PORTABLE PADDLEBOARD EXERCISE APPARATUS

Applicant: Christopher Ray Martin, Grain Valley, MO (US)

Inventor: Christopher Ray Martin, Grain Valley, MO (US)

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ABSTRACT

A portable paddleboard exercise apparatus having a balance platform, an elongated member, a paddle handle, and a number of resistance bands. The apparatus may further include a frame with one or more support members configured to support the balance platform. The balance platform includes an upper surface for a user to balance thereon. The elongated member extends from the balance platform. The resistance bands extend from a distal end of the elongated member to the paddle handle. A user may balance on the balance platform in one of a number of positions while pulling the paddle handle against a resistive force generated by the resistance bands.
PORTABLE PADDLEBOARD EXERCISE APPARATUS

FIELD OF INVENTION

[0001] Embodiments of the present invention relate generally to balance-exercise apparatuses.

SUMMARY

[0002] An embodiment of the present invention is a portable paddleboard exercise apparatus including a balance platform, an elongated member, first and second resistance bands, and a paddle handle. The present invention may further include a frame with one or more support members configured to support the balance platform. The balance platform may include a base, an inflatable bladder, a storage compartment, and a carrying handle. The base provides rigid structure for the inflatable bladder. The inflatable bladder provides a flexible upper surface for a user to balance thereon. The elongated member may extend horizontally from the balance platform. The first resistance band may extend from a distal end of the elongated member to an upper portion of the paddle handle. The second resistance band may extend from the distal end of the elongated member to a lower portion of the paddle handle. A user may stand, kneel, sit, or otherwise balance on the upper surface of the inflatable bladder while pulling the paddle handle against resistive forces generated in the resistance bands. The inflatable bladder may simulate instability of a paddle board while the resistance bands may simulate reaction forces of water against a paddle.

BRIEF DESCRIPTION OF THE DRAWING FIGURES

[0003] The accompanying drawings illustrate embodiments of the invention and are for illustration by way of example and not limitations:

[0004] FIG. 1 is a perspective view of a portable paddleboard exercise apparatus constructed in accordance with an embodiment of the invention with a user performing a first exercise;

[0005] FIG. 2 is a perspective view of the portable paddleboard exercise apparatus of FIG. 1 with the user performing a second exercise;

[0006] FIG. 3 is an enlarged perspective view of the portable paddleboard exercise apparatus of FIG. 1;

[0007] FIG. 4 is an enlarged perspective view of the portable paddleboard apparatus of FIG. 1 with the portable paddleboard exercise apparatus having been disassembled;

[0008] FIG. 5 is a perspective view of a portable paddleboard exercise apparatus constructed in accordance with another embodiment of the present invention; and

[0009] FIG. 6 is a perspective view of the portable paddleboard exercise apparatus of FIG. 5 shown in a stored configuration.

[0010] The drawings do not limit the current invention to the specific embodiments disclosed and described herein. The drawings are not necessarily to scale, emphasis instead being placed upon clearly illustrating the principles of the invention.

DETAILED DESCRIPTION OF THE EMBODIMENTS

[0011] The following detailed description of the invention references the accompanying drawings that illustrate specific embodiments in which the invention can be practiced. The embodiments are intended to describe aspects of the invention in sufficient detail to enable those skilled in the art to practice the invention. Other embodiments can be utilized and changes can be made without departing from the scope of the current invention. The following detailed description is, therefore, not to be taken in a limiting sense. The scope of the current invention is defined only by the appended claims, along with the full scope of equivalents to which such claims are entitled.

[0012] In this description, references to “one embodiment”, “an embodiment”, or “embodiments” mean that the feature or features being referred to are included in at least one embodiment of the technology. Separate references to “one embodiment”, “an embodiment”, or “embodiments” in this description do not necessarily refer to the same embodiment and are also not mutually exclusive unless so stated and/or except as will be readily apparent to those skilled in the art from the description. For example, a feature, structure, act, etc. described in one embodiment may also be included in other embodiments, but is not necessarily included. Thus, the current technology can include a variety of combinations and/or integrations of the embodiments described herein.

[0013] Turning to FIGS. 1-4, an embodiment of the present invention is a portable paddleboard exercise apparatus broadly comprising a frame 12, a balance platform 14, an elongated member 16, a first resistance band 18, a second resistance band 20, and a paddle handle 22.

[0014] The frame 12 supports the balance platform 14 and may include left and right support members 24, 26. The left and right support members 24, 26 may be removable. An alternative embodiment of the portable paddleboard apparatus may include removable attachment to the balance platform 14 via fasteners (e.g., bolts, clips, magnets, etc.) or interlocking geometry and may be formed of square or rectangular tubing, angle stock, molded plastic, or any other suitable shape or construction. Alternatively, the frame 12 may be integrally formed with the balance platform 14. The left and right support members 24, 26 may be formed of aluminum, steel, molded plastic, rubber, wood, or any other suitable material.

[0015] The balance platform 14 supports the weight of a user 100 and may include a base 28, an inflatable bladder 30, a storage compartment 32, and a carrying handle 34. The base 28 supports the inflatable bladder 30 and may be mounted on the frame 12. The base 28 may be formed of aluminum, steel, molded plastic, rubber, wood, or any other suitable material. The inflatable bladder 30 may form a domed or curved upper surface 36 when inflated and may include an inflation valve 38 for selectively adding air to or removing air from the inflatable bladder 30. The upper surface 36 may be formed of flexible rubber or similar material having high friction for improving grip. The upper surface 36 may also include ridges, grooves, bumps, or similar features for further improving grip. The storage compartment 32 may retain the elongated member 16, resistance bands 18, 20, and/or paddle handle 22 therein. The carrying handle 34 may be used for transporting the portable paddleboard exercise apparatus 10. The balance platform 14 may be a pre-made balance device such as BOSU® Home Balance Trainer or a ProForm Balance Train-
The elongated member 16 provides an anchor point for the resistance bands 18, 20 and may include a proximal end 40 near the balance platform 14 and a distal end 42 spaced from and opposite the proximal end 40. The elongated member 16 may be removably attached to the base 28 of the balance platform 14 or may be integrally formed with the base 28 of the balance platform 14 and/or the frame 12. The elongated member 16 may be collapsible or able to be disassembled for compact storage. Alternatively, the elongated member 16 may be telescopic for compact storage and/or for adjusting the resistance of the resistance bands 18, 20 (see FIG. 4). To that end, the elongated member may include a number of sections that can be selectively extended or retracted and locked together via snap-locks, pivoted between stored and extended positions, or removed or added for increasing or decreasing the length of the elongated member 16. In some embodiments, the elongated member 16 may be stored in the storage compartment 32. The elongated member 16 may be formed of square or rectangular tubing, angle stock, molded plastic, or any other suitable shape or construction. The elongated member 16 may be formed of aluminum, steel, molded plastic, rubber, wood, or any other suitable material.

The first resistance band 18 extends between the distal end 42 of the elongated member 16 and an upper portion of the paddle handle 22 (described below). The first resistance band 18 may include hooks, clips, rings, loops, knots, or similar elements for removably or permanently connecting the first resistance band 18 to the distal end 42 of the elongated member 16 and the upper portion of the paddle handle 22. The first resistance band 18 may be formed of exercise tubing, bungee cords, elastic straps, or any other suitable resistively stretchable elongated material. The first resistance band 18 may be connected to the distal end 42 of the elongated member 16 and/or the upper portion of the paddle handle 22 at one of a number of points for lengthening or shortening the effective length of the first resistance band 18 and hence increasing or decreasing the effective resistance of the first resistance band 18.

The second resistance band 20 extends between the distal end 42 of the elongated member 16 and a lower portion of the paddle handle 22 (described below). The second resistance band 20 may include hooks, clips, rings, loops, knots, or similar elements for removably or permanently connecting the second resistance band 20 to the distal end 42 of the elongated member 16 and the lower portion of the paddle handle 22. The second resistance band 20 may be formed of exercise tubing, bungee cords, elastic straps, or any other suitable resistively stretchable elongated material. The second resistance band 20 may be connected to the distal end 42 of the elongated member 16 and/or the lower portion of the paddle handle 22 at one of a number of points for lengthening or shortening the effective length of the second resistance band 20 and hence increasing or decreasing the effective resistance of the second resistance band 20. The resistance bands 18, 20 may be stored in the storage compartment 32.

The paddle handle 22 may include an upper portion 44 and a lower portion 46 (alternatively, a left portion and a right portion) for gripping the paddle handle 22 with left and right hands. The upper portion 44 may include a connection point (e.g., a hook, clip, loop, etc.) for connecting one end of the first resistance band 18 thereto. The upper portion 44 may include rubber pads or contours for improving grip and may be “I” shaped so that the user 100 may grip the top of the upper portion 44. The lower portion 46 may include a connection point (e.g., a hook, clip, ring, loop, etc.) for connecting one end of the first resistance band 18 thereto. The lower portion 46 may also include rubber pads or contours for improving grip. The paddle handle 22 may be formed of square, rectangular, or round tubing, molded plastic, or any other suitable shape or construction. The paddle handle 22 thus may simulate a handle portion of a paddle. Alternatively, the paddle handle 22 may be shaped like a bicycle handlebar, rowing handles, ball, steering wheel, or any other suitable shape.

Use of the portable paddleboard exercise apparatus 10 will now be described in more detail. First, the frame 12 and elongated member 16 may be connected to the base 28 of the balance platform 14 via fasteners. The elongated member 16 may then be selectively extended depending on the amount of desired band resistance and depending on the particular exercise being performed. The inflatable bladder 30 may also be inflated as desired via a pump or manual inflation. The first resistance band 18 may then be connected to the distal end 42 of the elongated member 16 and the upper portion of the paddle handle 22. The second resistance band 20 may also be connected to the distal end 42 of the elongated member 16 and the lower portion of the paddle handle 22.

The user 100 may then perform one of a number of different exercises. For example, the user 100 may stand (FIG. 1) or kneel on the inflatable bladder 30 while pulling the paddle handle 22 to his left or right side in a paddling motion. The inflatable bladder 30 simulates unstable action and movement of a paddleboard floating on water. The resistance bands 18, 20 simulate resistance of water against a paddle. In another exercise, the user 100 may sit on the inflatable bladder 30 with his feet straddling the elongated member 16, as shown in FIG. 2. The user 100 may then pull the paddle handle 22 in a paddling motion or a rowing motion. In yet another exercise, the user 100 may sit on the inflatable bladder 30 and hook the paddle handle 22 on his feet. The user 100 may then pull his feet towards himself against the resistance of the resistance bands 18, 20. In another exercise, the user 100 may sit or kneel on the inflatable bladder 30 while facing away from the distal end 42 of the elongated member 16. The user 100 may then pull the paddle handle 22 across his head, thus working his triceps. In yet another exercise, the user 100 may sit or kneel on the inflatable bladder 30 with the elongated member 16 extending essentially parallel with the user’s shoulders. The user 100 may then pull the paddle handle 22 across his body. It should be noted that the elongated member 16 may be extended or retracted, and the resistance bands 18, 20 may be adjusted depending on the exercise being performed, the particular position being assumed by the user 100, and the size, height, or skill level of the user 100. Other exercises or exercise variations may be performed without limiting the scope of the invention.

The portable paddleboard exercise apparatus 10 provides many advantages and benefits. For example, the balance platform 14 simulates the unstable action and move-
ment from floating on water. The paddle handle 22 may be used to simulate paddling, rowing, casting, swinging, and other motions. The portable paddleboard exercise apparatus 10 may be used to exercise muscle groups in the arms, legs, abdomen, and back. The balance platform 14 engages a number of muscle groups in the lower region of the body and improves a user's balance. The portable paddleboard exercise apparatus 10 may also prepare the user 100 for using or riding a paddleboard, canoe, kayak, surfboard, wetski, wakeboard, kneeboard (or any other watersports device), bicycle, skateboard, scooter, or any other riding device. The inflatable bladder 30 may be inflated or deflated for different levels of stability (and hence, different user skill levels). The elongated member 16 may be adjusted for different exercises and for compact storage. The resistance bands 18, 20 may be adjusted for different user strengths and exercises and may be disconnected for storage. The paddle handle 22 may be used to simulate the shape and feel of a paddle, rowing handles, a bicycle handlebar, and other devices. The portable paddleboard exercise apparatus 10 may also be compactly stored and transported.

[0023] Turning to FIGS. 5 and 6, another embodiment of the present invention is a portable paddleboard exercise apparatus 200 similar to the portable paddleboard exercise apparatus 100 except that the balance platform 202 may include a base 204 configured to be placed directly on a floor, ground, or other flat surface. The base 204 may be formed of molded plastic or any other suitable material. The balance platform 202 may include a compartment 206 for storing the first and second resistance bands 208, 210 therein. The elongated member 212 may be retractable or otherwise collapsible so as to be stored essentially within the base 204 of the balance platform 202. The paddle handle 214 may be connectable to the base 204 of the balance platform 202 via storage mounts 216 or otherwise stored with or within the balance platform 202, as shown in FIG. 6.

[0024] Although the invention has been described with reference to the embodiments illustrated in the attached drawing figures, it is noted that equivalents may be employed and substitutions made herein without departing from the scope of the invention as recited in the claims.

[0025] Having thus described various embodiments of the invention, what is claimed as new and desired to be protected by Letters Patent includes the following:

1. A portable paddleboard exercise apparatus comprising:
   a balance platform configured to support at least a portion of a user's weight;
   an elongated member extending from the balance platform, the elongated member including a proximal end near the balance platform and a distal end opposite the proximal end;
   a paddle handle including an upper section and a lower section opposite the upper section;
   a first resistance band extending from the distal end of the elongated member to the upper section of the paddle handle;
   and
   a second resistance band extending from the distal end of the elongated member to the lower section of the paddle handle, the paddle handle being configured to be moved in a rowing motion while the user balances at least a portion of his weight on the balance platform such that the first resistance band exerts a first tension force from the upper section of the paddle handle towards the distal end of the elongated member and the second resistance band exerts a second tension force from the lower section of the paddle handle towards the distal end of the elongated member, the first tension force and the second tension force increasing the farther the paddle handle is pulled from the distal end of the elongated member.

2. The apparatus of claim 1, wherein the balance platform is dome shaped.

3. The apparatus of claim 1, wherein the balance platform has a number of ridges on an upper surface thereof for improving a user's balance thereon.

4. The apparatus of claim 1, wherein the balance platform includes an inflatable bladder for providing an unstable balancing surface.

5. The apparatus of claim 1, further comprising a frame including one or more support members.

6. The apparatus of claim 5, wherein the one or more support members are removably attachable to the balance platform.

7. The apparatus of claim 1, wherein the paddle handle is T-shaped.

8. The apparatus of claim 1, wherein the paddle handle is formed of round tubing.

9. The apparatus of claim 1, wherein the elongated member is telescoping for compact storage.

10. The apparatus of claim 1, wherein the elongated member is collapsible for compact storage.

11. The apparatus of claim 1, wherein the elongated member may be disassembled for compact storage.

12. The apparatus of claim 1, wherein the elongated member is removably attachable to the balance platform.

13. The apparatus of claim 1, wherein the elongated member is formed of square tubing.

14. The apparatus of claim 1, wherein the resistance bands are removably attachable to the paddle handle.

15. The apparatus of claim 1, wherein the resistance bands are removably attachable to the distal end of the elongated member.

16. The apparatus of claim 1, wherein the resistance bands are formed of stretchable exercise tubing.

17. The apparatus of claim 1, wherein the balance platform further includes a carrying handle.

18. The apparatus of claim 1, wherein the balance platform further includes a storage compartment for storing the resistance bands therein.

19. A portable paddleboard exercise apparatus comprising:
   a frame including a number of support members;
   a balance platform configured to support at least a portion of a user's weight, the support members being removably attachable to the balance platform;
   an elongated member extending from the balance platform, the elongated member including a proximal end near the balance platform and a distal end opposite the proximal end, the elongated member being removably attachable to the balance platform;
   a paddle handle including an upper section and a lower section opposite the upper section;
   a first resistance band extending from the distal end of the elongated member to the upper section of the paddle handle;
   and
   a second resistance band extending from the distal end of the elongated member to the lower section of the paddle handle, the paddle handle being configured to be
moved in a rowing motion while the user balances at least a portion of his weight on the balance platform such that the first resistance band exerts a first tension force from the upper section of the paddle handle towards the distal end of the elongated member and the second resistance band exerts a second tension force from the lower section of the paddle handle towards the distal end of the elongated member, the first tension force and the second tension force increasing the farther the paddle handle is pulled from the distal end of the elongated member.

20. A portable paddleboard exercise apparatus comprising:

- a frame including left and right support members;
- a balance platform configured to support at least a portion of a user's weight, the balance platform including a base, a dome-shaped inflatable bladder, a storage compartment, and a carrying handle, the left and right support members being removably attachable to the base of the balance platform;
- a telescoping elongated member extending from the balance platform, the elongated member including a proximal end near the balance platform and a distal end opposite the proximal end, the elongated member being removably attachable to the balance platform;
- a T-shaped paddle handle including an upper section and a lower section opposite the upper section;
- a first resistance band extending from the distal end of the elongated member to the upper section of the paddle handle, the first resistance band being removably attachable to the elongated member and the paddle handle; and
- a second resistance band extending from the distal end of the elongated member to the lower section of the paddle handle, the second resistance band being removably attachable to the elongated member and the paddle handle, the paddle handle being configured to be moved in a rowing motion while the user balances at least a portion of his weight on the balance platform such that the first resistance band exerts a first tension force from the upper section of the paddle handle towards the distal end of the elongated member and the second resistance band exerts a second tension force from the lower section of the paddle handle towards the distal end of the elongated member, the first tension force and the second tension force increasing the farther the paddle handle is pulled from the distal end of the elongated member.

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