Nextrainer Body Stabilizer
By
NEXTRAINER

Exerciser for fitness therefor

Background of the invention

This invention provides an improved exerciser for general population named as NBS (Nextrainer Body Stabilizer). NBS exerciser is designed to differentiate the concept of machine in a simpler and more efficient way for individuals with different fitness levels i.e. from the sedentary individual to the fitness freaks, hence anyone above the age of 15 can attain benefits out of this unique invention.

Detailed description of the invention

A simple exerciser consists of two hollow-pipe bases and one U-shaped single seamless pipe frame, bent on two sides. The lower ends are joined with the base by cutting the U-shaped pipe (fig.1) into crescent hemispherical shape (fig. 2, 7) in order to fix on the top of the base. Each end of the U-shape frame is attached through two stainless steel bolts at the girdle-joint on each base (fig. 4). All four bolts at both girdle joints can be tightened by an L-key (provided). Two types of pipe material are used; upper body (U-shape) is a mild steel pipe (diameter 4.6875cm). The base is a hard steel pipe (diameter 4.6875 cm); bases pipe is closed at each end by welding steel. Two rubber grip knobs on each end of the base while 4 rubber grips on U-shape upper body (fig.1, 6). There are two bends to construct the U-shape of the frame (fig.3). Each bend starting at the 18th inch (45cm) of the limb and the distance between the limbs is 62.5cm. Total length of the U-shape frame is 187.5 cm where as length of each base pipe is 50 cm. The girdle joints are able to withstand up to 400 pounds of force (fig.5). Cumulative height of the exerciser is 67.5 cm where as 90 cm measurement diagonally. Total weight of the exerciser is 10 lbs.

BENEFITS of Nextrainer Body Stabilizer

1. Keep up the elasticity of the spine **(Beginner Level)**
   - Posture correction
   - Coordination exercises, especially lower, middle and upper back strength
   - More than 80 different exercises and stretches can be performed
   - No additional weight required only body weight defines the resistance hence, less complications of the process and lowest injury chances
   - Active and passive stretches can be performed by the individual himself
2. Strength workout for all muscle groups **(Intermediate to Advance Level)**
   - Core muscle group
   - Major muscle group
   - Minor muscle group
   - Stabilizer muscle group
3. Endurance exercises for all muscle groups **(Advance Level)**
   - Core muscle group
   - Major muscle group
   - Minor muscle group
   - Stabilizer muscle group
4. Reflexology
   - Press the foot against the base to obtain the benefits of reflexology
   - Relaxing pressure massage on hamstrings, calves, Soleus and Achilles tendon just by putting legs on NBS

Characteristics of NBS

- Easy storage.
- No maintenance.
- Nearly zero wear and tear prolonged life span of the equipment.
- Chances of injury are almost negligible.
- Easy to assemble and disband.
- Affordable.
- Effective exerciser for general population
- Young adults over the age of 15 years
- Adults.

THE BYWORDS OF THE INVENTION IN WHICH AN EXCLUSIVE PROPERTY OR PRIVILEGE IS CLAIMED ARE DEFINED AS FOLLOWS

The exerciser frame & base

1. A 4.6875 cm diameter mild steel seamless pipe used for upper frame (fig.3)
2. The bent of U-shape frame starts at 45 cm (fig.3)
3. U-shape frame joined with 2 screws below each 50 cm base (fig.5)
4. Four rubber grips on the U-shape frame, rubber knobs at the base are covered with the rubber grips (fig.1, 6)
5. Both ends of U-shape frame are cut crescentic hemispherical shape to fix the base pipe over a rubber grip (fig.2, 7)
6. A 4.6875 cm diameter hard steel seamless pipe used in the base (fig.6)
7. The joint at the base has the ability to withstand 400 lbs of force (fig.5)
8. Total height of the exerciser is 67.5 cm