The technical nature of my Rubber Resistance Raiser is simply an exercise device that connects to the user's ankles and feet and or wrists and hands and has a resistance band in between that allows the users to get a great workout with stretching and resistance. The users may workout in a stationary place or hit the road and go mobile. The advantages of using my Rubber Resistance Raiser are to help the user tighten up, trim, tone, and strengthen the lower, middle, and upper body regions while receiving a great stationary and or mobile resistance workout. In essence the Rubber Resistance Raiser was designed to provide the user with a fun, new, and exciting way to get a great and wonderful workout at all levels and stages, and for all ages. Thank you for your time and patients. It is truly appreciated. I thank you once again.
Figure 6

STRIP OF ELASTIC RUBBER TUBING

(26)
RUBBER RESISTANCE RAISER

CROSS-REFERENCE TO RELATED APPLICATIONS

[0001] Not Applicable.

BACKGROUND—FIELD OF INVENTION

[0002] The Rubber Resistance Raiser relates to rubber resistance exercise devices that are light in weight and portable. My invention is used for a total body workout.

BACKGROUND—DESCRIPTION OF PRIOR ART


SUMMARY

[0004] Not Applicable.

OBJECTS AND ADVANTAGES

[0005] The objects and advantages of the Rubber Resistance Raiser are:

[0006] (a) to help the user tighten up, trim, tone, and strengthen the lower, middle, and upper body regions with stretching exercises. (b) to provide the user with stationary and or mobile resistance.

DRAWING FIGURES

[0007] In the drawings, closely related figures have the same numbers, with different alphabetical suffixes.

[0008] FIG. 1 shows the Rubber Resistance Raiser totally assembled and together.

[0009] FIG. 2a to 2c: show the left ankle and foot/wrist and hand strap, with front and back views.

[0010] FIG. 3a to 3c: show the right ankle and foot/wrist and hand strap, with front and back views.

[0011] FIG. 4 shows the right ankle and foot/wrist and hand strap fully opened with the resistance holding compartment open.

[0012] FIG. 5 shows the left ankle and foot/wrist and hand strap fully opened with the resistance holding compartment open.

[0013] FIG. 6 shows the universal resistance band.

[0014] FIG. 7 shows how the universal resistance band is to be placed into the ankle and foot/wrist and hand straps.

[0015] FIG. 8 shows how the ankle and foot/wrist and hand straps are to connect and secure over the resistance band.

[0016] FIG. 9 shows how the ankle and foot/wrist and hand strap connect over the user ankles and feet.

[0017] FIG. 10 shows how the ankle and foot/wrist and hand straps connect over the user’s wrists and hands.

REFERENCE NUMERALS IN DRAWINGS

[0018] (10) Strip of padding material (12" in length x 3" in height x 1/2" in width)

[0019] (12) Strip of leather material (12" in length x 3" in height x 1" in width)

[0020] (14) Outer top hook and loop fastener (9" in length x 4" in height x 1/4" in width)

[0021] (16) Inner bottom hook and loop fastener (3" in length x 1" in height x 1/4" in width)

[0022] (18) Inner top hook and loop fastener (3" in length x 1" in height x 1/4" in width)

[0023] (20) Outer bottom hook and loop fastener (4" in length x 3" in height x 1/4" in width)

[0024] (22) Strip of elastic material (12" in length x 1" in height x 1/4" in width)

[0025] (24) Hook and loop fastener ring (iron ring 3" in length x 1/2" in height x 1/4" in width, oval in shape.)

[0026] (26) One strip of elastic rubber tubing (24" in length x 1/2" in height x 1/4" in width, with the dimensions of a co-axel cable.)

[0027] (28) Small rectangular thick strip of leather (2" in length x 2" in height x 1/" in width.)

DESCRIPTION—FIGS. 2a TO 3a: MAIN EMBODIMENTS

[0028] “Before getting into my invention, it needs to be stated that my invention uses, but is not limited to the exact materials, shapes, and or dimensions stated within my descriptions. With that being said, let’s begin.”

[0029] The strip of padding material (10) provides the user with cushion and padding when the main embodiments are securely connected to the ankles and or wrist. Any padding material can be used, I used soft foam. The strip of leather material (12) is the main strap that holds and connects all other materials. The notches are cut in the leather to allow for space and position for the resistance band. The small rectangular thick strip of leather provides more support for the main embodiments when the resistance band is in use (28). The outer top hook and loop fastener (14) provides the main source of securing and connecting the main embodiments to the ankles and wrist. The outer top hook and loop fastener (14) in this case is the top half of velcro. By threading the outer top hook and loop fastener (14) through the hook and loop fastener ring (24) the user can easily adjust the size and grip the main embodiments have around the ankles and wrists. The inner bottom hook and loop fastener (16) is used with the inner top hook and loop fastener (18) to hold and secure the resistance band (26) in place. When the resistance band (26) is placed between the inner bottom hook and loop fastener (16) and the inner top hook and loop fastener (18) the user can then close the inner bottom and top hook and loop fasteners (16) together, thereby securing the resistance band (26) in place. The outer bottom hook and loop fastener (20) provides the main source of securing the main embodiments to the ankles and wrist. In this case the outer bottom hook and loop fastener (20) is the bottom half of velcro, just as velcro is used for the inner top and bottom hook and loop fasteners. The outer top hook and loop fastener (14) must connect to the outer bottom hook and loop fastener (20) in order to lock, secure, and hold the main embodiments in place around the ankles and wrists. The strip of elastic material (22) is used to secure the main

[0029] May 18, 2006
embodiments down, and keep the main embodiments from moving around the ankles and wrists, when the device is in use. The hook and loop fastener ring (24) provides part of the main source of securing the main embodiments to the ankles and wrists. The outer top hook and loop Fastener (14) must be threaded through the hook and loop fastener ring (24) and connect to the outer bottom hook and loop fastener (20) in order to lock, secure, and hold the main embodiments in place around the ankles and wrists.

How to Build The Right Main Embodiment

[0030] (When I say connect, I mean to glue or make the item stay some way.)

[0031] Step one, begin by connecting the hook and loop fastener ring (24) to the right end of the strip of leather material (12). This is done by threading the right end of the strip of leather material (12) through the hook and loop fastener ring (24) and then bending it over, so that the leather end is touching the leather itself. In order to hold it there, apply glue. Step two, measuring inward one inch from the hook and loop fastener ring (24) cut two square notches out on both sides of the strip of leather material (12). About a half an inch by a half an inch. Step three, on the same side, connect two inches of the outer top hook and loop fastener (14) to the right end of the leather strip (12). Make sure the outer top hook and loop fastener (14) is facing you (bristles up). Step four, on the same side, in the middle of the leather strip (12), connect the outer bottom hook and loop fastener (20) between the two notches and the outer top hook and loop fastener (14). Step five, connect the strip of elastic material (22) to the strip of leather material (12), between the outer top hook and loop fastener (14) and the two notches. Leave about four inches between both ends of the elastic material (22). Step six, flip the device over and begin connecting the small rectangular thick strip of leather (28) to the strip of leather material (12) exactly in between the two cut notches. Step seven, begin connecting the strip of padding material (10) to the strip of leather material (12), beginning at the right end of the strip of leather material (12) and stopping just before you cover the notches. Leave the rest of the padding material (10) to move freely. Step eight, connect the inner bottom hook and loop fastener (16) over the small rectangular thick strip of leather (28), but also let an inch of it connect to the padding material (10). Step nine, continuing where the inner bottom hook and loop fastener (16) stopped, connect the inner top hook and loop fastener (18) to the padding material (10). This will allow the padding material (10) to connect and disconnect from the leather material (12) easily. The right main embodiment is complete.

Additional Embodiment

[0034] The small hollow elastic rubber tubing (26) is used for the resistance when connected to and between the left and right main embodiments.

How to Build The Additional Embodiment

[0035] Step one, begin by taking the small hollow elastic rubber tubing strip (26) and tie both ends together, so that the small hollow elastic rubber tubing forms a circle. Step two, take two opposite ends of the circle and twist, then bring one opposite hallow elastic rubber tube through its opposite circle and on the other side bring one hallow elastic rubber tube through its opposite circle, and pull them both outward. When you have finished the circle, from step one, should now look like a bow tie with the knot being in the middle. In other words tie a knot in the center of the circle and the additional embodiment is complete.

[0036] Note: Bungee cord may be used instead of the small elastic rubber tube. (Item 26)

ADVANTAGES

[0037] From the descriptions and specifications, a number of advantages with my Rubber Resistance Raiser become evident.

[0038] (a). The materials involved in making my invention are inexpensive and simple to put together. My invention is an easy, economically sound product to manufacture.

[0039] (b). My invention may be inexpensive to make, but it provides the user with effective training and a quality workout.

[0040] (c). My Rubber Resistance Raiser can be used with many different exercises such as leg lifts, leg extensions,
ab crunches, boxing, walking, speed walking, jogging, running, and a variety of different stretching exercises.

[0041] (d) My Rubber Resistance Raiser is also small and portable and can travel virtually anywhere the user may go.

OPERATION

[0042] To begin this process the user will begin by disconnecting all hook and loop fasteners of the main embodiments. Next, the user will place the ends of the resistance bands (26) between the inner bottom and inner top hook and loop fasteners (16) (18) on both left and right main embodiments. After this is done, close the top and bottom hook and loop fasteners (16) (18) together and over the ends of the universal resistance band (26). You are now ready to put the device on your hands or your feet.

[0043] To connect the main embodiments to the user’s ankles and feet or hands and wrists, the user must begin with the main embodiments fully open with the resistance band (26) still connected to the main embodiments (as shown in FIG. 8). Next, the user must slide their feet or hands through the elastic strip (22), so that the main embodiments are connected to the User’s feet or hands without the outer hook and loop fasteners (14) (20) being connected. Then, the user will connect the outer hook and loop fasteners (14) (20) around the ankles or wrists by taking the outer top hook and loop fastener (14) and slide it through the hook and loop fastener ring (24), bring them back around so the top hook and loop fasteners (14) can connect to the bottom hook and loop fastener (20).

[0044] The user can change the grip of the main embodiments around the ankles and wrists by loosening or tightening the hook and loop fasteners’ (14) connection with the bottom hook and loop fastener (20). To tighten the main embodiments around the ankles or wrists, the user must pull the top hook and loop fasteners (14) and then connect it to the bottom hook and loop fasteners (20). To loosen the main embodiments grip around the ankles or wrists, the user must push the top hook and loop fasteners (14) back through the hook and loop fastener ring (24) to the desired grip. Then connect the top hook and loop fastener (14) back to the bottom hook and loop fasteners (20). When these steps are complete the Rubber Resistance Raiser should be secure, comfortable, and ready for use. You should begin by stretching your arms or legs out, try walking or jogging, or may be even shadow boxing. The possibilities are endless, endless, whatever type of exercise that you like to do, the Rubber Resistance Raiser raises your workout to the next level and beyond. To increase the resistance in your workout twist the universal resistance band (26) before enclosing it in the inner top and bottom hook and loop fasteners (16) (18). The more you twist the harder your workout will be. The less twist you have in your resistance band (26), the easier your workout will be. It is suggested, that if the user is going to walk, jog, or run, that they first overlap the universal resistance bands (26) together, so that they are connected in the middle, but not tied. Then, connect the main embodiments to the ankles and feet and hands and wrists. When this is done, the universal resistance bands (26) should form an x in the center when the arm’s of the user are lifted. This will allow for a more effective, fun, and safe workout.

CONCLUSION

[0045] The Rubber Resistance Raiser is a great way to get a wonderful workout. The users will truly enjoy themselves as they use the Rubber Resistance Raiser with their workout routines. They will also get the full benefit from their workout, because they are using light-weight, stationary and or mobile resistance for the lower, middle, and upper body regions. Not to mention, the Rubber Resistance Raiser is fun, convenient, easy to use, and very very effective.

[0046] Here are some additional advantages in using and manufacturing the Rubber Resistance Raiser.

[0047] (a) The materials used to make the Rubber Resistance Raiser are cheap and affordable.

[0048] (b) The Rubber Resistance Raiser does not take complex procedures to make, therefore it can be easily manufactured.

[0049] (c) The Rubber Resistance Raiser was specifically designed to tighten up, trim, tone, and strengthen the user’s lower, middle, and upper body regions with a stationary workout and or mobile workout. Although the descriptions and specifications contained within this patent have many specifics, these should not be misconstrued as to limiting the scope or range of my Rubber Resistance Raiser, or the materials used to make my Rubber Resistance Raiser. Therefore, the scope or range of my Rubber Resistance Raiser should be determined by the appending claims and their legal equivalents, and not by the examples given.

I claim:

1. I claim the inner securing means located within the ankle and foot/wrist and hand straps that secures and holds the means of resistance to and between the said ankle and foot/wrist and hand straps.

2. I claim the inner means of support that is located underneath the said inner securing means and between both the said inner securing means and the said ankle and foot/wrist and hand straps.

3. I claim the securing means connected to the said ankle and foot/wrist and hand straps, that are positioned underneath both feet or across both hands.

4. I claim the means of resistance used for resistance when connected to the said ankle and foot/wrist and hand straps.

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