US 20170056701A1

(19) **United States**

(12) **Patent Application Publication**

Hammett

(10) **Pub. No.: US 2017/0056701 A1**

(43) **Pub. Date: Mar. 2, 2017**

(54) **EXERCISE EQQUIPMENT**

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(21) Appl. No.: **15/250,062**

(22) Filed: **Aug. 29, 2016**

Related U.S. Application Data

(60) Provisional application No. 62/211,322, filed on Aug. 28, 2015.

Publication Classification

(51) **Int. Cl.**

A63B 21/04	(2006.01)
A63B 21/055	(2006.01)
A63B 23/12	(2006.01)
A63B 22/00	(2006.01)
A63B 23/04	(2006.01)
A63B 1/00	(2006.01)
A63B 21/00	(2006.01)

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

CPC ***A63B 21/0442*** (2013.01); ***A63B 1/00*** (2013.01); ***A63B 21/0557*** (2013.01); ***A63B 21/4029*** (2015.10); ***A63B 21/4035*** (2015.10); ***A63B 22/0015*** (2013.01); ***A63B 23/04*** (2013.01); ***A63B 23/1218*** (2013.01); ***A63B 23/1227*** (2013.01)

(57) **ABSTRACT**

A resistance training device allowing for a variety of body-weight exercises to be performed. The device includes an upright bar and a seat having supports. A plurality of attachment points are located on the device in order to allow the attachment of elastic bands.

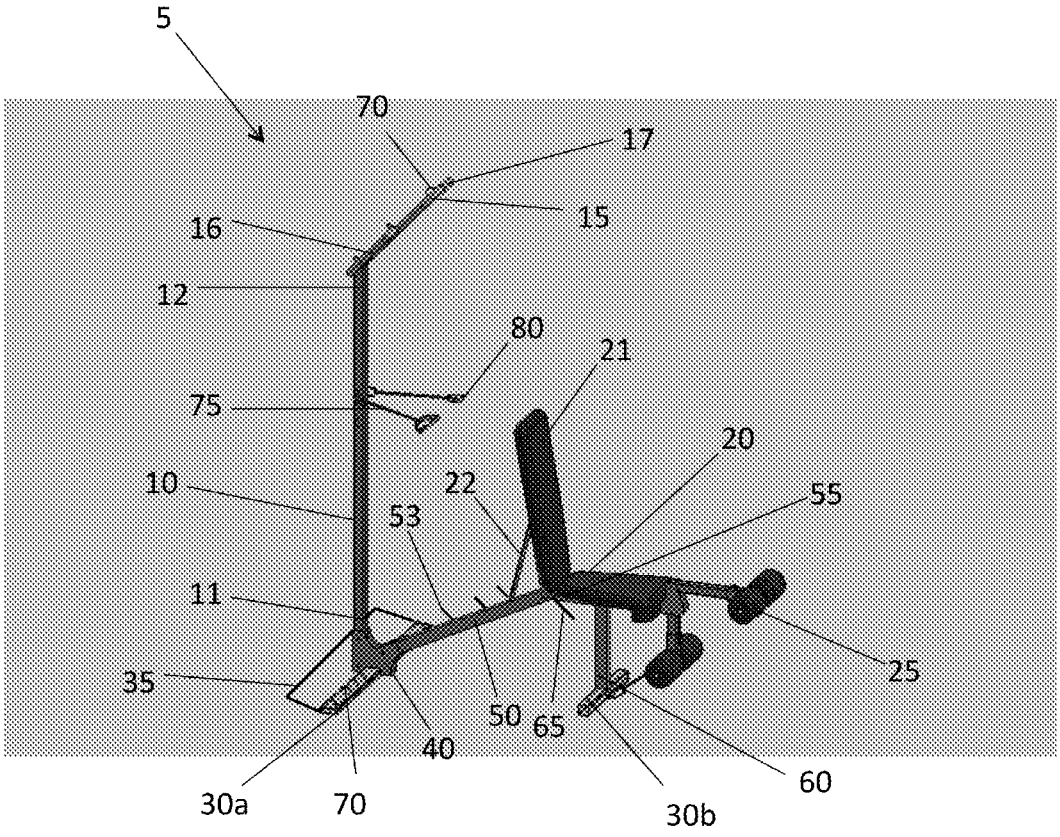


FIG. 1

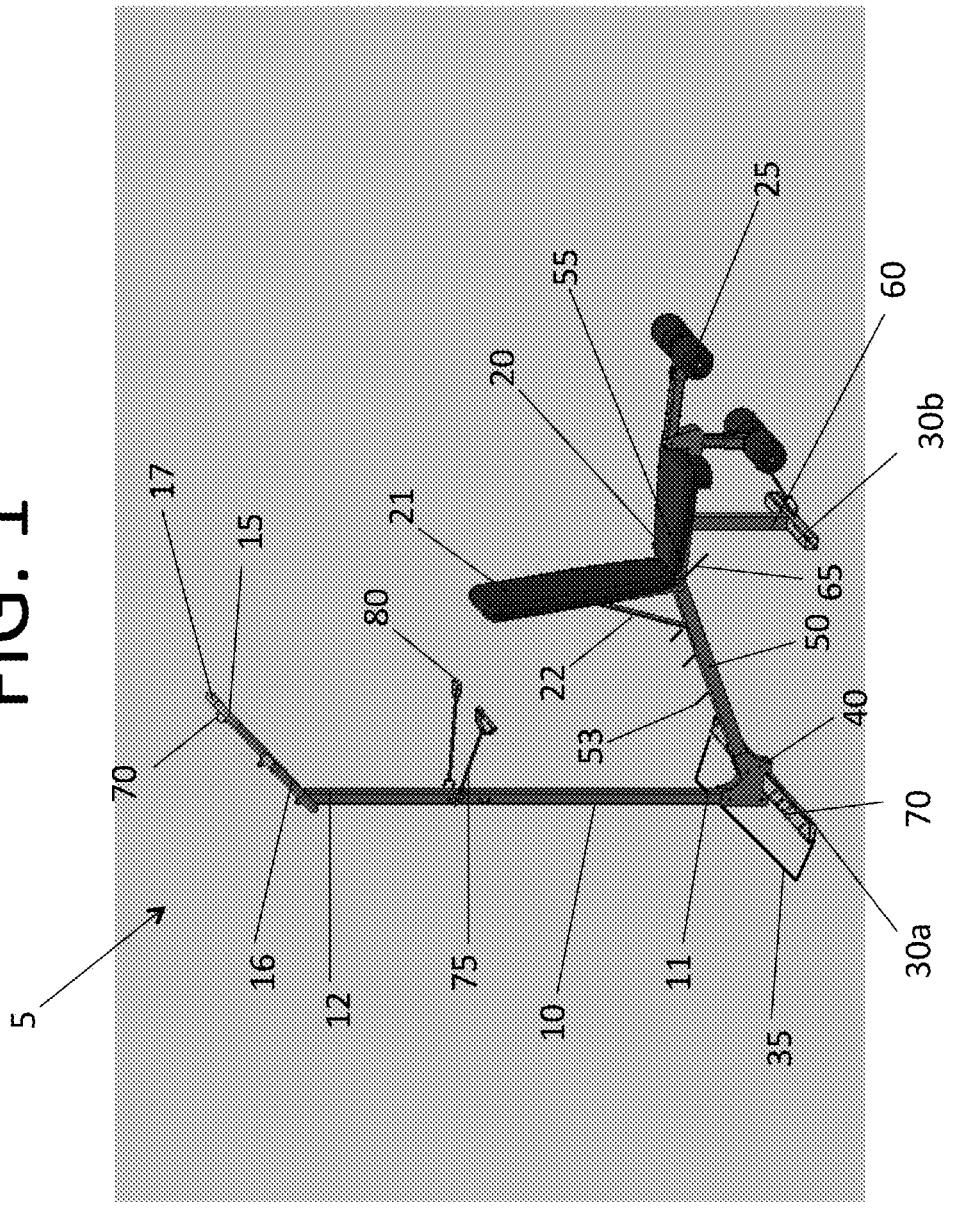


FIG. 2

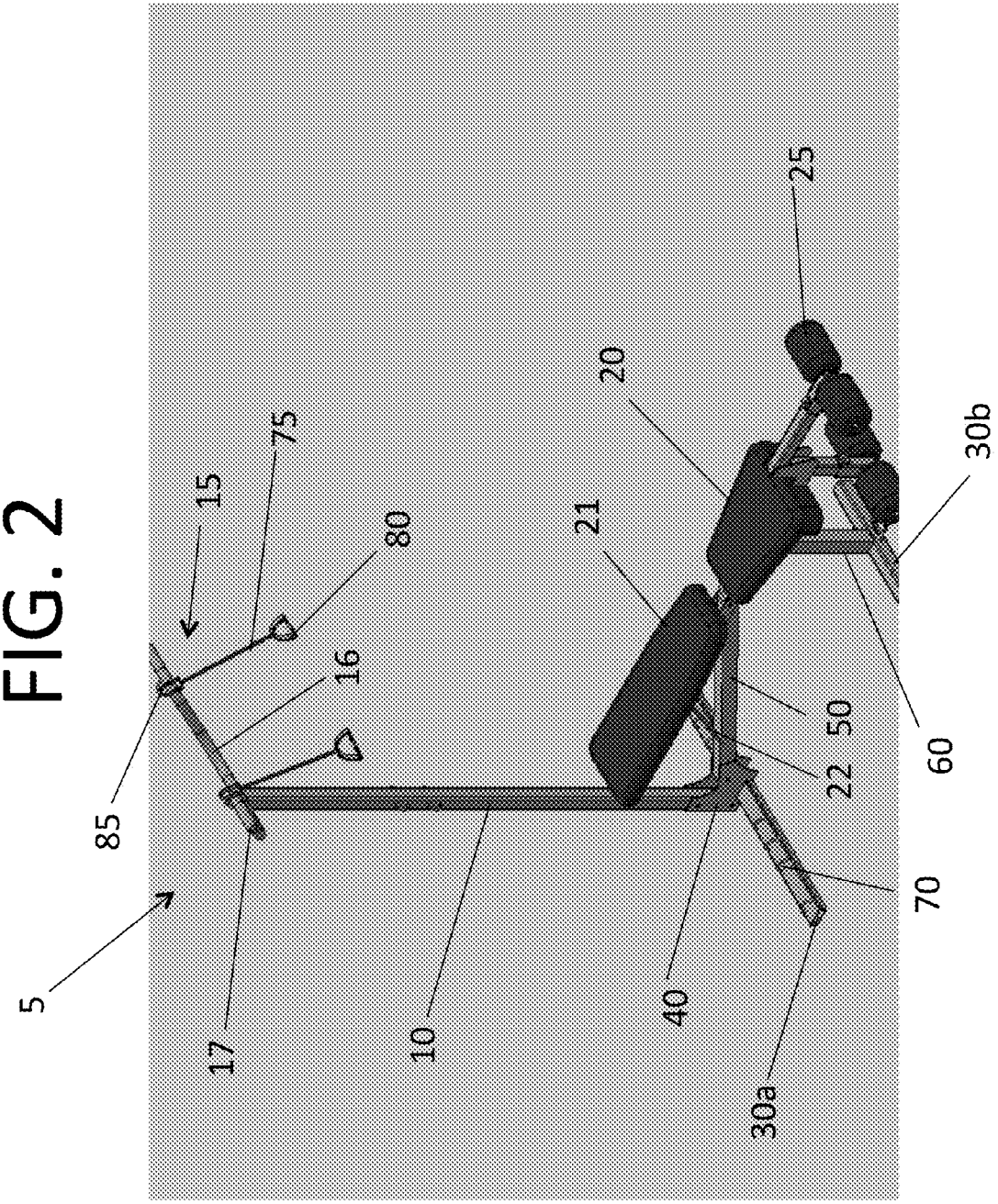


FIG. 3

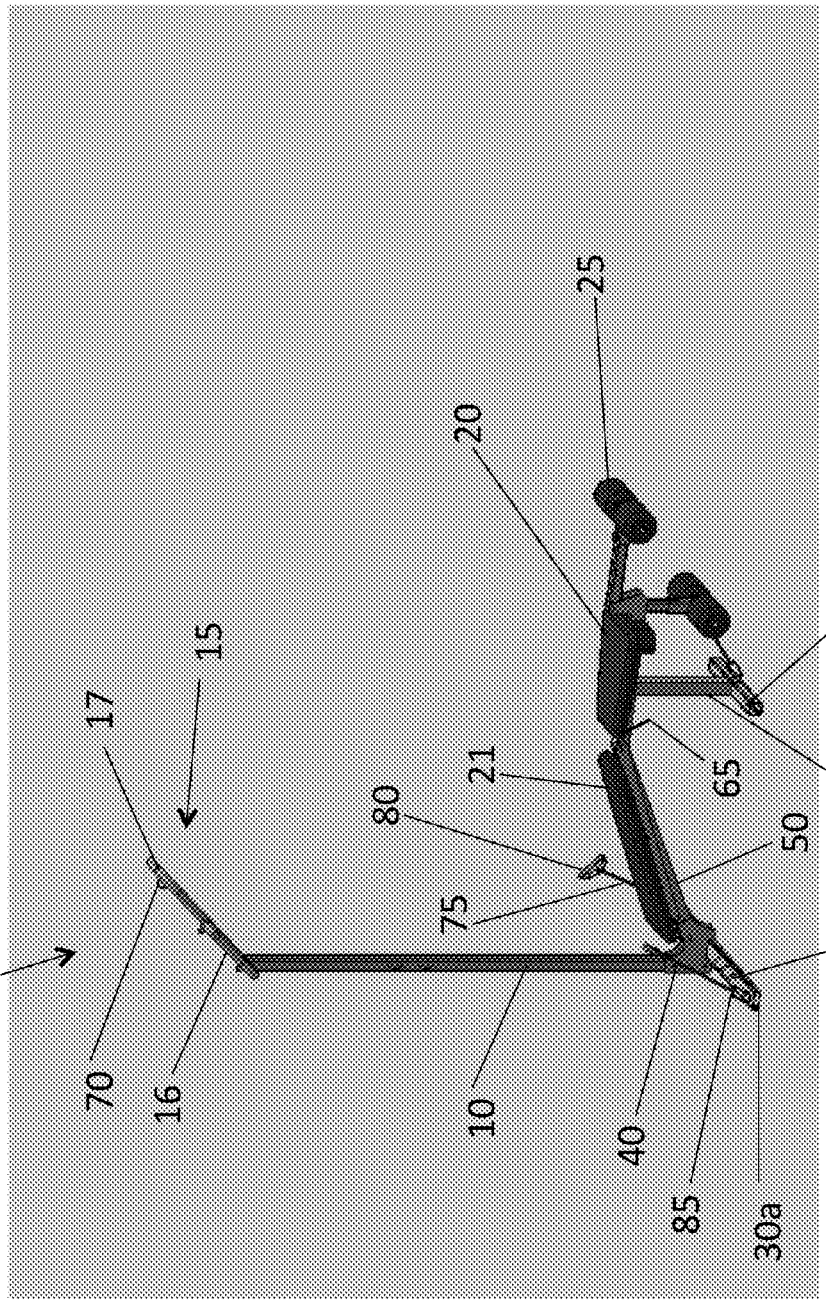


FIG. 4

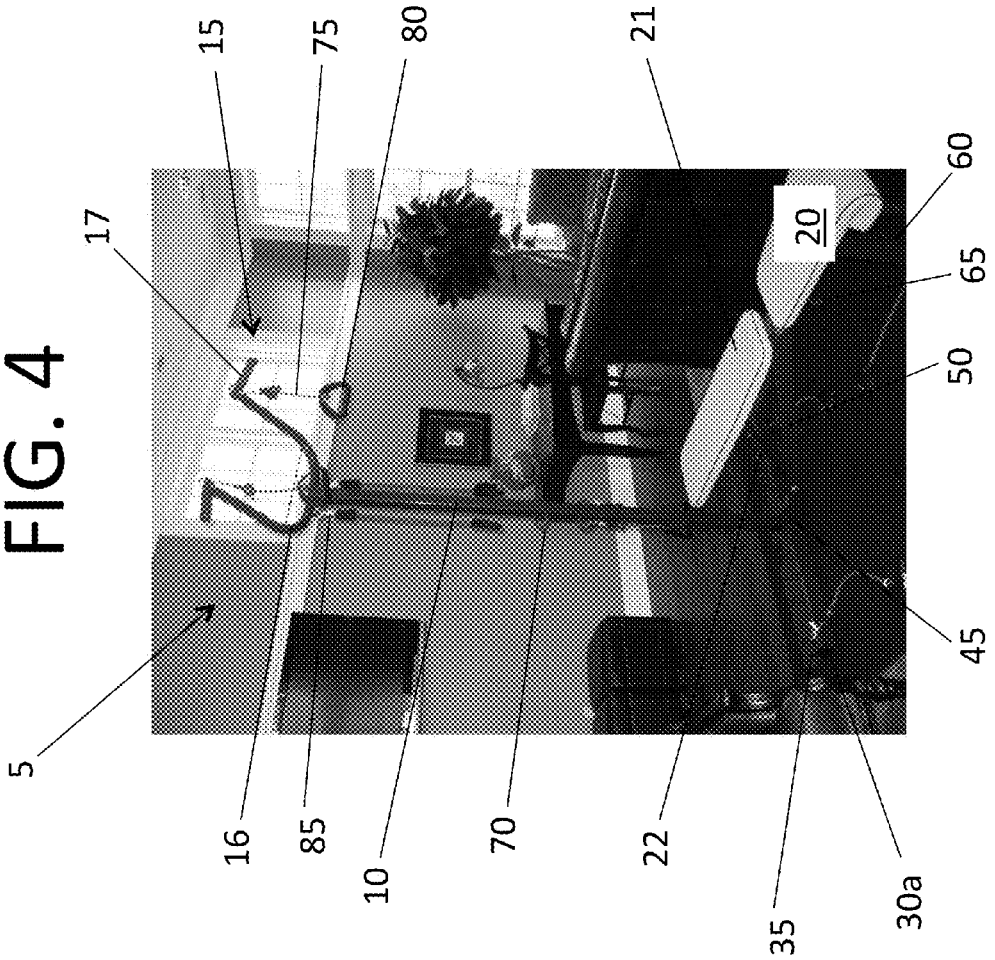


FIG. 5

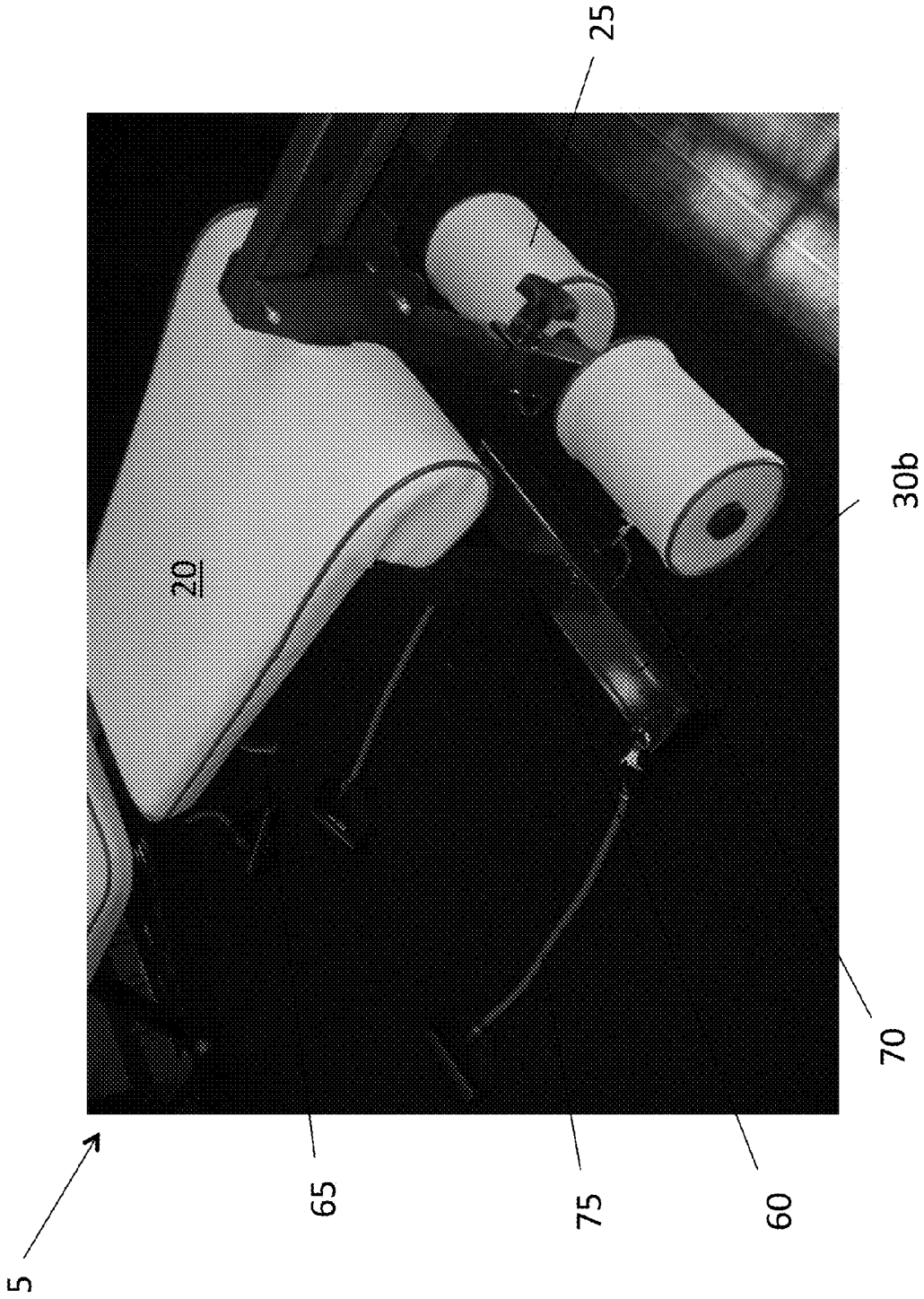


FIG. 6

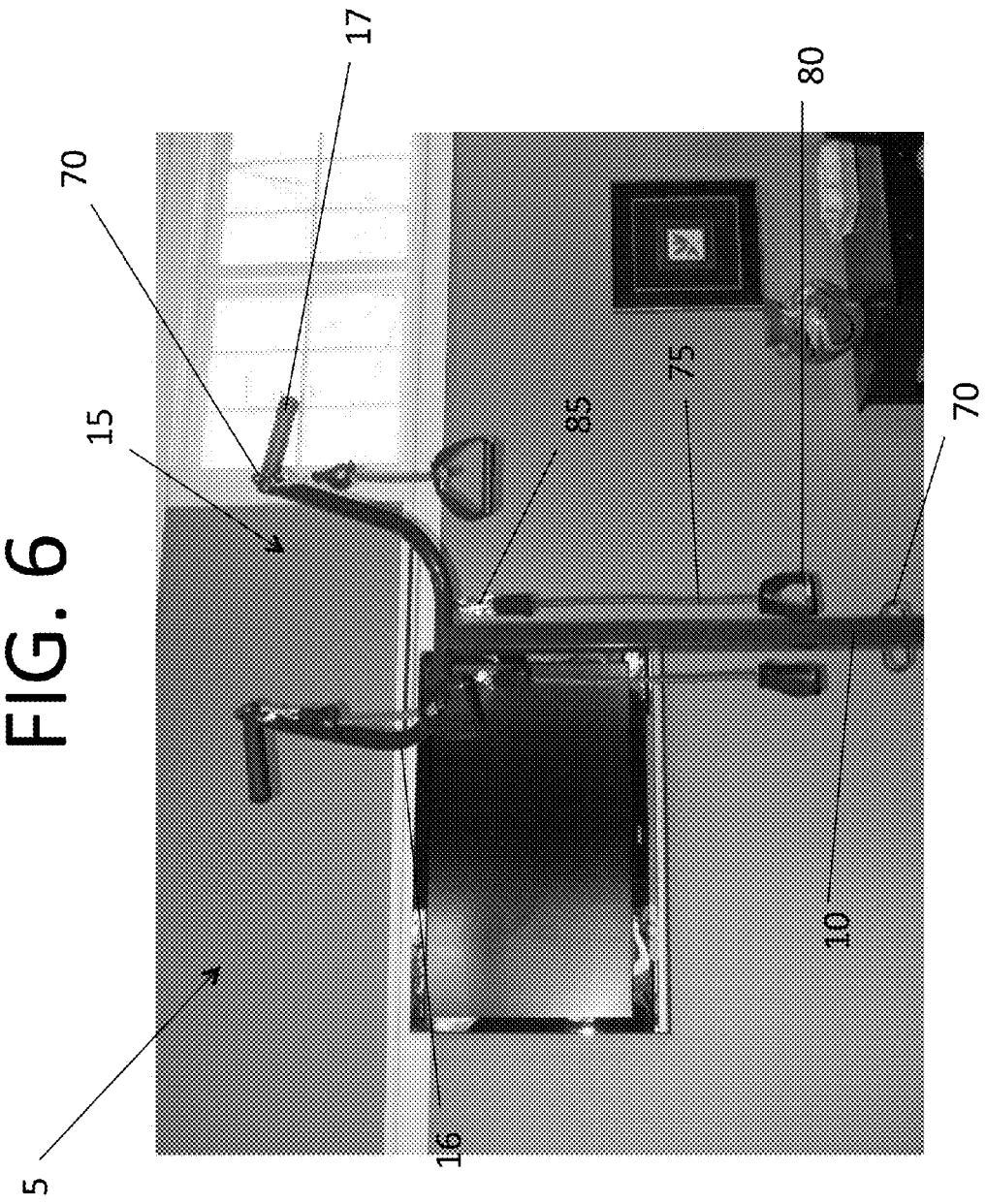


FIG. 7

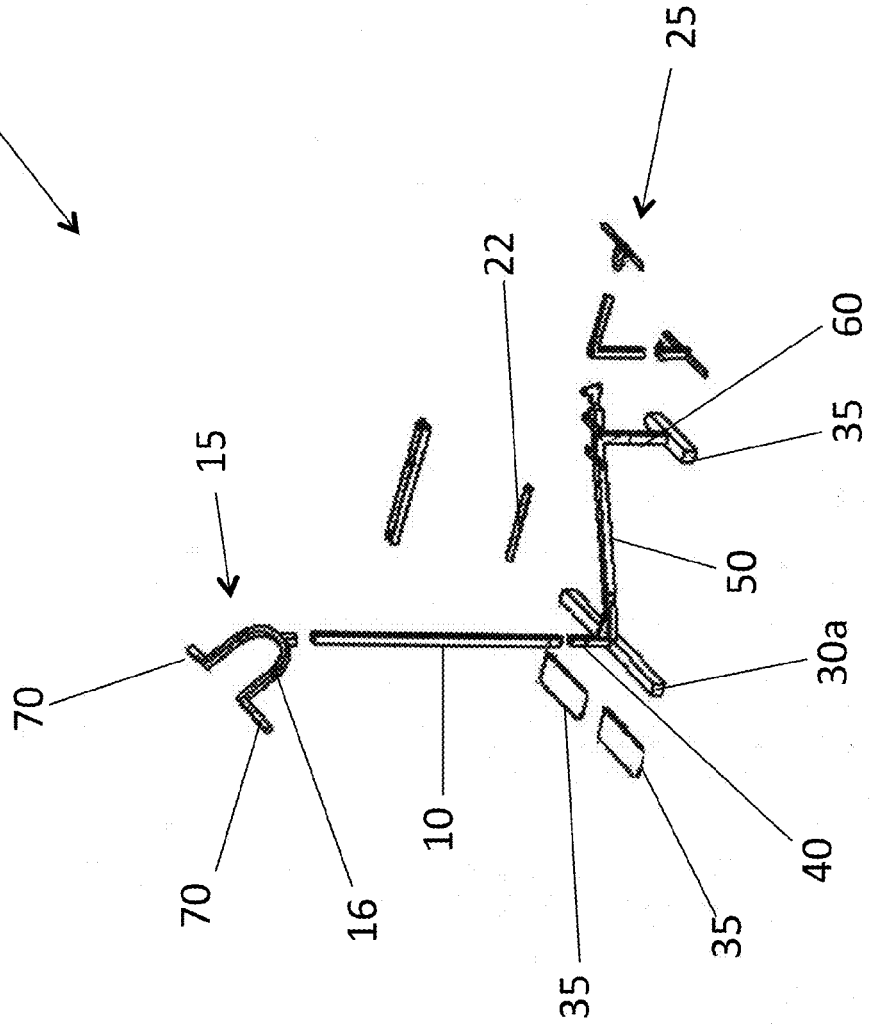
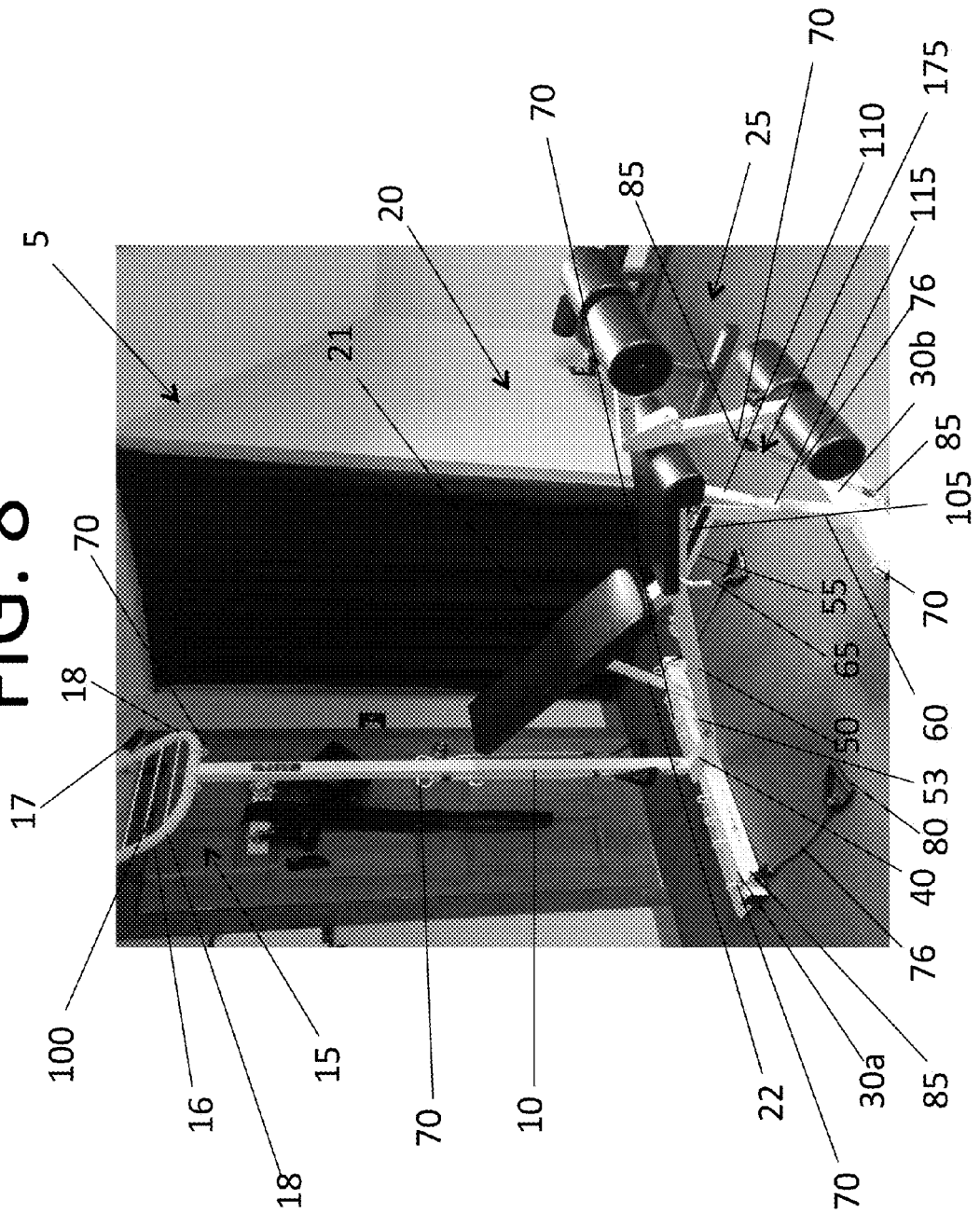


FIG. 8


5
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EXERCISE EQQUIPMENT

CROSS-REFERENCE TO RELATED APPLICATION

[0001] This application claims the benefit of U.S. Application No. 62/211,322 and incorporates the same as if fully rewritten herein.

TECHNICAL FIELD

[0002] Exemplary embodiments of the present invention are directed to exercise equipment. More particularly, exemplary embodiments of the present invention relate to an exercise device for use with elastic bands.

BACKGROUND OF THE ART

[0003] The use of weights in the performance of exercise routines has been known throughout history. As exercise equipment has evolved, traditional weights have remained at the forefront of weight training. In addition to traditional weights, new innovations have developed over the years such as cable machines, tension rods, and elastic bands.

[0004] Although devices for weight training are ever evolving, previous machines have failed to allow an individual to perform a variety of bodyweight exercises while incorporating elastic band technology. While several individual exercise pieces may provide the ability to perform a specific exercise, heretofore a single machine has not provided the ability to work all aspects of the human body with only bodyweight exercise and elastic bands.

[0005] Consequently, there is a need for an exercise device that allows a user to work his or her entire body quickly, while only relying on the user's bodyweight and elastic bands.

SUMMARY OF THE INVENTIVE CONCEPT

[0006] An exemplary embodiment of the exercise device described herein provides a single unit that allows a fast full body workout while only using the user's bodyweight and elastic bands. This provides several advantages over tradition exercise devices in that there is no need for expensive weights. It also eliminates the need for an additional person to assist in spotting the user. By not requiring a spotter to assist the user the device also substantially increases the safety and convenience of the exercise device.

[0007] Exemplary embodiments of the resistance exercise device include an upright bar having handles. The upright bar allows a user to perform chin-ups, pull-ups and similar exercises. An adjustable seat is attached to the device. The seat has several positions allowing for an upright, inclined, flat and declined positions. An optional leg attachment may be included in order to perform leg curls and extensions.

[0008] As stated the inventive device does not use traditional weights, but rather has a number of attachment points in order to attach elastic bands. The attachment points are located all over the device to maximize the number of exercises that can be completed and to increase the number of angles the exercises can be completed. This offers a significant advantage over traditional weight systems. The ability to change the angle which resistance is applied allows a user to work an entire muscle.

[0009] The elastic bands have a handle and a bolt snap. The bolt snap allows the elastic bands to be quickly and easily attached to the inventive device. Although bolt snaps are used, other quick attachment methods may also be used. To provide resistance to the leg attachment the elastic band may have two bolt snaps as no handle is needed.

[0010] In still other embodiments, the device may not employ attachment points but rather include channels within the frame of the device. This would allow for movement of the elastic bands without the need to detach and reattach them in a different location.

BRIEF DESCRIPTION OF THE DRAWINGS

[0011] The advantages and other characteristics of the disclosed embodiments will be better understood when attention is directed to the accompanying drawings, wherein identical elements are identified with identical reference numerals and wherein:

[0012] FIG. **1** is a perspective view of an exemplary embodiment of the inventive exercise device having elastic bands attached thereto wherein the seat is in an upright position;

[0013] FIG. **2** is a perspective view of an exemplary embodiment of the inventive exercise device having elastic bands attached thereto wherein the seat is in a horizontal position;

[0014] FIG. **3** is a perspective view of an exemplary embodiment of the inventive exercise device having elastic bands attached thereto wherein the seat is in a declined position;

[0015] FIG. **4** is a side perspective view of an exemplary embodiment of the inventive exercise device wherein the seat is in a horizontal position and elastic bands are attached to the device;

[0016] FIG. **5** is a close-up view of the leg attachment and having elastic bands attached thereto;

[0017] FIG. **6** is a close-up view of the handle portion having elastic bands attached thereto;

[0018] FIG. **7** is an exploded view of an exemplary embodiment of the inventive exercise device; and

[0019] FIG. **8** is a perspective view of an exemplary embodiment of the inventive exercise device wherein the seat has dual adjustments.

DETAILED DESCRIPTION OF THE EXEMPLARY EMBODIMENT(S)

[0020] Exemplary embodiments of the present invention will now be described in greater detail. It should be recognized that the present invention can be practiced in a wide range of other embodiments besides those explicitly described, and the scope of the exemplary embodiments described are expressly not limited.

[0021] Directing attention to the drawings and particularly to FIG. **1**, a side view is provided for an exemplary embodiment of a workout device **5** that may utilize elastic bands and the user's body weight rather than traditional weight plates. As illustrated, the exemplary device **5** includes an upright bar **10** having a handle portion **15** affixed thereto and extending therefrom and a seat attachment **20**. The seat attachment **20** may have an optional leg attachment **25** connected thereto. Both the upright bar **10** and the seat attachment **20** have supports **30***a*, **30***b* running parallel one to another and spaced apart to provide adequate support for the exercise device **5**. The first support **30***a* may additionally have a plate **35** attached thereto to prevent the device **5** from tipping when a force is applied to the upright bar **10**.

[0022] The upright bar **10** has a longitudinal axis and a first end **11** in proximity to the first support **30***a* and a second end **12** having a handle portion **15** attached thereto. Although the upright bar **10** and the handle portion **15** are shown as a single piece, it should be understood to one skilled in the art that the upright bar **10** and the handle portion **15** may be separate individual pieces and adapted to join to one another.

[0023] The handle portion **15** is shown having a U-shaped body **16** and grips **17** extending outward therefrom. One skilled in the art should understand that the handle **15** need not have a U-shaped body **16**, but rather other shapes may be employed. However, the shape of the handle portion **15** should allow a user to perform pull-ups, chin-ups and variations thereof without interference as provided by the U-shaped body **16**. The grips **17** may be covered with rubber or other material that allows a user to more easily grasp the device **5**.

[0024] The upright bar **10** is connected to the first support **30***a* by way of a bracket **40**. In other exemplary embodiments (shown in FIG. **4**), a sleeve **45** rather than a bracket **40** may be used to connect the upright bar **10** to the first support **30***a*. In either embodiment, the connection between the upright bar **10** and the first support **30***a* should be sufficient to withstand the forces applied thereto as a result of the exercises conducted on the device **5**.

[0025] The bracket **40** or the sleeve **45** (shown in FIG. **4**) may be used to connect the seat attachment **20** to the first support **30***a*. To connect the seat attachment **20** to the upright bar **10**, the bracket **40** or sleeve **45** receives the angled support **50** of the seat attachment **20**. The angled support **50** has a first end associated with the bracket **40** or sleeve **45** and a second end attached to the seat frame **55**. The seat frame **55** is supported by an upright brace **60**. The upright brace **60** is connected to the seat frame **55** and terminates at a second support **30***b*. As stated above, the seat frame **55** is connected to the angled support **50** at a first end and a second end adapted to receive and hold the optional leg attachment **25**.

[0026] As illustrated in FIGS. **1-3**, the seat back **21** may be adjustable to a variety of positions. The adjustment of the seat back **21** is accomplished by adjusting the bar **22** movably affixed to the seat back **21**. Likewise, the seat back **21** is movably affixed to the seat frame **55**. To support the seat back **21** the bar **22** may be placed in stops **53** in the angled support **50**. Accordingly, to move the seat back **21** into different positions the bar **22** is moved to different stops **53** in the angled support **50**. It should be noted that the seat back **21** can be fully reclined against the angled support **50** without placing the bar **22** in a stop **53**.

[0027] As the device **5** is to be used with elastic bands **75**, **175** (shown in detail in FIGS. **4-6**, **8**) rather than weights, a protrusion **65** is provided on the seat frame **55**. The protrusion **65** is easily accessible for a user sitting on the seat attachment **20**. The protrusion **65** is provided to hold the elastic bands **75**, so that the user can easily reach them when performing seated exercises such as chest flys and the bench press.

[0028] The leg attachment **25** is constructed from an L-shaped frame allowing the user to perform standard exercise such as leg curls and leg extensions. The padding on the leg attachment **25** is positioned to provide comfort while performing the leg exercises.

[0029] As discussed herein the inventive exercise device **5** does not utilize traditional weights or tension bars as found in previous exercise equipment. The inventive exercise device **5** utilizes elastic bands **75** for resistance. To allow a variety of exercises the device **5** has numerous attachment points **70**. Tethers may also be affixed to the attachment points **70** in order to prevent movement of components of the device as will be described herein. As illustrated in the FIGURES the attachment points **70** may be located on the supports **30***a*, **30***b*, upright bar **10**, the handle **15**, and the leg attachment **25**. One of ordinary skill in the art would also understand that attachment points **70** may be located at any point on the device **5**.

[0030] The placement of multiple attachment points **70** on the device **5** allows the user a variety of angles to choose from when performing exercises; from simple angle adjustments to different exercises from the same position. Although the attachment points **70** are shown attached to fixed points along the support, the attachment points **70** may be moveable along the device **5**. This moveable feature may be accomplished by using a channel, a slide and pin feature, or other arrangements that would allow the attachment points **70** to move along the device **5** while still being sufficiently strong to withstand the forces associated with the elastic bands **75** or body weight of the user.

[0031] Directing attention to the drawings and particularly to FIGS. **4-6**, a front view is provided for an embodiment of the training device **5** having elastic bands **75** attached thereto. As illustrated, the elastic bands **75** have a handle **80** at one end and a bolt snap **85** at the opposing end. The elastic bands **75** are attached to the device **5** at the attachment points **70** by using the bolt snap **85** of the elastic band **75**. Although it should be understood to one skilled in the art that other attachment devices may be used instead of the bolt snap **85**. These attachment devices must be able to be easily attached to and removed from the attachment points **70** and provide a secure attachment so as not to be pulled off.

[0032] The elastic bands **75** may have a variety of sizes and strengths. Multiple strengths allows the user to increase the resistance as they get stronger or work muscles that are capable of the increased resistance. With respect to the length of the elastic bands **75**, different sizes may be used for different exercises. Elastic bands **75** may be provided that have no handle **80**, but rather have bolt snaps **85** attached to either end of the elastic bands **75**. These elastic bands **75** would be useful for providing resistance to the leg attachment **25**.

[0033] As illustrated in FIG. **5**, an elastic band **75** is attached to both the leg attachment **25** and the second support **30***b*. This provides resistance for exercises such as leg extensions and leg curls. As discussed briefly above, rather than an elastic band **75** connecting the leg attachment **25** and the second support **30***b*, a non-elastic tether may be employed. This tether would prevent movement of the leg attachment **25** in order to perform sit-ups and other exercises where the legs need to be immobilized.

[0034] FIG. **7** illustrates another exemplary embodiment of the workout device **5** that utilizes elastic bands and the user's body weight rather than traditional weight plates. As illustrated, the workout device **5** has an upright bar **10** interposed between a handle portion **15** and a first support **30***a*. Depending on the desired exercise to be performed the handle portion **15** may be oriented inward with the grips **17** extending toward the remainder of the workout device **5**, or the handle portion **15** may be arranged so that the grips **17** extend outward from the remainder of the workout device **5**

(also illustrated in FIG. **8**). The user can easily adjust the orientation of the handle portion **5** to accommodate a variety of exercises.

[0035] The upright bar **10** may be attached to the first support **30***a* using a bracket **40** or sleeve **45**. Likewise, a bracket **40** or a sleeve **45** may be used to affix the angled support **50** to the first support **30***a*. The angled support **50** may have stops **53** therein to allow support of a seat back **21** (illustrated in FIG. **1**). The angled support **50** is also attached to an upright brace **60**. The upright brace **60** is further attached to a second support **30***b*. A leg attachment **25** may also be attached to the angled support **50** to allow for a variety of leg exercises to be performed.

[0036] Directing attention to FIG. **8** another exemplary embodiment of the workout device **5** is illustrated. As with other embodiments described herein, the workout device **5** may utilize elastic bands and the user's body weight rather than traditional weight plates. As illustrated, the exemplary device **5** includes an upright bar **10** having a handle portion **15** affixed thereto and extending therefrom to a seat attachment **20**. The seat attachment **20** may have an optional leg attachment **25**. The upright bar **10** and the seat attachment **20** have supports **30***a*, **30***b* running parallel to one another and provide support for the workout device **5**. Plates **35** may extend from the first support **30***a* to prevent the workout device from tipping over when a force is applied to the upright bar **10** and weight is applied to the grips **17**.

[0037] Like other embodiments, the upright bar **10** has a longitudinal axis and a first end **11** in proximity to the first support **30***a* and a second end **12** having a handle portion **15** attached thereto. Although the upright bar **10** and the handle portion **15** are shown as a single piece, it should be understood to one skilled in the art that the upright bar **10** and the handle portion **15** may be separate individual pieces and adapted to join together. Embodiments where the upright bar **10** and the handle portion **15** are separate pieces, allow for the orientation of the handle portion **15** to be changed depending on the exercise being conducted by the user. Such orientation change is described with respect to FIG. **7**. The handle portion **15** is shown having a U-shaped body **16** and grips **17** extending outwardly therefrom. The U-shaped body **16** of the handle **15** is angled relative to the upright bar **10**, allowing a user to preform exercise while not contacting the upright bar **10**. The U-shaped body **16** of the handle **15** forms two arms **18**. As illustrated, a grip **17** is provided at the end of each arm **18**, and the grips **18** extend away from one another. In order to perform exercise such as chin-ups and pull-ups, at least two grips **17** are provided on the arms **18**, but more could be added to the arms **18** to provide a variety of angles for different exercises. In this embodiment, parallel bars **100** also extend from each side of the U-shaped body **16**. Specifically, the parallel bars **100** extend between the arms **18** formed by the U-shaped body **16**. These parallel bars **100** provide for additional attachment points for elastic bands. One skilled in the art should understand that the handle **15** need not have a U-shaped body **16**, but other shapes may be employed.

[0038] The upright bar **10** is attached to the first support **30***a* by way of a bracket **40**. In other exemplary embodiments, a sleeve **45** may be used rather than the illustrated bracket **40**. In still other exemplary embodiment, the upright bar **10** may be attached directly to the first support **30***a*. The upright bar **10** may be connected to the first support **30***a* by other means sufficient to withstand the forces applied to the workout device **5** during a typical workout. The bracket **40** may also be used to connect the seat attachment **20** to the first support **30***a* and the upright bar **10**. To attach the seat attachment **20** to the upright bar **10** and the first support **30***a*, the bracket **40** receives the angled support **50** of the seat attachment **20**. In other embodiments, the seat attachment **20** may be attached directly to either the upright bar **10** or the first support **30***a*.

[0039] The angled support **50** has a first end associated with the bracket **40** and a second end attached to the seat frame **55**. Likewise, the seat frame **55** has a first and second end and is supported by an upright brace **60** at the second end, and is attached to the angled support **50** at its first end. The seat frame **55** is substantially parallel to the surface supporting the device **5**. The upright brace **60** has a first end and a second end, with the first end of the upright brace **60** connected to the seat frame **55** and the second end terminating at the second support **30***b*.

[0040] As with other embodiments, the seat back **21** may be adjustable. The adjustment of the seat back **21** is accomplished by adjusting the attached bar **22** pivotably affixed to the seat back **21**. Likewise, the seat back **21** is pivotably fixed to the seat frame **55**. In other embodiment, the seat back **21** may be pivotably attached to the seat base **105**. To support the seat back **21** the bar **22** may be placed in stops **53** in the angled support **50**. Accordingly, to move the seat back **21** into different positions the bar **22** is moved into different stops **53** in the angled support **50**. It should be noted that the seat back **21** can be fully declined against the angled support **50** without placing the bar **22** in a stop **53**.

[0041] In the embodiment shown, the seat base **105** may also be adjustable. The seat base **105** has a first end and a second end. The first end of the seat base is pivotally attached to either the seat frame **55** or the angled support **50**. The second end of the seat base **105** may be optionally attached to a leg attachment **25**. To adjust the seat base **105**, a seat bar **110** is provided, the seat bar **110** also having a first end and a second end. The first end of the seat bar **110** is pivotably affixed to seat base **105**, between the first and second ends of the seat base **105**, and the second end of the seat bar **110** inserting into slots **115** in the upright brace **60**. The angle and height of the seat base **105** can be adjusted by placing the seat bar **110** into different slots **115**. The seat base **105** is shaped such that when it is substantially parallel to the surface supporting the device **5**, the seat frame **55** is nested within the seat base **105**. Protrusions **65** are also provided on the seat attachment **20**, specifically the protrusions extend from either the seat frame **55** or the seat base **105**. The protrusions **65** are angled to retain an elastic band and are provided to allow a user to easily access the retained elastic bands **75** and **175**.

[0042] The device may also have the optional leg attachment **25** as illustrated in FIG. **8**. The leg attachment **25** is similar to other leg attachments know to those skilled in the art and is attached to the second end of the seat base **105**.

[0043] As with other embodiment of the workout device **5**, a plurality of attachment points are provided on the workout device to allow for the attachment of elastic bands **75** and **175**. The attachment points **70** are located on the handle **15**, upright bar **10**, the first support **30***a*, the second support **30***b*, and the leg attachment **25**. It should be understood that the attachment points may be located at any location on the device **5**. The attachment points **70** as shown are semi-circular metal rings attached to the device **5**, but it should be

understood that the attachment points **70** may have any shape sufficient to allow attachment of the elastic bands **75**, **175**. Additionally, the attachment points may be movably attached to the device **5** to allow for a wider range of angles to perform a variety of exercises.

[0044] As with all embodiments herein, the elastic bands include an elastic member **76** having a first end and a second end. A handle **80** attached to the elastic member **76** at the first end of the elastic member **76**, and a bolt snap **85** attached to the second end of the elastic member **76**. The device **5** also utilizes elastic bands **175**, having an elastic member **176** having a first end and a second end. The elastic band **175** has bolt snaps **85** attached to both the front end and the second ends of the elastic band **175**. The elastic bands **175** may be used to provide resistance to the leg attachment **25** by connecting to the attachment points on the leg attachment **25** and the upright brace **60**.

[0045] While the embodiments disclosed described the best modes known to the inventor at the time of filing, the scope of the invention is not to be limited to only the embodiments disclosed herein.

What is claimed is:

1. An exercise device comprising:
- an upright bar;
- a seat attachment affixed to said upright bar;
- supports affixed to said seat attachment and said upright bar; and
- a plurality of attachment points located on said upright bar, supports, and said leg attachment, wherein said plurality of attachment points allow for the attachment of elastic bands in order to perform strength training exercises.

2. The exercise device of claim **1** further comprising a handle extending from said upright support, said handle having a U-shaped body and two grips extending therefrom, wherein said handle is configured to allow a user to perform exercises such as pull-ups and chin-ups without interference from the seat attachment.

3. The exercise device of claim **2**, further comprising a plurality of attachment points on said handle allowing for attachment of elastic bands.

4. The exercise device of claim **1** wherein said seat attachment comprises:
- an angled support affixed to the upright bar;
- a seat frame attached to the angled support, and supported by an upright support; and
- a seat base pivotably attached to the seat frame and having a seat bar, said seat bar having a first end and a second end, wherein said first end of seat bar is pivotably attached to said seat base and said second may be inserted into slots in said upright brace to adjust the angle of the seat base.

5. The exercise device of claim **4**, further comprising angled protrusions extending normally from said seat base, wherein said angled protrusion optionally retaining an elastic band allowing the user easy access to the elastic band.

6. The exercise device of claim **4**, further comprising an adjustable seat back pivotably affixed to the angled support, said seat back having a bar movably affixed thereto, wherein said bar may be inserted into stops on the angled support to adjust the level of incline or decline of the seat back.

7. The exercise device of claim **4**, further comprising a leg attachment affixed to said seat attachment, said leg attachment having at least one attachment point thereon allowing an elastic band to be affixed to both the leg attachment and said seat attachment to provide resistance for leg exercises.

8. An exercise device comprising:
- an upright bar having a first end and a second end; said upright bar attached to a first support at said first end by a bracket;
- a handle attached to said second end of the upright bar, said handle having a U-shaped body and at least two grips extending outwardly therefrom;
- a seat attachment affixed to said bracket, said seat attachment comprising:
  - an angled support having a first end and a second end, said first end of the angled support affixed to the bracket;
  - a seat frame attached to said second end of said angled support;
  - a seat base pivotably attached to said seat frame;
  - an upright brace attached to said seat frame, said upright brace having a plurality of slots thereon;
  - a seat bar, having a first and second end, wherein said first end of the seat bar is pivotably attached to said seat base and said second end of said seat bar may be inserted into the slots in the upright brace to adjust the angle of the seat base relative to said seat frame; and
  - a plurality of attachment points on said handle, upright bar, first support, and second support, said plurality of attachment points provided to allow the attachment of elastic bands to the exercise device in order to allow a user to perform a variety of strength training exercises.

9. The exercise device of claim **8**, further comprising an adjustable seat back pivotably affixed to the second end of said angled support, said seat back having a bar movably affixed thereto, wherein said bar may be inserted into slots on the angled support to adjust the level of incline or decline of the seat back.

10. The device of claim **9**, further comprising a leg attachment, said leg attachment having at least one attachment point thereon allowing an elastic band to be affixed to both the leg attachment and said seat attachment to provide resistance for leg exercises.

11. The exercise device of claim **10**, further comprising a plate extending from the first support.

12. The exercise device of claim **8**, The exercise device of claim **4**, further comprising angled protrusions extending normally from said seat base, wherein said angled protrusion optionally retaining an elastic band allowing the user easy access to the elastic band.

13. The exercise device of claim **8**, wherein said plurality of attachment points are slidably attached to said handle, upright bar, first support, and second support.

14. The exercise device of claim **8**, wherein said elastic bands include:
- an elastic member having a first end and a second end;
- a handle attached to said elastic member at said first end; and
- a blot snap attached to said elastic member at said second end.

15. The exercise device of claim **10**, wherein said elastic bands include:
- an elastic member having a first end and a second end; and
- bolt snaps attached to said first and second ends of said elastic member.

16. An exercise device comprising:

an upright bar having a first end and a second end, said first end of said upright bar attached to a first support;

a handle attached to said second end of said upright bar, said handle having a U-shaped body forming two arms, said arms terminating in at least two grips extending away from one another;

a seat attachment affixed to said first support, said seat attachment comprising:

an angled support having a first end and a second end, and stops thereon, said first end of the angled support affixed to the first support, said second end of the angled support attached to a seat frame, said seat frame having first end and a second end;

a seat base, having a first end and a second end, pivotably attached to the first end of the seat frame;

an upright brace attached to and extending normally from the second end of said seat frame, said upright brace extending from said seat frame and terminating at a second support;

a plurality of slots located on said upright brace;

a seat bar, having a first and second end, wherein said first end of the seat bar is pivotably attached to said seat base, between said first and second end of said seat base, wherein said second end of said seat bar may be inserted to the slots in the upright brace to adjust the angle of the seat base relative to said seat frame;

an adjustable seat back pivotably affixed to the second end of said angled support, said seat back having a bar movably affixed thereto, wherein said bar may be inserted into said stops on the angled support to adjust the level of incline and decline of the seat back;

a leg attachment attached to said second end of the seat base;

a plurality of attachment points on the upright bar, first support, second support, handle, and leg attachment; and

elastic bands, wherein said elastic bands include at least an elastic member and a bolt snap, wherein said plurality of attachment points are adapted to allow retention of the elastic bands by attachment of the bolt snap.

17. The exercise device of claim **16**, further comprising parallel bars interposed between the arms of the handle, said parallel bars serving as attachment points for said elastic bands.

18. The exercise device of claim **16**, wherein said elastic member terminates in a handle.

19. The exercise device of claim **16**, wherein said attachment points are slidably attached to said upright bar, said first support, and said second support.

20. The exercise device of claim **16**, wherein the attachment of the upright bar, first support, and angled bar is accomplished by using a bracket.

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