



US 20170087395A1

(19) **United States**

(12) **Patent Application Publication**
Kinziger

(10) **Pub. No.: US 2017/0087395 A1**

(43) **Pub. Date: Mar. 30, 2017**

(54) **KINZI**

(71) Applicant: **Michael L. Kinziger**, Deary, ID (US)

(72) Inventor: **Michael L. Kinziger**, Deary, ID (US)

(21) Appl. No.: **14/869,251**

(22) Filed: **Sep. 29, 2015**

Publication Classification

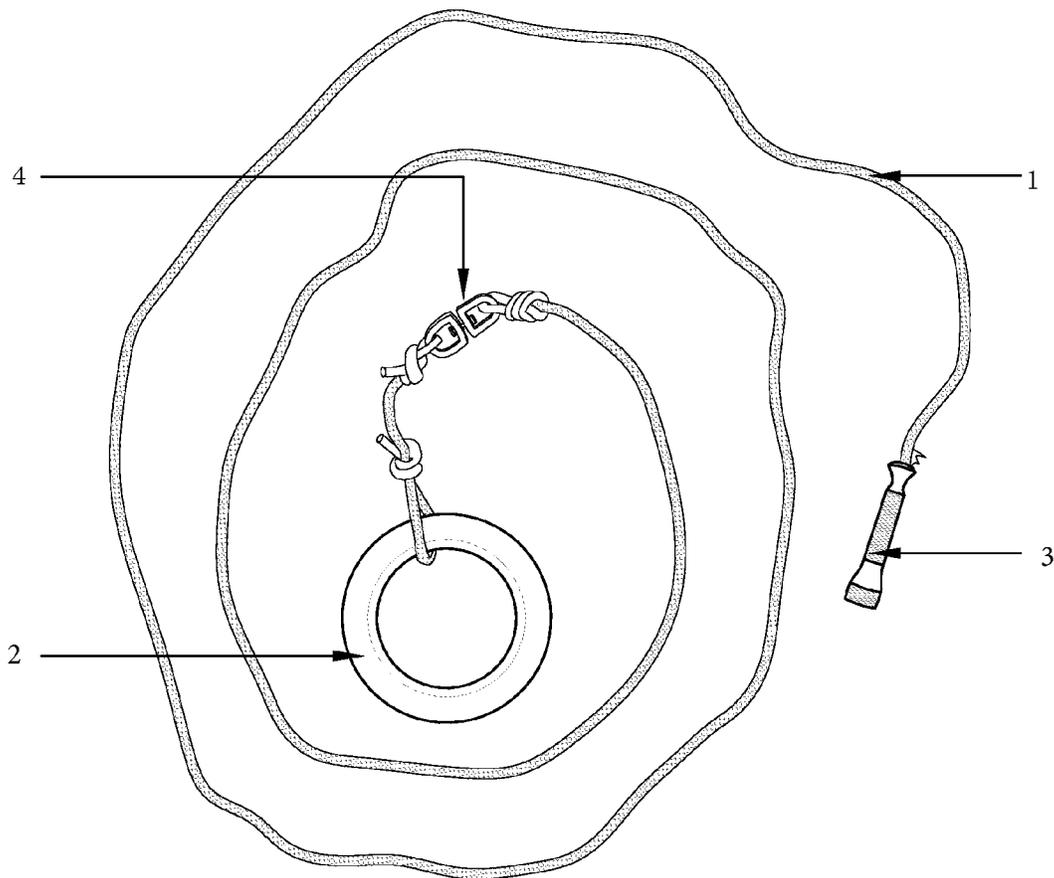
(51) **Int. Cl.**
A63B 5/20 (2006.01)
A63B 21/00 (2006.01)
A63B 21/28 (2006.01)
A63B 21/06 (2006.01)

(52) **U.S. Cl.**

CPC *A63B 5/20* (2013.01); *A63B 21/0608* (2013.01); *A63B 21/0607* (2013.01); *A63B 21/4033* (2015.10); *A63B 21/285* (2013.01)

(57) **ABSTRACT**

The present invention discloses an interactive exercising apparatus. The invention describes an exercising apparatus that includes a long rope connected to a rubber ring at one end and to a handle at the other end. The rope also consists of a small plastic two way swivel to connect the rubber ring with the rope and avoid rolling of the rope while the exercising apparatus is being rotated during exercise. The invention is designed for two to forty participants that require a leader and players and is described as a rotating large group jump rope that comes with more than twenty variations. The invention is provided to promote active and healthy lifestyle, to get participants moving, having fun and develop fitness skills.



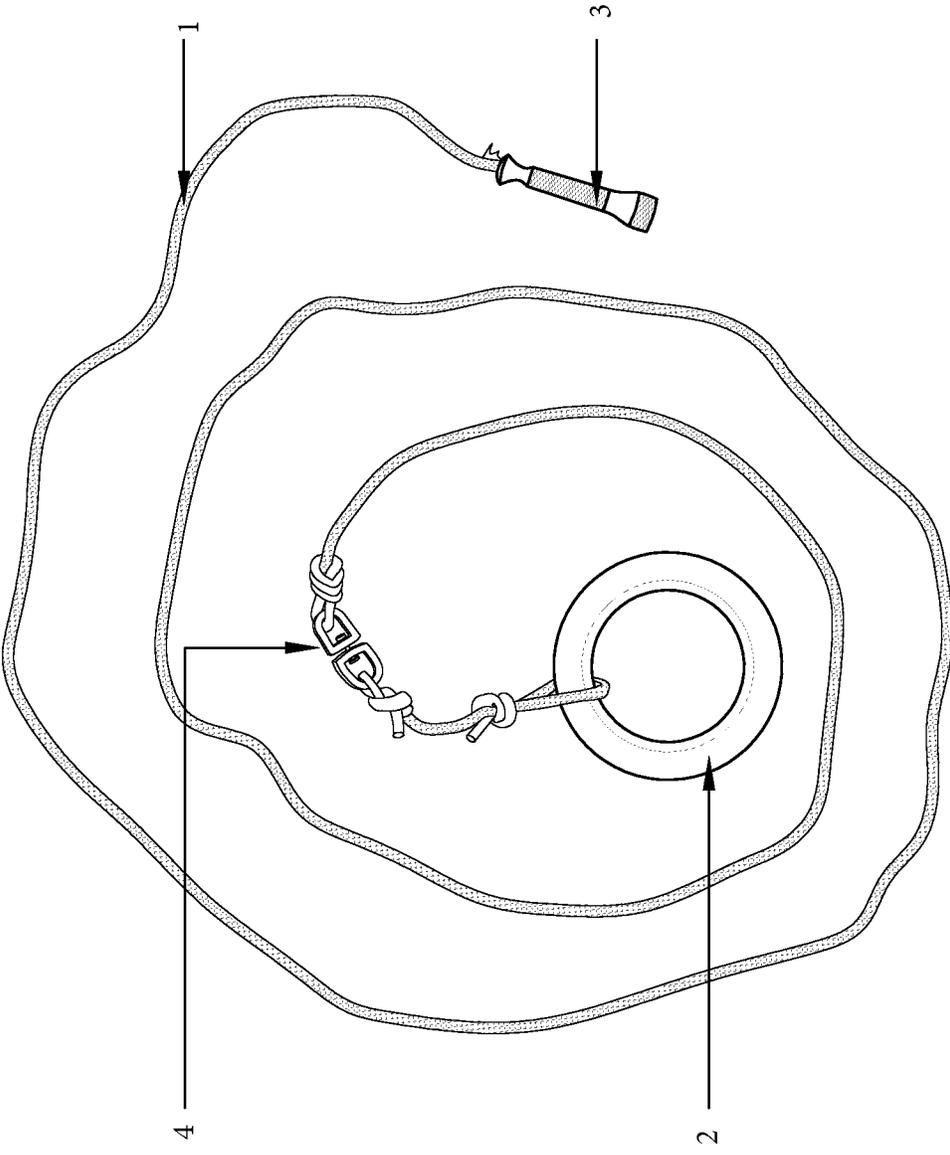


Fig.1

KINZICROSS REFERENCE TO RELATED
APPLICATION**[0001]** Not ApplicableFEDERALLY SPONSORED RESEARCH AND
DEVELOPMENT**[0002]** Not Applicable

MICROFICHE APPENDIX

[0003] Not Applicable

BACKGROUND OF THE INVENTION

[0004] (1) Field of the Invention**[0005]** The present invention relates to the field of exercise devices and equipment and more particularly to devices that promote active and healthy lifestyle by involving participant's movements and developing fitness skills.**[0006]** (2) Background of the Invention**[0007]** Our personal health is a paramount factor in our day to day living and our personal fitness and exercise is a primary factor in our daily lives. The medical profession has recommended that exercise be part of one's proper daily living routine for a longer, more productive, healthier life. The use of exercise equipment for physical fitness comes in many forms, from jump ropes to expensive Nautilus apparatus.**[0008]** Personal exercise equipment, exercise devices, or exercise apparatus which include stretchable or resistant type elastic cords, coils, springs, hydraulic pistons can be used for exercising in the field of physical fitness; physical training for a given sport; aerobic conditioning and/or body building. Many forms of exercise devices have been developed in an attempt to provide simple and effective devices using stretchable elastic cords or straps for personal exercise. Some of these devices come in the form of specialized vests, body suits or belts which are attached to the user's upper body torso or waist and typically are equipped with elastic straps or cords.**[0009]** Various prior arts have disclosed exercising apparatus. Patent No US 20080224412 A1 discloses an apparatus and method for facilitating group movement activities wherein the apparatus includes set of arms that extend radially outward from a central area; group of participants are arranged in a circle around the same central area each grasp at least one of the arms at a suitable point along its length, and the participants pull on the arms so as to cause the central area to move in a desired manner. US 20130165299 A1 discloses a jump rope device which allows for quick and easy interchanging of a cable of varying weight and length from handles configured providing smooth rotation of such cables at both low and high speeds.**[0010]** U.S. Pat. No. 6,752,746 B1 discloses an adjustable jump rope apparatus that allows easy and quick adjustment of the jump rope length by inserting and threading the jump rope through grooves around a ball shaped bearing member, and then attaching the end of the jump rope to the body of jump rope with clip. U.S. Pat. No. 7,169,094 B2 discloses a circular fitness apparatus and method, the apparatus includes plural flexible exercise attachments attached to a vertical

pole in a hollow circular base that can be selected and used for simultaneous group or individual fitness exercises by plural exercise participants.

[0011] Similarly, other prior arts, U.S. Pat. No. 6,887,188 B1, U.S. Pat. No. 7,255,666 B2, and WO 2001068189 A2, US 20110224055 also disclose different variations in exercising apparatus. There remains a need for a portable, exercise device that is simple and effective, easily assembled, and easily fitted on and operated by a user, and which will eliminate typical joint, ligament and muscle stress injuries when using this type of stretchable elastic exercise device.

SUMMARY

[0012] In view of the foregoing disadvantages inherent in the known types of exercising apparatus present in the prior art, the present invention provides an improved exercise apparatus provided with jumping rope and rubber ring to promote active and healthy lifestyle. As such, the general purpose of the present invention, which will be described subsequently in greater detail, is to provide a new and improved system and method for exercising the body to develop fitness skills which has all the advantages of the prior art and none of the disadvantages.**[0013]** An object of the invention is to provide an interactive exercise device designed for two to forty people that requires a leader and players to allow for more effective exercise routine which burns off calories faster and easier than convention exercise devices.**[0014]** It is another object of the present invention to provide an interactive exercise device that provides a fun, challenging, scalable training routine for people that enable various kinds of workouts for a variety of skill levels.**[0015]** It is also an object of the present invention to provide an exercising apparatus that may be used for circular or individual group activities comprising health based, skill based and functional based fitness activities.**[0016]** Further, it is an object of the present invention to provide an exercising device that comes with more than 20 variations.**[0017]** There has thus been outlined, rather broadly, the more important features of the invention in order that the detailed description thereof that follows may be better understood and in order that the present contribution to the art may be better appreciated.**[0018]** Numerous objects, features and advantages of the present invention will be readily apparent to those of ordinary skill in the art upon a reading of the following detailed description of presently preferred, but nonetheless illustrative, embodiments of the present invention when taken in conjunction with the accompanying drawings. The invention is capable of other embodiments and of being practiced and carried out in various ways. Also, it is to be understood that the phraseology and terminology employed herein are for the purpose of descriptions and should not be regarded as limiting.

BRIEF DESCRIPTION OF THE DRAWINGS

[0019] To further clarify various aspects of some example embodiments of the present invention, a more particular description of the invention will be rendered by reference to specific embodiments thereof which are illustrated in the appended drawing. It is appreciated that the drawing depicts

only illustrated embodiments of the invention and are therefore not to be considered limiting of its scope. The invention will be described and explained with additional specificity and detail through the use of the accompanying drawing in which:

[0020] FIG. 1 is a perspective view of the present invention.

DETAILED DESCRIPTION OF THE INVENTION

[0021] The embodiments of the present disclosure described below are not intended to be exhaustive or to limit the disclosure to the precise forms disclosed in the following detailed description. Rather, the embodiments are chosen and described so that others skilled in the art may appreciate and understand the principles and practices of the present disclosure.

[0022] The following embodiments and the accompanying drawings, which are incorporated into and form part of this disclosure, illustrate embodiments of the invention and together with the description, serve to explain the principles of the invention. To the accomplishment of the foregoing and related ends, certain illustrative aspects of the invention are described herein in connection with the following description and the annexed drawings. These aspects are indicative, however, of but a few of the various ways in which the principles of the invention can be employed and the subject invention is intended to include all such aspects and their equivalents. Other advantages and novel features of the invention will become apparent from the following detailed description of the invention when considered in conjunction with the drawings.

[0023] In some preferred embodiments, the present invention provides interactive exercise device for group exercising routines. The purpose of the invention is to provide user friendly, easy to use exercising apparatus.

[0024] This section summarizes some aspects of the present disclosure and briefly introduces some preferred embodiments. Simplifications or omissions in this section as well as in the abstract or the title of this description may be made to avoid obscuring the purpose of this section, the abstract and the title. Such simplifications or omissions are not intended to limit the scope of the present disclosure nor imply any limitations.

[0025] Generally speaking, the present invention describes an exercising apparatus that includes a long rope **1** connected to a rubber ring **2** at one end and to a handle **3** at the other end. The rope also consists of a small plastic two way swivel **4** to connect the rubber ring with the rope and avoid rolling of the rope while the exercising apparatus is being rotated during exercise, as shown in FIG. 1.

[0026] The present invention discloses an interactive device designed for two to forty participants that require a leader and players, and the invention can be described as a rotating large group jump rope that comes with more than twenty variations, according to a preferred embodiment of the present invention. Accordingly, the invention discloses an exercising apparatus that includes a 6½ inch soft rubber ring; a 15 foot long 5 mm-7 mm braided kernmantle rope; a small plastic swivel and a handle.

[0027] The disclosed rubber ring is provided to connect to the rope and slide along the surface of the floor or ground at a very low level; provided the ring can be offered in many color configurations. While exercising the rope is spun or

rotated in a circle; the kernmantle rope does not knot up or twist in knots while rotating, is brightly colored, light weight and easy to use. Also, the swivel is placed near the connection to the ring to assist in the rotation process by keeping the rope from twisting after a large number of revolutions, and the handle is provided at the opposite end of the rope to be used by the leader as a handle to rotate the rope in a circle while performing the exercising routine, as per a preferred embodiment of the present invention.

[0028] In another preferred embodiment, the present invention discloses a method for performing an exercising routine among 2-40 players. Accordingly, the invention discloses a step by step method for performing the exercise using the device described as follows. To begin with, the activity requires an exercising apparatus which is a rope that is 15-18 feet long, a weight must be attached to one end of the rope. A standard 6½ inch soft rubber ring or a softball sized whiffle ball or a foam ball placed in a sock can be used for the weight, and the ring or ball is attached securely to the rope. Afterwards, the players are instructed to form a circle 20 feet away from the leader. The leader begins the game in a standing position by swinging the exercising apparatus in a circular pattern just inside the area where the players are standing. The leader holds the rope as high as possible and swings the rope slowly at first, provided that the apparatus should not be hitting the ground and as the game progresses, the leader can speed up the rotation of the exercising apparatus.

[0029] Following, the players are encouraged to attempt to run to the center of the circle (near the leader) and then to run back safely without getting hit by the exercising apparatus. If a player gets hit, all players return to the starting position and the leader begins the swinging motion again. There are three variations in the stand-up position; provided right handed leader will swing the KINZI in a counterclockwise rotation, left handed leaders wing it in a clockwise rotation wherein all the players form a circle 20 feet away from the leader for all of the games; activities one through four require the leader to assume a standing position; activities five through twenty-five require the leader to assume a prone position on back. All games that require holding hands can also be played with two foot pieces of rope.

[0030] After a while, the leader will stop play and assume a position on his/her back with the exercising apparatus in hand, and the leader begins to swing the rope in a low to the ground circular motion around the inside of the circle. The players move into the play area and attempt to jump rope over the moving exercising apparatus. If a miss occurs, all players back up and the leader begins the swinging motion again. As the players get better and experience success, the leader can speed up the rotation of the exercising apparatus. Players are also encouraged to count out loud the number of successful revolutions before a miss.

[0031] Although specific embodiments have been illustrated and described herein, it will be appreciated by those of ordinary skill in the art that any arrangement, which is calculated to achieve the same purpose, may be substituted for the specific embodiment shown. This application is intended to cover any adaptations or variations of the present invention.

[0032] Although the invention has been explained in relation to its preferred embodiment, it is to be understood that

many other possible modifications and variations can be made without departing from the spirit and scope of the invention.

I claim:

1. An interactive exercising apparatus comprising:
 - (a) a soft rubber ring;
 - (b) a braided rope;
 - (c) a small swivel; and
 - (d) a handle
2. The exercising apparatus claimed of claim 1, wherein said soft rubber ring connects to said braided rope and slides along the surface of the floor or ground at a very low level.
3. The exercising apparatus claimed of claim 1, wherein said soft rubber ring is provided in many color configurations.
4. The exercising apparatus claimed of claim 1, wherein said soft rubber ring is 6½ inch in dimensions.
5. The exercising apparatus claimed of claim 1, wherein said braided rope is provided to be spun or rotated in a circle that does not knot up or twist in knots during rotation.
6. The exercising apparatus claimed of claim 1, wherein said braided rope is a braided kernmantle rope.
7. The exercising apparatus claimed of claim 1, wherein said braided rope is brightly colored, light weight and easy to use.
8. The exercising apparatus claimed of claim 1, wherein said braided rope is a 15 foot long and 5 mm-7 mm wide in dimensions.
9. The exercising apparatus claimed of claim 1, wherein said small swivel is placed near the connection to the ring to assist in the rotation process by avoiding the twisting of rope after a large number of revolutions.
10. The exercising apparatus claimed of claim 1, wherein said handle is provided at the opposite end of the rope to be used by the leader as a handle to conveniently use the exercising apparatus.
11. A method for performing an exercising routine comprising two to forty participants that require a leader and

players, wherein the rotating large group jump rope comes with more than twenty variations.

12. The method claimed of claim 11, wherein the exercising apparatus is a rope with a weight attached to one end of rope and handle attached to another end of rope to be rotated around by using the handle in a circular manner.

13. The method claimed of claim 12, wherein the weight can be a soft rubber ring or a softball sizes whiffle ball or a foam ball placed in a sock.

14. The method claimed of claim 11, wherein the players are instructed to form a circle and one of the players is instructed to stand in the center of the circle as a leader.

15. The method claimed of claim 11, wherein activities one through four require the leader to assume a standing position.

16. The method claimed of claim 11, wherein activities five through twenty-five require the leader to assume a prone position on back.

17. The method claimed of claim 11, wherein the right handed leaders will swing the exercising apparatus in counterclockwise direction and left handed leader swing it in a clockwise direction.

18. The method claimed of claim 11, wherein the players are instructed to form a circle 20 feet away from leader.

19. The method claimed of claim 11, wherein the leader begins the game in a standing position by swinging the exercising apparatus in a circular pattern just inside the area where players are standing.

20. The method claimed of claim 11, wherein the players are encouraged to attempt to run to the center of the circle and return back safely at their respective positions without getting hit by the exercising apparatus.

21. The method claimed of claim 11, wherein if a player gets hit, all players return to the starting position and the leader begins the swinging motion again.

* * * * *