A method of engaging in a physical exercise, while driving a motor vehicle, includes providing instructions for exercising in a vehicle, the instructions including an exercise routine, sitting down in the vehicle driver seat, and following the instructions to engage in the exercise routine. The exercise routine can also be followed by a passenger, and when the vehicle is not in motion.
AUTOMOBILE EXERCISES AND METHOD AND APPARATUS FOR PERFORMING THE SAME

CROSS-REFERENCE TO RELATED APPLICATIONS

[0001] The present application claims priority on prior U.S. Provisional Application Ser. No. 60/877,136, filed Dec. 27, 2006, and U.S. Provisional Application Ser. No. 60/855,366, filed Oct. 31, 2006, both are hereby incorporated herein in their entirety by reference.

FIELD AND BACKGROUND OF THE INVENTION

[0002] The present invention is generally directed to health and recreation, and more particularly to physical exercises that can be carried out in a motor vehicle by a driver or a passenger.

[0003] In ancient times, humans walked, ran after the animals, waded in ponds, natural lakes or rivers, rode horses, elephants, donkeys, and other animals. By necessity, all of these activities functioned as one form of physical exercise or another.

[0004] As various developments over the last thousands of years took place and humans moved away from forests and jungles to live in more organized, rural and urban environment, alternative forms of transportation and machinery were developed. In this connection, industrial revolution of the twentieth century brought about many significant changes that resulted in highly advanced machineries and motor vehicles that are ever so more comfortable than the previous ones. This also brought about urbanization and the birth of many cities and large metropolitan areas surrounded by concentrated population. Building of roads and highways provided easy access to various metropolitan areas, cities, urban and suburban developments.

[0005] As the population grew around these areas, people began to spread out further away resulting in longer commuting distances. For example, it is not uncommon these days for people working in the downtown Washington D.C. area, to commute from an hour away by motor vehicle, or otherwise from faraway places that are even two to three hours.

[0006] One would readily appreciate that while driving long distances in a motor vehicle, the choices of activities that, for instance, a driver can engage in, are rather limited. In order to keep mentally occupied, stay alert, and to utilize the significant time spent in commuting, many modern day drivers listen to the radio, pre-recorded audio tapes and, more recently, talk on the cell phones. Although these activities make a good use of otherwise idle time lost during driving, the concept of physical exercise that was inherent in ancient times without the motor vehicles and other motorized transportation vehicles, such as trains, is slipping away or getting lost.

[0007] The above observations led me to develop exercises that can be carried out in a motor vehicle, and more particularly the physical exercises that a driver can engage in while driving a motor vehicle.

OBJECTS AND SUMMARY OF THE INVENTION

[0008] The principal object of the present invention is to provide a method of engaging in a physical exercise in a motor vehicle.

[0009] Another object of the present invention is to provide a method of engaging in a physical exercise while driving a motor vehicle.

[0010] Another object of the present invention is to provide a method of using a motor vehicle to engage in a physical exercise.

[0011] Another object of the present invention is to provide a method of using a motor vehicle to engage in physical exercise while driving the vehicle.

[0012] Another object of the present invention is to provide a method of engaging in a physical exercise by a passenger in a motor vehicle.

[0013] Another object of the present invention is to provide a method of engaging in a useful activity while driving a motor vehicle, which activity results in or produces useful, tangible, and concrete result in the form of improved physical and mental health. In particular, by engaging in an activity in accordance with the present invention, a person utilizes his/her time that may otherwise be lost and enhances his/her physical mental health.

[0014] Another object of the present invention is to provide a method of engaging in a physical exercise in a motor vehicle, while driving or not, which does not require any addition or alteration to the motor vehicle, or the use of any additional part or component.

[0015] Another object of the present invention is to provide a method of engaging in physical exercise in a motor vehicle which is not dependent on the vehicle’s speed or its movement. In other words, the exercise can be done whether the vehicle is moving, idling, or stationary.

[0016] In summary, the main object of the present invention is to provide a method of engaging in a physical exercise in a motor vehicle, by a driver or a passenger, while the vehicle is in motion or is stationary. The vehicle is not only used as a mode of transportation, but also as an apparatus for performing physical exercises which leads to better utilization of the time that would otherwise be lost. The beneficial use of the vehicle in this manner results in useful, concrete and tangible result in the form of better and improved mental and physical health of a driver and/or a passenger.

[0017] One of the above objects is met, in part, by the present invention which in one aspect includes a method of engaging in a physical exercise while driving a motor vehicle, which includes providing instructions for exercising in a vehicle, the instructions including an exercise routine, sitting down in the vehicle driver seat, and following the instructions to engage in the exercise routine.

[0018] Another aspect of the present invention includes a motor vehicle equipped with a steering device, a driver seat, a floor, and a driver side arm rest, wherein a method of using the vehicle to engage in a physical exercise, while driving the vehicle, includes providing instructions for exercising in a vehicle, the instructions including an exercise routine, sitting down in the vehicle driver seat, and following the instructions to engage in the exercise routine.
Another aspect of the present invention includes a method of engaging in a physical exercise in a motor vehicle, which includes providing instructions for exercising in a vehicle, the instructions including an exercise routine, sitting down in the vehicle driver or passenger seat, and following the instructions to engage in the exercise routine.

Another aspect of the present invention includes a motor vehicle equipped with a steering device, a driver seat, a passenger seat, a floor, a driver side arm rest, and a passenger side arm rest, wherein a method of using the vehicle to engage in a physical exercise, includes providing instructions for exercising in a vehicle, the instructions including an exercise routine, sitting down in the vehicle driver or passenger seat, and following the instructions to engage in the exercise routine.

BRIEF DESCRIPTION OF THE DRAWINGS

One or more of the above and other objects, novel features and advantages of the present invention will become apparent from the following detailed description of the preferred embodiment(s) invention, as illustrated in the drawings, in which:

FIG. 1 is a partial top perspective view of the interior of a vehicle shown with a driver;
FIG. 2A shows positioning of the left hand on the driver side window in preparation for left shoulder exercise;
FIG. 2B shows the proper position of the left hand and the left shoulder for the left shoulder exercise;
FIG. 3A-3B illustrate the exercise routine for the left knee;
FIGS. 4A-4B illustrate the exercise routine for the left arm;
FIGS. 4C-4D illustrate an alternate exercise routine for the left arm;
FIG. 5A illustrates the exercise routine for the left hand rotation exercise;
FIG. 5B illustrates the exercise routine for the right hand rotation exercise;
FIG. 5C illustrates an alternative exercise routine for the left hand rotation exercise;
FIG. 5D illustrates an alternative exercise routine for the right hand rotation exercise;
FIG. 6A-6B illustrate the exercise routine for the right arm;
FIG. 7A-7B illustrate an alternative exercise routine for the right arm;
FIGS. 8A-8C illustrate the exercise routine for the left leg;
FIGS. 9A-9B illustrate the exercise routine for the left thigh;
FIGS. 10A-10B illustrate the exercise routine for the right shoulder;
FIGS. 11A-11B illustrate the exercise routine for both the left and right arms;
FIG. 12A-12B illustrate the exercise routine for the hips, shown being done both by the driver and the passenger; and
FIGS. 13A-13B illustrate the exercise routine for the right hip.

DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENT(S) OF THE INVENTION

Before describing the automobile exercises, it would be useful to note that these are different from the other exercises as normally encountered in the daily life and also explain as to why they are different from the conventional exercises.

Conventional exercises involve a person's whole body and are generally symmetrical, i.e., both hands get exercised at the same time, or both legs get exercised side by side. Many require that the person stand-up.

Generally speaking, the automobile exercises can never be symmetrical. In a moving car, driver's both hands or both legs can never be free at the same time. Standing position is completely out. Whatever we may want to do inside any automobile, it shall always be tried only in the sitting position.

More specifically, you exercise only one hand at a time. The other hand shall be exercised some other time, not necessarily even one hand after the other. You always have to watch the traffic-conditions and only then decide as to which exercise shall be more suitable and safer, and when.

Considering the driving duties assigned to the different parts of a driver's body, one would note that in an automatic transmission vehicle, the right leg operates the gas pedal as well as the brake pedal. On the other hand, the left leg has no duties at all in the modern automatic cars. Consequently, due to the lack of movement, this leg becomes lazier and weaker.

Let us consider the space availability. The right hand has lots of open space on its side for free movement and for exercising. However, the left hand, being close to the driver's side door, does not have much freedom of movement. These spaces, therefore, dictate us to which body-part shall be assigned which automobile exercise.

In view of the above, different exercises have been developed for:

(a) Left arm;
(b) Right arm;
(c) Left leg;
(d) Right leg; and
(e) The shoulders. Although both shoulders are similarly situated during the actual driving, sometimes situations develop when a driver would want to exercise only the right shoulder or the left shoulder.

These exercises are not difficult, just different. Once learned, there is always a reward after each motor vehicle journey. That is the satisfaction of knowing that your time in the car was not wasted in self-pity, boredom or feeling of hopelessness due to bad traffic conditions, and that your time was utilized for some good cause.

These above-noted exercises generally affect the following components of the body:

(a) Left arm exercises: left shoulder joint, left upper arm, left elbow joint, left forearm, left wrist joint, left palm, left thumb with its two joints, and left four fingers each with three joints.
(b) Right arm exercises: right shoulder joint, right upper arm, right elbow joint, right forearm, right
wrist joint, right palm, right thumb with its two joints, and right four fingers each with three joints.

(c) Leg left exercises: left hip joint, left thigh, left knee joint, left leg, left ankle joint, and the complete left foot (heel unto the toes).

(d) Right leg exercises: right hip joint, right thigh, right knee joint, right leg, right ankle joint, and the right heel only (part of right foot in front of the right heel is not included).

Since the front part of the right foot operates gas and brake pedals, it is not included in these exercises.

Typically, the bones inside the body are surrounded by muscles and are firmly attached thereto. Therefore, the bones and the attached muscles stay together and move together.

Why more than one exercise for various body parts. There are several reasons, as explained below:

(a) Each set of the left or right shoulder joint+ upper arm+elbow joint+lower arm (also called forearm)+wrist joint+ palm+thumb with it’s two joints+ four fingers, each with three joints, consists of forty-six different kinds of muscles. There does not exist any single exercise which is capable of exercising all of these forty-six muscles. This is the reason for so many different exercises.

(b) Similarly, each set of the left or right hip joint+ thigh+ knee joint+ leg+ ankle joint+ foot (heel through toes) contains fifty-two different kinds of muscles. There does not exist any single exercise which is capable of exercising all of these fifty-two muscles. This is the reason for so many different exercises.

Regarding putting both hands on the steering wheel, I have noticed two types of people: (i) Those who follow this requirement almost religiously, and (ii) Others, like the cell phone users, who use any one hand for holding the phone, and the other for holding the steering wheel. Therefore, separate exercises have been developed for both groups of people. The cell phone users can always use the exercises meant for Group (i), but the people in Group (ii) can never adopt exercises meant for Group (ii).

After getting into the exercise routines of the present invention, you should gradually start practicing two things. Firstly, how to just exercise inside your automobile, and secondly, how to exercise safely, while driving in traffic. Once you have learned, as well as actually practiced the aforementioned, you will have a reversal of your current feelings. At present, one might feel as if the exercises described herein are too many. Once learned, however, the same might seem to be too little or insufficient.

It is noted herewith that while the exercises are illustrated for the use of a driver, they can easily be carried out by a passenger.

Further, it is noted that these exercises are not dependent on the car’s speed or its movement in any way. Therefore, any of these exercises can be easily done, even after the engine has been turned off, or when the vehicle is stationary. Additionally, even a person’s family can also use the car for their own exercises and daily workouts.

During exercise, it is recommended that cell phone and radio be turned off, and smoking, drinking tea, coffee, etc. be postponed.

Even further, do not get excited or get so absorbed in these exercises, that you disregard the traffic conditions, even for a microsecond. A vehicle moves 44 feet/second (at 30 MPH) or 58 feet/second (at 40 MPH). Thus, any delay or distraction can lead to an accident.

Prior to describing various exercise routines, it would be useful to become familiar with the interior of a typical motor vehicle, car, or automobile. As illustrated in FIGS. 1 and 11A-11B, a motor vehicle M includes a front driver side door 10, a rear driver side door 12, a dashboard 14, a steering device 16, a driver seat 18, a front passenger seat 20, a front passenger side door 22, and rear passenger seats 24 and 26. Each of the front driver side door 10, rear driver side door 12, and the front passenger side door 22, includes a window 28, 30, and 32, respectively. A front arm rest 34 is typically provided between the driver seat 18 and the front passenger seat 20. Likewise, a rear arm rest 36 is typically provided between the rear passenger seats 24 and 26. Normally, the arm rests 34 and 36 are pivoted between vertical (not shown) and horizontal (shown) positions. Conventional gas and brake pedals 38 and 40 are mounted on the vehicle floor 42. As best shown in FIGS. 6A-6B and 11A-11B, the vehicle M is equipped with front driver side arm rest 44, front passenger side arm rest 46, rear driver side arm rest 48, and rear passenger side arm rest (not shown). Although readily understood, front and rear of the vehicle M are designated by F and R in the figures.

Left Arm Exercises

Left Shoulder and Left Arm Exercise

Referring to FIGS. 1 and 2A-2B, support your left elbow LE horizontally on lower left corner of the driver side window 28. Then, move the left shoulder LS forward and backward (see arrow 50) up to ten times in a generally linear motion. It will exercise the left shoulder joint and the upper left arm. This exercise can also be performed on the right shoulder RS and right upper arm.

In some newer developments, the toilets are located in between very narrow walls. If the user’s elbows can reach up to those walls, then he/she can easily exercise the shoulders by supporting the elbows on those walls. Generally, the walls are not made of any smooth material, therefore, elbows would stay without the danger of slipping, and the person can move his/her shoulders back and forth without much difficulty.

Left Arm Vertical Wiper Exercise

Referring to FIGS. 4A-4B, rest your left elbow LE on the arm rest 44 (see arrow 51). Then, sweep the left forearm LFA, up to about 90°, between vertical and horizontal positions like a wiper (see arrow 52). Then perform the following:

Keep the left palm LP turned towards the car-roof. Let the left forearm LFA move like a car wiper, and make up to five rounds with palm+thumb+all four fingers stretched open.

(ii) Rotate the left palm LP by up to about 90° towards right, it shall then be facing towards the front passenger side door 22. Now let the left forearm LFA perform another up to five rounds, like a car-wiper, with palm+thumb+all four fingers stretched open (FIGS. 4C-4D).

(iii) Again, rotate the left palm LP by up to about 90° towards the right, it shall then be facing towards the car floor 42. Let the left forearm LFA perform another
up to five rounds, like a car wiper, with palm + thumb +
all four fingers stretched open.

[0076] (iv) Now, turn the left thumb LT on the inside
surface of the left palm LP, then close all four left
fingers on top of that bent-up thumb and thus form a
fist. Again, allow the left forearm LFA to make another
up to five rounds like a car wiper.

[0077] These exercises are good for your left elbow joint,
left forearm, left wrist joint, left thumb including its two
joints, all four left fingers—each including three joints, and
joints of several bones contained inside the left palm.
Turning the palm towards the car roof, then rotating towards
the front passenger side door, and then further rotating
towards the car’s floor shall give additional strength to
several muscles of your left hand.

[0078] These exercises are more suitable for performing
either in a moving automobile or when the car is parked in
some quiet spot and away from the crowds. The reason is
that during this exercise, the left hand’s motion shall become
visible to people outside of the vehicle, and that may not be
desirable.

[0079] This exercise routine can also be performed for the
right hand by occupying the front passenger seat 20.

Left Hand Rotation Exercise

[0080] Referring to FIG. 5A, stretch straight, downwards,
the left arm LA (upper arm ULA + left elbow joint
LEJ + left forearm LFA + left wrist joint LWJ + left palm LP,
including left thumb LT and left four fingers LF) and keep
it inclined downwardly so that the left palm LP + left thumb
LT + left four fingers LF, are adjacent to the left knee LK,
occupying the space between the left knee LK and the driver
side door 10.

[0081] Then, slowly rotate the entire left arm LA (see
arrow 54) starting from left shoulder LS up to nail-side-ends of
the left four fingers LF, once towards the left side as much
as you comfortably can and, thereafter, once towards the
right side as much as you comfortably can. This counts as
one round. Now,

[0082] (a) Perform up to five rounds with left palm
LP + left thumb LT + all four left fingers LF stretched
straight.

[0083] (b) Perform another up to five rounds with left
palm LP + left thumb LT + all four left fingers LF closed
into a fist; first, turn left thumb LT on inside surface of
the left palm LP, then turn all four left fingers LF on top
of the bent-up left thumb LT.

[0084] These exercises are good for the upper left arm
ULA, left elbow joint LEJ, left forearm LFA, left wrist joint
LWJ, left thumb LT with its two joints, all four left fingers
LF, each with three joints, and joints of several bones
contained inside the left palm LP.

[0085] FIG. 5C illustrates an alternative exercise routine
for the left hand rotation exercise shown in FIG. 5A, wherein
the left fingers LF and left thumb LT are formed into a fist
F. Likewise, FIG. 5D illustrates an alternative exercise
routine for the right hand rotation exercise show in FIG. 5B,
wherein the right fingers RF and right thumb RT are formed
into a fist F.

Right Hand Rotation Exercise

Right Arm Exercises

[0086] Referring to FIG. 5B, stretch straight, downwards,
the right arm RA (upper right arm URA + right elbow
RE + right forearm RFA + right wrist RW + right palm RP,
including right thumb RT and four right fingers RF). Keep
it inclined down towards right of the dashboard 14, then
slowly rotate the entire right arm RA (arrow 56) starting
from right shoulder RS up to nail-side-ends of the right four
fingers RF, once towards the left side as much as you
comfortably can and, thereafter, once towards the right side
as much as you comfortably can; that shall count as one
round. Now,

[0087] (a) Perform up to five rounds with right palm
RP + right thumb RT + all four right fingers RF
stretched straight.

[0088] (b) Perform another up to five rounds with right
palm RP + right thumb RT + all four right fingers RF
closed into a fist; first turn right thumb RT on inside
surface of the right palm RP, then turn all four right
fingers RF on top of that bent-up right thumb RT.

[0089] These exercises are good for the upper right arm
URA, right elbow RE, right forearm RFA, right wrist RW,
right thumb RT with its two joints, all four right fingers RF,
each with three joints, and joints of several bones contained
inside the right palm RP.

Right Arm Horizontal Wiper Exercise

[0090] Referring to FIGS. 6A–6B, slide the front pas-
enger seat 20 to be in line with the driver seat 18. Then, incline
backrest 21 of the passenger seat 20 at about 45° from
the vertical.

[0091] Now, while keeping the upper right arm URA near
the side of your body, stretch, in the front of your body, right
forearm RFA, the right wrist RW, right palm RP, right thumb
RT, and all four right fingers RF. Then, swing the right
forearm RFA towards right and forcefully hit the center of
the backrest 21 with the palm RP + right thumb RT + right
four fingers RF combination (see arrow 58). It should not
hurt because backrests are typically made of a cushiony
material.

[0092] While swinging the right forearm RFA towards the
backrest 21 of the front passenger seat 20, you must feel that
the upper right arm URA moves away from the side of your
body. Don’t worry, it is the mother nature helping by judging
the correct distance of central portion of the backrest 21 and
then making sure that the palm + thumb + four fingers com-
bination shall actually reach there. Therefore, let it move.
After hitting the backrest’s central portion, when you again
bring back the right forearm RFA in front of your body (in
preparation for next hitting), then you might notice that the
upper right arm URA was moving closer to your body. Thus,
it shall automatically keep moving back and forth, without
any conscious effort on your part.

[0093] After the first hitting, bend left stretched right
forearm RFA at the right elbow RE and bring it back near
your body. Again, swing right and again forcefully hit center
of the backrest 21.

[0094] In the beginning, repeat these hittings up to only
ten times, or less if your body is not comfortable. Gradually,
as your muscles become stronger and more tolerant, then
you can increase the number of hittings anytime.

[0095] For good health of your (i) right wrist joint, (ii)
right thumb’s two joints, (iii) three joints of each of your
four right fingers, and (iv) joints between several bones
inside your right palm, please follow the following:

[0096] (a) During the first and second hittings—keep
inside surface of the right palm turned towards back-
rest of the adjacent passenger seat; and right palm + right thumb + all the four right-fingers they all shall be stretched open ready to hit central cushiony portion of that back rest with as much force as possible.

(b) During the third and fourth hitings — rotate the right palm RP towards right by about 90°, then inside surface of the right palm shall be facing down towards the car floor; right palm + right thumb + all the four right fingers they all would still be open and stretched straight; then the right palm’s outer edge (opposite to the thumb-side) shall be swinging towards the backrest 21 of the passenger seat 20 and hit its central cushiony portion with a strong force.

(c) During the fifth and sixth hitings — rotate the right palm RP towards right by another 90°, right palm + right thumb + all the four right fingers they all would still be open and stretched straight; after this additional rotation of about 90°, the right palm’s outer surface, and back-sides of all the four right fingers, plus also of the right thumb, shall be facing towards the backrest of the passenger seat. Then, on swinging the right forearm, outer surface of the right palm and back-sides of the right thumb and of all the four right fingers shall be forcibly hitting the central cushiony portion of the back rest.

(d) During the seventh through tenth hitings — turn right thumb on inside surface of the right palm, then close all four right fingers on top of that bent-up-right-thumb. Thus, form a fist of the right hand. Now, swing the right forearm and hit the central cushiony portion of the backrest 21 with this fist with as much force as possible.

The right arm wiper exercise can also be performed with the left arm. After parking your car, move from the driver seat 18 to the passenger seat 20, and swing the left arm towards left for hitting the backrest of the driver seat 18.

Right Arm Operating Like a Carpenter’s Woodsaw or a Hacksaw

Referring to FIGS. 7A-7B, extend straight the right arm RA (from right shoulder RS up to the nail-end of the right fingers RF) towards the right side of the dashboard 14 (FIG. 7A). The right palm RP would be kept vertical and its inner surface would face towards the steering device 16. Then, retract and extend your right forearm RFA backward and forward (see arrow 60) as if moving a wooden saw for cutting a log of wood or a hacksaw for cutting a metal pipe.

This exercise is beneficial for the right shoulder joint, upper right arm, right elbow joint, right forearm, and the twelve joints of the right fingers.

Left Leg Exercises

Lift the Left Thigh and Left Hip

As usual, your left foot is occupying its favorite spot near left edge of the car floor because it has nothing else to do. The modern automatic transmission cars do not assign any driving duties or any other work to the driver’s left foot. Referring to FIGS. 9A-9B, hold the steering device 16 firmly with both hands and keep the back against the backrest, then try to lift your left thigh LT and left hip above the seat support 62 (see arrow 64). Raise the left thigh + left hip combination and then rock it up and down several times. It shall provide good exercise not only to left hip + left thigh, but also for the left knee and left leg. This exercise routine can be repeated for the right leg as well.

Rocking Left Knee Along Edge of the Driver Seat

Referring to FIGS. 3A-3B, to keep the left leg awake, make it do some work. While keeping the left foot firmly on the floor 42, rock left knee LK along the edge of the driver seat ten times as a starter. Rocking of the left knee LK shall also be shared by left thigh LT and the left leg LL, which shall improve blood flow in left thigh + left knee + left leg. As the left leg becomes stronger, you can raise the number of rockings to more than ten. This exercise routine can be repeated for the right knee as well, even during driving.

Rocking Exercise for Left Foot

The left foot had enough rest, it also needs some exercise and improved circulation of the blood. Referring to FIGS. 8A-8C, lift left leg LL + left foot LFT combination up in the air (see arrows 68), then rock it back and forth by rotating the left knee joint (see arrows 69). Do up to ten rockings as a starter, and increase the number of rockings later as your left leg and left foot become healthier and stronger.

Right Leg Exercises

Lift the Right Thigh and Right Hip

Referring to FIGS. 13A-13B, hold the steering device 16 firmly with both hands and keep the back against the backrest, then try to gently lift your right thigh RT and right hip RH above the seat support 62 (see arrows 70). After lifting the right thigh + right hip combination, rock it gently up and down several times (see arrows 71). It shall provide good exercise not only to “right hip + right thigh” but also for right knee and the right leg.

Shoulder Rotation Exercise

Right Shoulder Joint: It can be exercised by rotating top end of the upper right arm URA, clockwise or counterclockwise (see circles 72 and 74 in FIGS. 10A-10B) either towards the front of your body or towards the back of your body. Rotation of the upper right arm URA is also accompanied by a vertical movement (see arrow 76). Perform up to five rounds by rotating towards the front of the body, and five rounds by rotating towards the back of the body. This exercise routine can be repeated for the left shoulder joint as well.

Other Exercises

Bird Wings Exercise: Referring to FIGS. 11A-11B, while safely driving the car and also holding the steering device 16 firmly with both hands, move the left arm LA and right arm RA up and down for few seconds (see arrows 78 and 80), either both elbows or any one elbow at one time, whichever is comfortable and safe.

Riding a Galloping Horse

Hold the steering wheel firmly with your both hands, keep your back tight against the backrest of the driver seat. Push both feet on the vehicle floor. This will make the body still helping it to slide up against the backrest by about
Hold the body in this position for a few seconds, before letting it slide down on the seat. Repeat after a few minutes.

**Other Passenger Exercise**

In a moving car, only the three passengers (the front and two rear passengers) can do this exercise. It is good for lower back, buttocks and both thighs. Each person is required to support his both fore arms, hold both feet against some obstruction and then raise his buttocks upwards to about 45°, bring back to normal position, and then repeat the same cycle.

**Rotate and Loosen Hips**

This exercise is for the driver and as well as for the passengers. The only difference is that the driver’s both hands hold the steering device, but the passengers can keep their palms firmly on their knees. Referring to FIGS. 12A-12B, each person pushes their thighs longitudinally away from his/her body (see arrows 82 and 84). At the same time his/her other thigh is pulled longitudinally towards body. Alternately each thigh is pulled either towards his body or away from the body. It makes the hips stronger and joint in between the two hips more mobile.

It is noted that all of the above-noted exercises can be conducted by the passengers in the vehicle. If a particular exercise requires grabbing or holding on to the steering device by the driver, the same exercise can be done by a passenger by placing firmly the hands on the knees. It is recommended that in the beginning each of the above-noted exercises be conducted for about five to about 15 seconds, gradually working up to a higher duration, as comfortable and desired.

The instructions and the associated illustrations for the exercises can be provided in a printed form (for example, a booklet), in an audio form (for example, on an audiocassette), in a video form (for example, on a videotape or videocassette), in a digital form (for example, on a computer/machine readable media, such as a compact disc, digital video disc, etc.), and/or other forms that can be used in an automobile. Additionally, or alternatively, they can be incorporated in the automobile to be accessible via, for example, a suitable display or screen on the dashboard. Various icons may be used for designating different exercise routines that can be selected by touch screen technology, push-buttons or switches, or other conventional techniques.

While this invention has been described as having preferred sequences, ranges, steps, materials, structures, features, components, or designs, it is understood that it is capable of further modifications, uses and/or adaptations of the invention following in general the principle of the invention, and including such departures from the present disclosure as those come within the known or customary practice in the art to which the invention pertains, and as may be applied to the central features hereinbefore set forth, and fall within the scope of the invention.

What is claimed is:

1. A method of engaging in a physical exercise while driving a motor vehicle, comprising the steps of:
   a) providing instructions for exercising in a vehicle, the instructions including an exercise routine;
   b) sitting down in the vehicle driver seat; and
   c) following the instructions to engage in the exercise routine.

2. The method of claim 1, wherein:
   the instructions include a plurality of exercise routines selected from the group consisting of left arm exercise, right arm exercise, left hand exercise, right hand exercise, left leg exercise, right leg exercise, left knee exercise, right knee exercise, left foot exercise, right foot exercise, left thigh exercise, right thigh exercise, left shoulder exercise, right shoulder exercise, elbow exercise, and hip exercise.

3. The method of claim 2, wherein:
   the step c) comprises selecting one of the exercise routines and repeating for a period of about 5 to about 15 seconds.

4. In a motor vehicle equipped with a steering device, a driver seat, a floor, and a driver side arm rest, a method of using the vehicle to engage in a physical exercise while driving the vehicle, the method comprising the steps of:
   a) providing instructions for exercising in a vehicle, the instructions including an exercise routine;
   b) sitting down in the vehicle driver seat; and
   c) following the instructions to engage in the exercise routine.

5. The method of claim 4, wherein:
   the instructions include a plurality of exercise routines selected from the group consisting of left arm exercise, right arm exercise, left hand exercise, right hand exercise, left leg exercise, right leg exercise, left knee exercise, right knee exercise, left foot exercise, right foot exercise, left thigh exercise, right thigh exercise, left shoulder exercise, right shoulder exercise, elbow exercise, and hip exercise.

6. The method of claim 5, wherein:
   the step c) comprises selecting one of the exercise routines and repeating for a period of about 5 to about 15 seconds.

7. The method of claim 5, wherein:
   the left arm exercise comprises placing the left arm on the driver arm side rest and bending the elbow back and forth so as to swing the forearm toward and away from the left shoulder.

8. The method of claim 7, wherein:
   the forearm swings between 90°-90° angle in each repetition.

9. The method of claim 5, wherein:
   the right arm exercise comprises extending the right arm generally diagonally straight towards the right front of the vehicle and engaging in a generally linear to and fro motion.

10. The method of claim 5, wherein:
    the right arm exercise comprises stretching the right arm generally horizontally towards the front of the vehicle and swinging back and forth between the backrest of the front passenger seat and the chest of the person.

11. The method of claim 5, wherein:
    the left hand exercise comprises stretching the left arm generally straight towards the left knee and rotating the left hand between clockwise and counterclockwise motions.

12. The method of claim 5, wherein:
    the right hand exercise comprises stretching the right arm towards the front of the vehicle and rotating the right hand between clockwise and counterclockwise motions.

13. The method of claim 5, wherein:
    the left knee exercise comprises rocking the left knee laterally while keeping the left foot in contact with the vehicle floor.
14. The method of claim 5, wherein:
the left leg exercise comprises lifting the left leg so that left foot is off the floor and the left thigh is generally off the seat, and swinging the lower leg in front and back motions.

15. The method of claim 5, wherein:
the right foot exercise comprises swinging the right toe left and right in a generally arcuate motion while keeping the right heel in contact with the vehicle floor.

16. The method of claim 5, wherein:
the left thigh exercise comprises rocking the left thigh generally vertically while keeping the left toe in contact with the vehicle floor.

17. The method of claim 5, wherein:
the left hip and thigh comprises lifting and rocking the left hip and thigh up and down while keeping the left foot in contact with the vehicle floor.

18. The method of claim 5, wherein:
the left shoulder exercise comprises placing the left arm on the left window sill and retracting the elbow rearwardly generally past the upper torso, holding the left arm in this position, and rocking the left shoulder in a to and fro generally linear motion.

19. The method of claim 5, wherein:
the right shoulder exercise comprises keeping the right hand in contact with the steering device and rotating the right shoulder in a generally clockwise or counterclockwise motion.

20. The method of claim 5, wherein:
the elbow comprises rocking the left and right elbows up and down generally simultaneously while keeping the left and right hands in contact with the steering device.

21. The method of claim 4, wherein:
the hip exercise comprises rocking left and right hips alternately thereby causing left and right thighs to move in front and back motions.

22. A method of engaging in a physical exercise in a motor vehicle, comprising the steps of:

a) providing instructions for exercising in a vehicle, the instructions including an exercise routine;
b) sitting down in the vehicle driver or passenger seat; and
c) following the instructions to engage in the exercise routine.

23. The method of claim 22, wherein:
the instructions include a plurality of exercise routines selected from the group consisting of left arm exercise, right arm exercise, left hand exercise, right hand exercise, left leg exercise, right leg exercise, left knee exercise, right knee exercise, left foot exercise, right foot exercise, left thigh exercise, right thigh exercise, left shoulder exercise, right shoulder exercise, elbow exercise, and hip exercise.

24. The method of claim 23, wherein:
the step c) comprises selecting one of the exercise routines and repeating for a period of about 5 to about 15 seconds.

25. In a motor vehicle equipped with a steering device, a driver seat, a passenger seat, a floor, a driver seat arm rest, and a passenger side arm rest, a method of using the vehicle to engage in a physical exercise, the method comprising the steps of:

a) providing instructions for exercising in a vehicle, the instructions including an exercise routine;
b) sitting down in the vehicle driver or passenger seat; and
c) following the instructions to engage in the exercise routine.

26. The method of claim 25, wherein:
the instructions include a plurality of exercise routines selected from the group consisting of left arm exercise, right arm exercise, left hand exercise, right hand exercise, left leg exercise, right leg exercise, left knee exercise, right knee exercise, left foot exercise, right foot exercise, left thigh exercise, right thigh exercise, left shoulder exercise, right shoulder exercise, elbow exercise, and hip exercise.

27. The method of claim 26, wherein:
the step c) comprises selecting one of the exercise routines and repeating for a period of about 5 to about 15 seconds.

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