FITNESS & TRAINING WEIGHT SUITE

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ABSTRACT

The Fitness & Training Weight Suit invention is a stylish one or two piece (jacket and pant) garment made of a specific blend of fabrics for comfort and flexibility. The garment has strategically located weight cells throughout designed not to interfere with normal body movement, clearances and to receive varying amounts of preformed weight material in various areas or no weight at all. The Weight Suit provides added support and directional stability in areas of the weight cells through a cross hatching web fabrication/construction into the garment thus preventing excessive movement during physical activity.
Figure 7: Integrated cell compartment to receive weight material

Figure 1
Figure 3

Figure 7: Integrated cell compartment to receive weight material
Example of crosshatching pattern within Weight Suit material providing directional support and rigidity.

Figure 5
FITNESS & TRAINING WEIGHT SUITE

[0001] This invention claims prior benefit of provisional patent application No. 61/074,213.

FIELD OF THE INVENTION

[0002] This invention relates generally to exercise and fitness wear, and, in particular, to a exercise and fitness weight suit that is configurable in the degree of load/resistance experienced during exercise or physical training and that has a means to minimize excessive movement of weight cells areas during these activities.

BACKGROUND OF THE INVENTION

[0003] Exercise garments are well known for providing a lose or snug fit, not restricting mobility, comfort, and perspiration management for cooling and dryness. Typically these garments are of a two piece design consisting of a top and bottom. Known exercise garment are typically made of a soft, flexible, absorbent material. This allows the garment to be comfortable and not restrict body movement. Typical materials used to form such exercise garments are cotton, nylon, rayon, silk, and spandex.

[0004] It is an object of the present invention to provide a exercise and fitness training garment with the aforementioned characteristics and that provides strategically located cells throughout, designed not to interfere with normal body movement, clearances and to receive varying amounts of preformed weight material in various areas. This allows configurability of load/resistance presented to the various body appendages and overall body during physical excursion. To enhance the overall exercise experience and outcome by globally or selectively increasing the difficulty inherent in exercise regiments and physical training.

SUMMARY

[0005] Individuals interested in improving their general physical condition, athletes training for competition, older adults wanting to maintain good strength in later years and those involved in rehabilitation. It is suggested to include weight training in exercise regiments. Studies have shown real and measurable benefit from exercise with weights. To address this interest, wearable garments have been developed over the years that incorporates weights into various designs. By incorporating weights into the garment itself, the individual enjoys the combined benefits of exercise and weight training at the same time from the added body loading as a result of the weights in the garment during physical activity.

[0006] An example of such is U.S. Pat. No. 5,937,441 entitled Weighted Exercise and Therapeutic Suit issued to Mark T. Raines. Therein, a garment is presented in that includes construction materials that support the weights by resisting stretch in one direction while accommodating it in a generally perpendicular direction. Also that provides additional support for the individual weights through the use of stretch resistant straps that are incorporated into the body of the suit.

[0007] Another example is U.S. Pat. No. 5,144,694 entitled Exercise 20 Apparel and Weight Packages issued to Conrad Daoud et al. Therein, a garment is disclosed that includes a vest, pants, spine strap, belt, wrist bands, ankle bands and weight packets. The weight packet includes plural rows and plural columns of weight members that are installed in pockets; the 25 pockets position the weights about the wearer’s body. The placement of the weight is solely maintained by the snug-ness of the garment’s fit to the wearer’s body.

[0008] Similarly, U.S. Pat. No. 5,010,596 entitled Conformable Weighted Conditioning Garment issued to Brown et al discloses a garment in the form of shorts that provide a plurality of pouches in thigh encasing leg sections. It is explained that the leg sections of the shorts are secured to the wearer’s legs above the knee by adjustable belts located in hems at the lower extremities of the leg sections. The 35 conforming nature of the garment and the way in which the weights are snugly gripped within the pockets ensures that the weights do not move relative to the wearer’s skin, and do not bobble or shift as the wearer runs or engages in other physical activity.

[0009] U.S. Pat. No. 5,033,117 entitled Exercise Garment issued to Fairweather discloses belted shorts having pockets into which weights may be deposited. Straps are connected between the weighted pockets and the belt loops so that the load of the pockets is supported by a belt, and not the garment itself.

[0010] Each of the above referenced patents disclose weighted garments that increase the resistance experienced by the wearer. None of the patents, however, disclose cross hatching fabrication/construction within the garment material/fabric in areas of weight cell that support the weight by increased rigidity and directional stability resisting excessive movement in various directions.

BRIEF DESCRIPTION OF THE DRAWINGS

[0011] FIG. 1 is a front elevation view of the exercise and fitness weight garment in accordance with a preferred embodiment of the present invention.

[0012] FIG. 2 is a side view of the exercise and fitness weight garment in accordance with a preferred embodiment of the present invention.

[0013] FIG. 3 is a rear view of the exercise and fitness weight garment embodiment in accordance with the present invention.

[0014] FIG. 4 is an enlarged section view of a portion of the exercise and fitness weight garment of FIG. 1, showing the cross hatching fabrication/construction into the exercise and fitness weight garment fabric in the weight cell area in accordance with a preferred embodiment of the present invention.

[0015] FIG. 5 is a front view of the cross hatching pattern fabricated into the weight cell areas within the exercise and fitness garment in accordance with the present invention.

[0016] FIG. 6 is a view of the ankle and wrist weight cell of the garment of FIG. 1 in accordance with a preferred embodiment of the present invention.

[0017] FIG. 7 is a view of a weight cell in the jacket and pant excluding the ankle and wrist of the garment of FIG. 1 in accordance with a preferred embodiment of the present invention.

[0018] The figures referred to above are not drawn necessarily to scale and should be understood to present a representation of the invention, illustrative of the principles involved.

[0019] In light of the foregoing disclosure of the invention and description of the preferred embodiments, those skilled in this area will readily understand that various modifications and adaptations can be made without departing from the scope and spirit of the invention such as relocating chest cells for an embodiment supporting a woman’s anatomy.
What is claimed is:

1. A Fitness & Training suit to be worn by a user, the Fitness & Training suit comprising:
a stylish single part or two part member garment constructed from a blend of fabrics that provide comfort, normal range of motion, cooling and approximately follows the contour of the user’s body; A number of strategically located integral cells throughout the garment; each cell can receive varying amounts of weight material; each cell location has enhanced anti movement support through cross hatching in the garment to minimize movement of weight when in the cells area during fitness training or other activities;

2. The Fitness & Training suit to be worn by a user as stated in claim 1, the Fitness & Training suit comprising:
a single full body member garment constructed from a blend of fabrics that approximately follows the contour of the user’s body; The single full body member garment has a single longitudinal opening allowing donning of the garment with a means to seal the garment; the single full body member garment has strategically located integral cells throughout.

3. The Fitness & Training suit to be worn by a user as stated in claim 1, the Fitness & Training suit comprising:
a garment body member comprising: a top body member (jacket) constructed from a blend of fabrics that approximately follows the contour of the user’s body; a bottom body member (pant) constructed from a blend of fabrics approximately follows the contour of the user’s body; each body member having strategically located integral cells throughout in both parts top and bottom.

4. The Fitness & Training suit to be worn by a user as stated in claim 1, further comprising:
said fabric material from which said suit body part is/are constructed allows normal range of motion, is breathable and allows perspiration of the user to pass through thereby providing comfort to the user; said integral cells throughout the suite can be populated with varying amounts of weight on whatever desired appendage or body areas. said cells have a means of sealing.

5. The Fitness & Training suit garment to be worn by a user as stated in claim 1, wherein said cross-hatching is constructed integrally within said garment cell areas for directional stability and support of said weight material during physical activity.

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