CLAIMS:

1. An exercise apparatus comprising:

a stationary cushion defining a running surface on which a user may be supported in a standing position, wherein the cushion is configured to receive footfalls of the user from a running impact;

a frame adjacent to the cushion, wherein the frame includes a first portion and a second portion;

a tension adjuster coupled to the second portion, wherein the tension adjuster is moveable relative to the second portion; and

a harness wearable by a user, the harness adjustably connected to the tension adjuster and adjustable to maintain the user in a position over the running surface.

2. The exercise apparatus of claim 1, wherein the tension adjuster is movable in a first direction relative to the second portion to reduce a tension between the harness and the tension adjuster and is movable in a second direction relative to the second portion to increase the tension between the harness and the tension adjuster.

3. The exercise apparatus of claim 1, further comprising a tensionable resistance member extending between the harness and the tension adjuster, wherein movement of the tension adjuster relative to the second portion varies a tension in the tensionable resistance member.

4. The exercise apparatus of claim 3, wherein the tension within the resistance member is adjustable without adding or removing weight to the tension adjuster.

5. The exercise apparatus of claim 3, further comprising an additional resistance member extending between the frame and a point of the user's body.

6. The exercise apparatus of claim 5, wherein the additional resistance member extends between the frame and a wrist of the user.

7. The exercise apparatus of claim 3, further comprising a guide, and wherein the guide is moveable relative to the second portion in order to adjust an angle at which force is applied to the harness.

8. The exercise apparatus of claim 7, wherein the tensionable resistance member pulls in a downward direction on the harness when the guide is located near a bottom of the second portion and the tensionable resistance member pulls in an upward direction on the harness when the guide is located near a top of the second portion.

9. The exercise apparatus of claim 1, further comprising a tensionable resistance member extending between the harness and the tension adjuster, wherein the tension adjuster is movable toward a top of the second portion to reduce a length of the tensionable resistance member for a certain position of the user and the tension adjuster is movable toward a bottom of the second portion to increase the length of the tensionable resistance member for the certain position of the user.

10. The exercise apparatus of claim 1, wherein the cushion comprises at least one of a fluid filled bladder or a foam pad.

11. The exercise apparatus of claim 1, wherein a firmness of the cushion is variable by adding or removing a fluid from the cushion.

12. The exercise apparatus of claim 1, wherein the cushion contains fluid and further comprises a valve configured to change an amount of fluid in the cushion, wherein the running surface of the cushion is adjustable between a first firmness and a second firmness different from the first firmness via the valve.

13. The exercise apparatus of claim 1, further comprising one or more footfall sensors adjacent the running surface to detect when a user's foot impacts the running surface.

14. The exercise apparatus of claim 13, wherein the one or more footfall sensors includes an accelerometer coupled to the running surface.

15. The exercise apparatus of claim 1, wherein the harness is a belt.

16. An exercise apparatus comprising:

a stationary cushion defining a running surface on which a user may be supported in a standing position, wherein the cushion is configured to receive footfalls of the user from a running impact, wherein the cushion includes at least one of a fluid filled bladder or a foam pad;

a frame adjacent to the cushion, wherein the frame includes a first portion and a second portion;

an adjuster coupled to the second portion, wherein the adjuster is moveable relative to the second portion;

a harness wearable by a user; and

a cord extending between the harness and the adjuster.

17. The exercise apparatus of claim 16, wherein movement of the adjuster in a first direction permits movement of the user away from the second portion.

18. The exercise apparatus of claim 16, wherein the cord is inelastic.

19. The exercise apparatus of claim 16, wherein the adjuster permits variation of the position of the user on the running surface of the cushion without adjusting the tension in the cord.

20. An exercise apparatus comprising:

a stationary cushion on which a user may be supported in a standing position, wherein the cushion is positionable on a support surface adjacent a rigid structure, wherein the rigid structure is a segment of an area in which the exercise apparatus is located, wherein the support surface is not joined with the rigid structure, the cushion having a running surface configured to support a user;

an extendable resistance member coupled to the rigid structure and engageable by the user, wherein the extendable resistance member is coupled to the rigid structure by way of an adjuster, and wherein the adjuster is operable to adjust at least one of a tension in the resistance member and a position of the user on the running surface when the resistance member is fully extended.

CLAIMS:

1. An exercise apparatus comprising:

a cushion having a surface on which a user may be supported;

a frame adjacent to the cushion; and

a tensionable resistance member attached to the frame and engageable by the user, wherein the tension within the resistance member is variable for a given position of the user.

2. The exercise apparatus of claim 1, wherein the frame includes a base and an upright extending from the base.

3. The exercise apparatus of claim 2, further comprising a tension adjuster moveable with respect to the upright, and wherein the resistance member extends between the harness and the tension adjuster.

4. The exercise apparatus of claim 3, wherein movement of the tension adjuster with respect to the upright varies the tension in the resistance member.

5. The exercise apparatus of claim 1, wherein the cushion includes at least one of a fluid filled bladder and a foam pad.

6. The exercise apparatus of claim 1, further comprising one or more additional resistance members extending between the frame and various points of the users body.

7. The exercise apparatus of claim 6, wherein at least one of the additional resistance members extends between the frame and the user's wrist.

8. The exercise apparatus of claim 1, wherein the surface of the cushion defines a firmness, and wherein the firmness of the cushion is variable.

9. The exercise apparatus of claim 8, wherein the firmness of the cushion is varied by adding or removing fluid from the cushion.

10. An exercise apparatus comprising:

a cushion having a surface;

a frame adjacent to the cushion;

a tension adjuster coupled to the frame;

a harness wearable by a user; and

a tensionable resistance member extending between the harness and the tension adjuster, wherein the tension adjuster permits variation of the tension within the resistance member.

11. The exercise apparatus of claim 10, wherein the cushion includes at least one of a fluid filled bladder and a foam pad.

12. The exercise apparatus of claim 11, wherein the foam pad includes one or more layers of foam.

13. The exercise apparatus of claim 10, further comprising a guide, and wherein the guide is moveable vertically so as to adjust the angle at which force is applied to the harness.

14. The exercise apparatus of claim 10, further comprising one or more additional resistance members extending between the frame and various points of the user's body.

15. The exercise apparatus of claim 14, wherein at least one of the additional resistance members extend between the frame and the user's wrist.

16. The exercise apparatus of claim 10, wherein the tension adjuster comprises a plate, a pair of guide rods along which the plate moves, and a jackscrew threadably coupled to the plate.

17. An exercise apparatus comprising:

a frame;

a fluid-containing cushion adjacent to the frame having a surface;

a valve for changing the amount of fluid within the cushion so that the surface can be adjusted between a first firmness and a second firmness different from the first firmness;

a harness wearable by a user; and

a resistance member extending between the harness and the frame.

18. The exercise apparatus of claim 17, wherein the cushion includes a fluid filled bladder, and wherein varying the amount of fluid contained within the bladder changes the firmness of the surface.

19. An exercise apparatus comprising:

a frame;

a cushion adjacent the frame and having a surface;

one or more footfall sensors adjacent the surface to detect when a user's foot impacts the surface;

a harness wearable by the user; and

a resistance member extending between the harness and the frame.

20. The exercise apparatus of claim 19, wherein the one or more footfall sensors includes an accelerometer coupled to the surface.

21. The exercise apparatus of claim 19, wherein the one or more footfall sensors includes a pressure sensor to detect changes in pressure in the fluid in the cushion.

22. An exercise apparatus comprising:

a cushion having a surface;

a frame adjacent to the cushion;

an adjuster coupled to the frame;

a harness wearable by a user; and

a cord extending between the harness and the adjuster, wherein the adjuster permits variation of the position of the user on the surface of the cushion.

23. The exercise apparatus of claim 22, wherein the cord is inelastic.

24. The exercise apparatus of claim 22, wherein the adjust permits variation of the position of the user on the surface of the cushion without adjusting the tension in the cord.

25. An exercise apparatus comprising:

a rigid structure;

a cushion positionable on a support surface adjacent the rigid structure, the cushion having a surface configured to support a user;

an extendable resistance member coupled to the rigid structure and engageable by the user.

26. The exercise apparatus of claim 25, wherein the rigid structure includes one of a wall and a partition and a beam.

27. The exercise apparatus of claim 25, wherein the extendable resistance member is coupled to the rigid structure by way of an adjuster, and wherein the adjuster is operable to adjust at least one of the tension in the resistance member and the position of the user on the surface when the resistance member is fully extended.