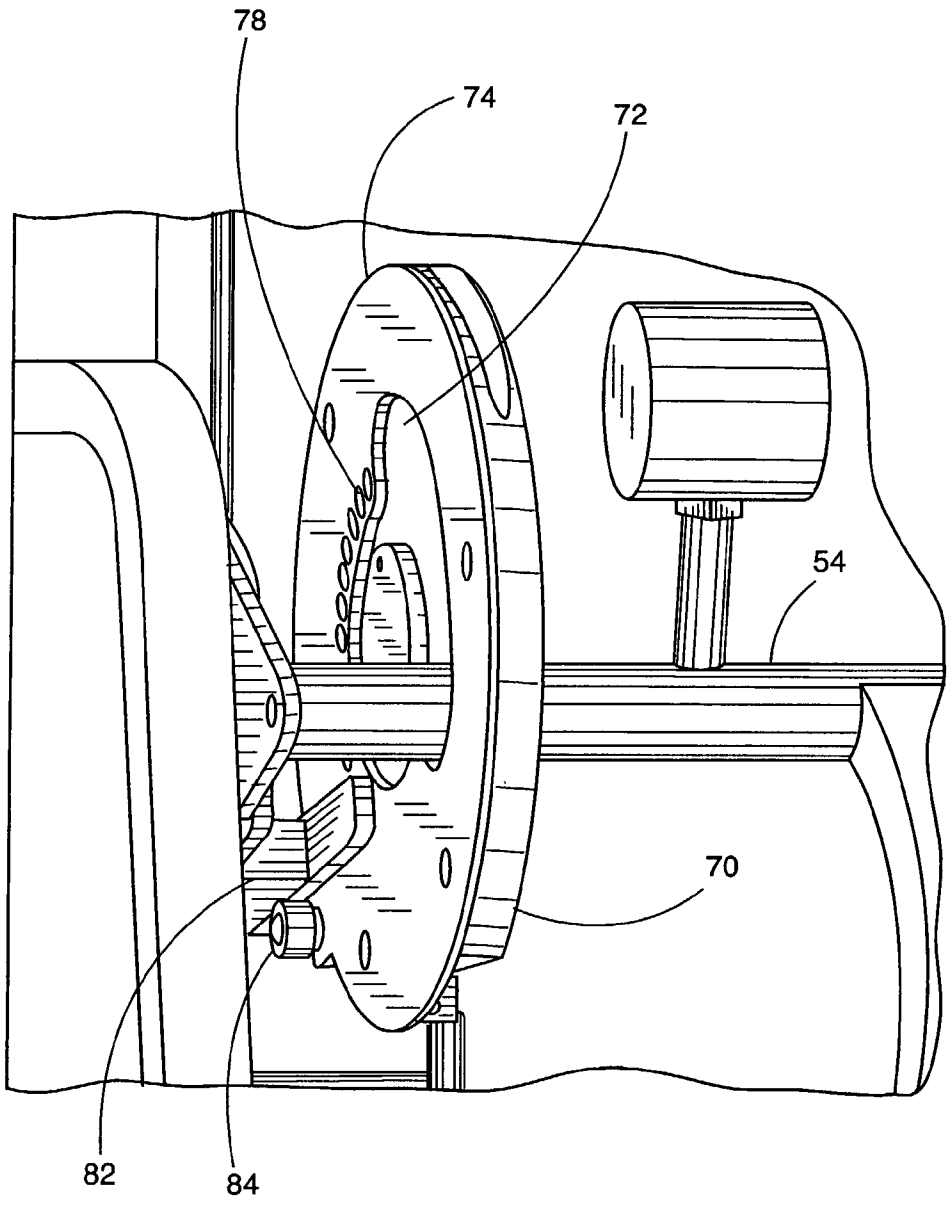
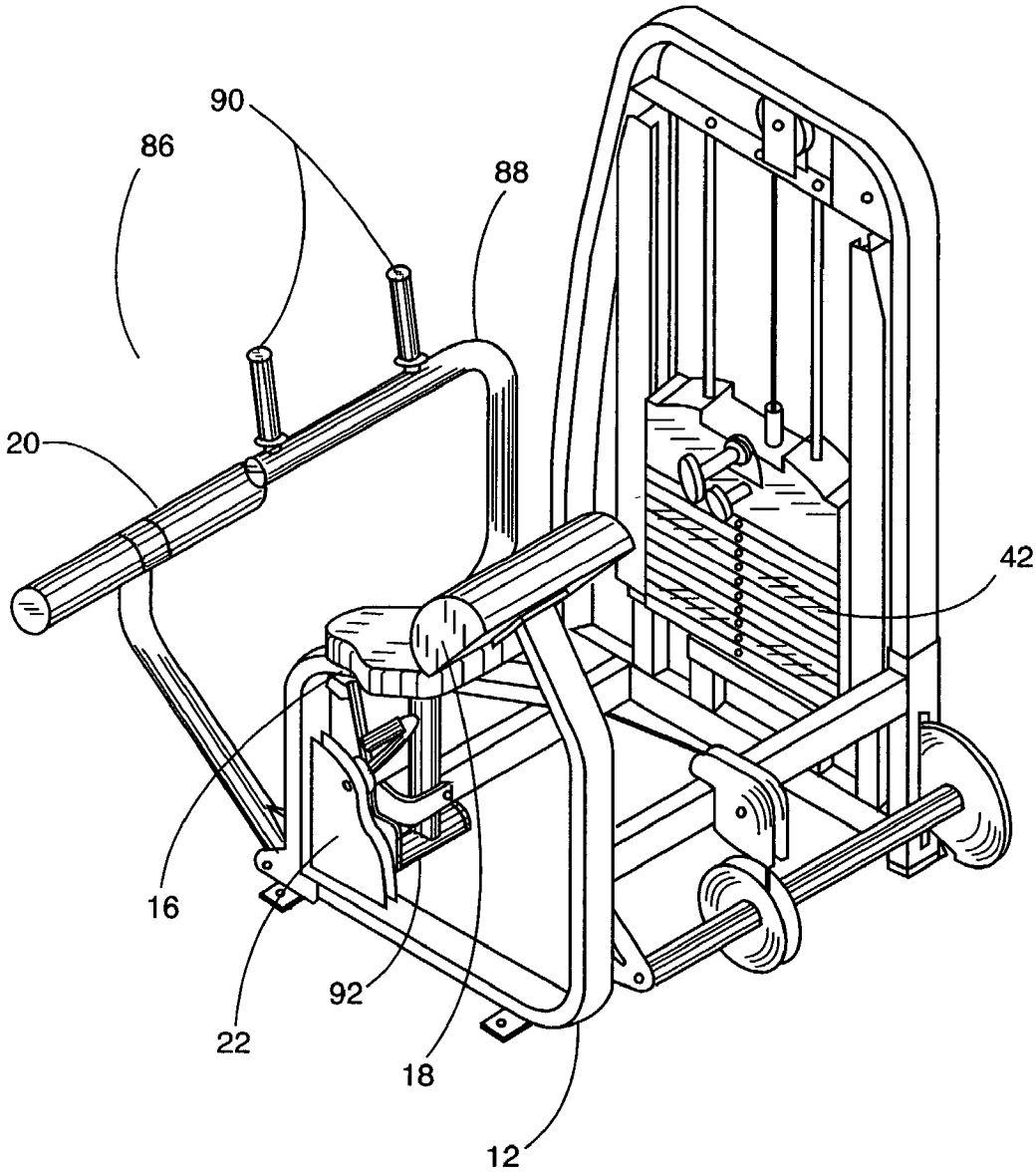


FIG. 5



TORSO EXERCISE MACHINE

CROSS-REFERENCE TO RELATED APPLICATION

[0001] This application is related to and claims priority to U.S. Provisional Application Serial No. 60/338,039, filed Nov. 13, 2001, entitled TORSO EXERCISE MACHINE, the entirety of which is incorporated herein by reference.

STATEMENT REGARDING FEDERALLY SPONSORED RESEARCH OR DEVELOPMENT

[0002] n/a

FIELD OF THE INVENTION

[0003] The present invention relates to a method and system for exercising the lower torso, and more particularly to an exercise machine which includes a stabilizer assembly to effectively immobilize the user's lower body, maintaining proper pelvic positioning and stabilization during execution of the exercise.

BACKGROUND OF THE INVENTION

[0004] Proper form is essential for effective and safe results when performing resistive exercises such as with weight machines used for strength training. This is especially true for exercise of the muscle groups found in the torso during spinal extention and spinal flexion exercises, as it is known in the art. This exercise motion focuses on training the lower back muscles, the abdominals, and obliques. Too often however, the various machines and devices available for this purpose lack proper features to ensure that users execute a safe and effective motion thereupon to exercise the back or abdominal muscles.

[0005] Many torso exercise machines use a conventional cable and pulley system coupled to a weight stack. A user typically sits on a stationary surface, and then applies his or her upper body against another surface. A user may then apply force on this latter surface whilst rotating the torso about the base of the spine, to either: (a) flex the spine by contracting the abdominal muscles so as to train the abdominal muscles group, or (b) extend the spine by contracting the back muscles so as to train the muscles of the central and lower back. To achieve this range of motion, a user's hips are often unsecured, and may be free to move or shift while the exercise is performed. This allows other skeletal motions such as hip flexion to substitute for spinal flexion and conversely hip extension to substitute for spinal extention. When that is allowed to happen, the user will be exercising the hip and not the abdominals and back musculature. Some torso exercise machines may use a back support to try to limit the extent of spinal extention range especially in the lumbar region of the spine but unless there is some significant force holding the back against this back support, they are traditionally ineffective at stabilizing the pelvis and preventing hip flexion/extention substitution.

[0006] It is desirable therefore, to provide a weight training machine which allows a user to exercise his or her muscles in the torso region, while sufficiently stabilizing the pelvis to effectively block hip motion and substitution and focus the training effect on the intended muscles of the abdomen and lower back.

SUMMARY OF THE INVENTION

[0007] The subject invention provides an exercise machine for exercising the lower torso. As described herein, the exercise machine includes a pelvic stabilizer assembly, which effectively immobilizes the user's lower body to maintain proper pelvic positioning during execution of the exercise.

[0008] For example, the exercise machine of the present invention could be a back extension machine, which includes a user support structure is mounted on the support frame. The user support structure includes a seat surface and a pelvic stabilizer pad. The seat is mounted on a forwardly facing angled upper portion of the support frame, below and at an angle oblique to the pelvic stabilizer pad. The seat is positioned such that the user's lower back and pelvic region abuts the pelvic stabilizer pad and the user's legs extend outwardly and downwardly. The pelvic pad is affixed to the upper end of the support frame and is inclined rearwardly, and being curved in a substantially half-cylindrical shape, to accommodate the user's lower back at full extension.

[0009] In addition to the pelvic stabilization pad, the stabilization assembly includes an adjustable footrest is attached to the front of the support frame, such that a user's feet are positioned on the footrest. The footrest can be adjusted back and forth with the footrest adjustment mechanism to accommodate users of varying heights. The footrest is positioned so the user can apply a force using the leg muscles to push the pelvis into the pelvic stabilization pad. The spatial arrangement of the stabilization assembly which comprises: pelvic stabilizer pad, seat, and footrest combination effectively immobilize the user's pelvic area, preventing it from rotating in either the anterior or posterior direction while not interfering with the normal range of motion in extention and flexion of the spine.

BRIEF DESCRIPTION OF THE DRAWINGS

[0010] 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:

[0011] **FIG. 1** is a perspective view of a back extension machine of the subject invention;

[0012] **FIG. 2** is a side view of a back extension machine of the subject invention;

[0013] **FIG. 3** is a left side perspective view of the start-positioning device of the subject invention;

[0014] **FIG. 4** is a right side perspective view of the start-positioning device of the subject invention; and

[0015] **FIG. 5** is a perspective view of an abdominal machine in accordance with the invention.

DETAILED DESCRIPTION OF THE INVENTION

[0016] In an exemplary embodiment, as shown in **FIG. 1, a** back extension machine **10** of the present invention includes a support frame **12** on which a user support structure **14** is mounted. The user support structure **14** includes a seat surface **16** and a pelvic stabilizer pad **18**. The

seat **16** is mounted on the forwardly facing angled upper portion of the support frame **12**, below and at an angle oblique to the pelvic stabilizer pad **18**. The seat **16** is positioned such that the user's lower back and pelvic region abuts the pelvic stabilizer pad **18** and the user's legs extend outwardly and downwardly. The pelvic stabilizer pad **18** is affixed to the upper end of the support frame **12**, is inclined rearwardly, and is curved in a substantially half-cylindrical shape to accommodate for the user's lower back.

[**0017**] An adjustable footrest **20** is attached to the front of the support frame **12**, where the oblique angle of the seat **16** substantially directs the seat **16** down towards footrest **20**. The footrest **20** is positioned so the user can apply a force using the leg muscles to push the pelvis into the pelvic stabilization pad **18**. The footrest **20** can be adjusted back and forth with the footrest adjustment mechanism **22** to accommodate users of varying heights. When a user's feet are positioned on the footrest **20**, the footrest is adjusted such that the users thighs are substantially parallel with the ground. Additionally, the user's knees are in a flexion position of between about 10 degrees knee flexion to about 30 degrees knee flexion. This spatial arrangement of the pelvic stabilizer pad **18**, seat **16**, and footrest **20** combination effectively immobilize the user's pelvic area, preventing it from rotating in either the anterior or posterior direction.

[**0018**] An input assembly **24** is positioned above of the seat **16**, and mounted to the support frame **12** for rotation about a horizontal axis A-A, as defined by the range-limiting device **26**, described in further detail below. The input assembly **24** includes a padded member **28** affixed to a horizontal arm **30**, where the padded member **28** is positioned for engagement of a user's upper back. The horizontal arm **30** is attached to a curved offset arm **32**, where the curved offset arm **32** is affixed to the range-limiting device **26**, such that the padded member **28** is positioned above the seat **16**. A counterweight **34** is attached to the range-limiting device **26** to balance the input assembly **24** about the horizontal axis A-A.

[**0019**] A weight stack brace **36** is attached to the support frame **12** by beams **38***a* and **38***b* and secondary support frame **40**, such that the weight stack **42** is easily accessed by a seated user. Weight stack pulleys **44***a* and **44***b* are mounted to the top of the weight stack brace **36**, with pulley **44***a* being aligned with the start-positioning device **26** and pulley **44***b* being aligned with the weight stack **42**. Rails **46** are mounted vertically within the weight stack brace **36**, where the individual plates of the weight stack **42** are slideably mounted to the rails **46** and provide a resistance to the exercise.

[**0020**] The weight stack **42** is selectively connected to one end of a cable **48** by inserting a pin in one of a plurality of holes in a lifting post **50** that passes vertically through the plates, as is well known in the art. For example, the weight stack **42** is formed by a stack of rectangular, brick-shaped plates **52**. Each plate **52** further has at least one horizontal channel or hole, wherein a pin may be disposed to slideably engage any of a series of horizontal channels which are vertically oriented on the lifting post **50** in a spaced apart manner to match the vertical spacing of the stacked weight plates **52**. The pin thereby engages a portion of the stack of weight plates **52**, such that when vertical force is applied to the lifting post **50**, the selected stack of weight plates **52** is moved upwards to create a resistance. Typically, the weight stack **42** apparatus is oriented such that the further down the pin is entered into the lifting post **50**, the greater the number of plates **52** are engaged, thereby increasing the resistance of the machine.

[**0021**] The cable **48** extends up from the weight stack **42** and a portion of cable **48** extends over pulleys **44***a* and **44***b*. The second end of the cable **48** is connected to the start-positioning device **26**, thereby inhibiting rotation of the start-positioning device.

[**0022**] Additionally, the weight stack **42** can be connected to the start-positioning device **26** by other means known in the art, including, but not limited to, belts, cables, chains, or tethers, so as to inhibit rotation thereof.

[**0023**] In alternative embodiments, other mechanisms for providing resistance, such as friction fittings, springs, elastic bands, pneumatic or electromagnetic resistance, or an air resistance fan could be employed (either alone or in combination) and still practice the invention. Additionally, free weights could be operably engaged to the transmission assembly to resist the movement.

[**0024**] As shown in **FIG. 1**, the range-limiting device **26** includes a horizontal shaft **54**, defining the horizontal axis of rotation A-A, the horizontal shaft **54** being pivotally connected to the support frame **22** and the secondary support frame **40**. An end-positioning device **56** and a start-positioning device **58** are affixed to the horizontal shaft **54**. The end-positioning device **56** includes a detent plate **60** having a horizontal stop **61**, a handle element **62**, and defining a plurality adjustment holes **64**. (See also **FIGS. 2**). The detent plate **60** is rotateably affixed about the horizontal shaft **54** and affixable to the support frame's stop arm **66** by the engagement of stop pin **68** to one of the detent plate's adjustment holes **64**. The detent plate's vertical stop **61** is positioned for engagement of the curved offset arm **32**, where the horizontal stop **61** limits the angle of rotation of the input assembly **24**.

[**0025**] As shown in **FIGS. 3 and 4**, the start-positioning device **58** is affixed to the horizontal shaft **45**, and includes a cam **70**, eccentric plate **72**, and a cam plate **74**. The cam **70** is configured to receive the eccentric plate **72**, such that the eccentric plate **72** is rotateable within the cam **70**. The cam plate **74** is attached to the cam **70**, sealing the eccentric plate **72** within the cam **70**, such that the cam **70** and cam plate **74** are rotateable about the eccentric plate **72**. The eccentric plate **72** includes a cam pin **76** for engaging the cam plate's adjustment holes **78**. The eccentric plate **72** is attached to the horizontal shaft's offset mounting arm **80**, such the axis of rotation of the eccentric plate **72** is offset from the eccentric plate's central axis.

[**0026**] As noted above, the eccentric plate **72** is attached to the horizontal shaft's offset mounting arm **80**, such the axis of rotation of the eccentric plate **72** is offset from the eccentric plate's central axis. Accordingly, as the eccentric plate **72** rotates within the cam **70**, the radial positioning of the cam **70** about the horizontal shaft **54** is changed, changing the effective radius of curvature of the cam **70** with respect to the input assembly **24**. The automatic change in the effective radius of curvature of the cam **70** provides an automatic change in the mechanical advantage over the adjusted range of motion, thus providing the correct anatomical mechanical advantage for the adjusted range of motion.

[0027] In an exemplary method of use, the end-positioning device **56** and the start-positioning device **58** are used in conjunction to adjust the exercise start and stop positions. Initially, the user adjusts the start position as noted above. In doing so, the effective radius of curvature of the cam **70** is changed, providing the appropriated mechanical advantage for the new start position. The user can then adjust the stop position as noted above, thereby provided a limited range of motion for the exercise.

[0028] Referring now to **FIG. 5**, the present invention is shown in the context of an abdominal machine **86**, which includes support frame **12** on which a user support structure **14** is mounted. The user support structure **14** includes a seat surface **16** and a pelvic stabilizer pad **18**. The seat **16** is mounted on the forwardly facing angled upper portion of the support frame **12**, below and at an angle oblique to the pelvic stabilizer pad **18**. The seat **16** is positioned such that the user's lower back and pelvic region abuts the pelvic stabilizer pad **18** and the user's legs extend outwardly and downwardly. The pelvic stabilizer pad **18** is affixed to the upper end of the support frame **12**, is inclined rearwardly, and is curved in a substantially half-cylindrical shape to accommodate for the user's lower back.

[0029] The adjustable footrest **20** is attached to the front of the support frame **12**, where the oblique angle of the seat **16** substantially directs the seat down towards footrest **20**. The footrest **20** is positioned so the user can apply a force using the leg muscles to push the pelvis into the pelvic stabilization pad **18**. The footrest **20** can be adjusted back and forth with the footrest adjustment mechanism **22** to accommodate users of varying heights. When a user's feet are positioned on the footrest **20**, the footrest is adjusted such that the users thighs are substantially parallel with the ground. Additionally, the user's knees are in a flexion position of between about 10 degrees knee flexion to about 30 degrees knee flexion. This spatial arrangement of the pelvic stabilizer pad **18**, seat **16**, and footrest **20** combination effectively immobilize the user's pelvic area, preventing it from rotating in either the anterior or posterior direction.

[0030] In the abdominal machine **86**, the input assembly **12** includes a horizontal arm **88** fitted with handles **90**, where the horizontal arm **88** and arm handles **90** are position directly in front of the user. The horizontal arm **88** pivots about a hinge **92** positioned substantially below the seat **16**, such that handles **90** travel in a substantially liner path as the user pushes against the arm handles **90**.

[0031] In a method of use, the user extends their arms until the elbows are fully extended. While keeping the elbows locked at zero degrees of flexion, the user will alternately flex the spine in a forward bending motion and extend the spine in a rearward bending motion. As such, the user's upper torso faces a substantially linear path of resistance, such that the body's abdominal muscles are effectively contracted and exercised. The user uses his arms to push the arm handles **90**, and hence the path of resistance offered by the weight stack **42** flows directly through the user's hands, arms, and shoulders, and only then along the length of the torso. The user must then contract the entire length of his or her frontal abdominal wall. The stabilization assembly effectively locks the pelvis in one position essentially blocking the hip muscles from use during the exercise. This forces the abdominals to do all the work. To end the exercise, the user simple bends the elbows, removing the force exerted by the weight stack **42** on the user.

[0032] Alternatively, the user may grasp handle **90** with only one hand while still flexing and extending the spine in the forward and rearward direction, such that by pushing on the arm handles **90**, the oblique abdominals may be exercised either on the left or right side of the torso.

[0033] 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. A lower torso exercise machine comprising:

a frame;

a user support structure mounted to the frame, wherein the user support structure includes a seat and a pelvic stabilizing pad, the seat being mounted to the frame below and at an angle oblique to the pelvic stabilizing pad; and

a footrest attached to the frame in front of the user support structure.

2. The lower torso exercise machine according to claim 1, wherein the oblique angle is such that the seat is directed towards the footrest.

3. The lower torso exercise machine according to claim 1, wherein the footrest is positioned such that a user's thighs are substantially parallel to the ground.

4. The lower torso exercise machine according to claim 1, wherein the footrest is positioned such that a user's knees are in an angle of flexion between about 10 degrees knee flexion to about 30 degrees knee flexion.

5. The lower torso exercise machine according to claim 1, wherein the footrest is adjustable such that a user's thighs are substantially parallel to the ground and the user's knees are in an angle of flexion between about 10 degrees knee flexion to about 30 degrees knee flexion.

6. The lower torso exercise machine according to claim 1, wherein the pelvic stabilizing pad is substantially half-cylindrical in shape.

7. The lower torso exercise machine according to claim 1, further comprising

an input assembly engageable by a user; and

a resistance mechanism operably connected to the input assembly.

8. The lower torso exercise machine according to claim 7, wherein the input assembly includes a padded member affixed to a horizontal arm, wherein the padded member is positioned substantially above the seat and engageable by a user's upper back.

9. The lower torso exercise machine according to claim 7, wherein the input assembly comprises a horizontal arm including a pair of arm handles, wherein the arm handles are positioned substantially above the seat and engageable by a user's hands, through the user's extend arms.

10. The lower torso exercise machine according to claim 9, wherein the horizontal arms moves in a substantially liner direction.

11. The lower torso exercise machine according to claim 9, where the weight stack applies a resistive force through the users extended arms.

12. The lower torso exercise machine according to claim 7, wherein the input assembly is positioned substantially above and in front of the seat, such that the input assembly is engagable by a user's extended arms.

13. The lower torso exercise machine according to claim 7, further comprising a range-limiting device disposed between the input assembly and the frame, wherein the range-limiting device is pivotally connected to the frame and operatively connected to the resistance mechanism.

14. A lower torso exercise machine comprising:

a frame;

a user support structure mounted to the frame, wherein the user support structure includes a seat and a pelvic stabilizing pad, the seat being mounted to the frame below and at an angle oblique to the pelvic stabilizing pad; and

a footrest attached to the frame in front of the user support structure, such that a user's thighs are substantially parallel to the ground and the user's knees are in an angle of flexion between about 10 degrees knee flexion to about 30 degrees knee flexion.

15. The lower torso exercise machine according to claim 14, wherein the footrest is an adjustable footrest.

16. The lower torso exercise machine according to claim 14, further comprising

an input assembly engagable by a user; and

a resistance mechanism operably connected to the input assembly.

17. The lower torso exercise machine according to claim 16, wherein the input assembly comprises a horizontal arm including a pair of arm handles, wherein the arm handles are positioned substantially above the seat and engagable by a user's hands, through the user's extend arms.

18. The lower torso exercise machine according to claim 17, wherein the input assembly includes a padded member affixed to a horizontal arm, wherein the padded member is positioned substantially above the seat and engagable by a user's upper back.

19. The lower torso machine according to claim 14, further comprising a means for transmitting a resistive force through a user's extended arms.

20. A lower torso exercise machine comprising:

a frame;

a user support structure mounted to the frame, wherein the user support structure includes a seat and a pelvic stabilizing pad, the seat being mounted to the frame below and at an angle oblique to the pelvic stabilizing pad;

a footrest attached to the frame in front of the user support structure, such that a user's thighs are substantially parallel to the ground and the user's knees are in an angle of flexion between about 10 degrees knee flexion to about 30 degrees knee flexion;

an input assembly engagable by a user; and

a resistance mechanism operably connected to the input assembly.

* * * * *