

PCTWORLD INTELLECTUAL PROPERTY ORGANIZATION
International Bureau

INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(51) International Patent Classification ⁶:

A63B 23/02

A1

(11) International Publication Number:

WO 97/31683

(43) International Publication Date:

4 September 1997 (04.09.97)

(21) International Application Number: PCT/US97/02754

(22) International Filing Date: 25 February 1997 (25.02.97)

(30) Priority Data:

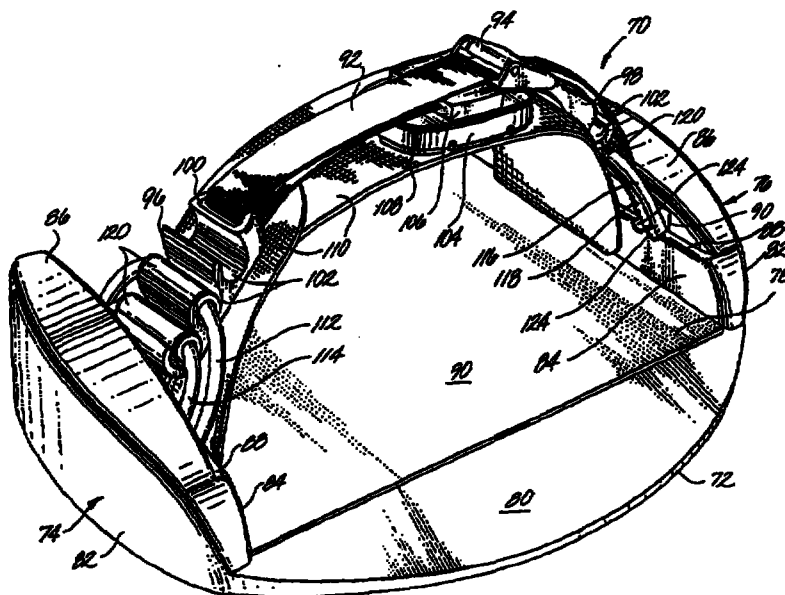
08/607,616	27 February 1996 (27.02.96)	US
Not furnished	13 February 1997 (13.02.97)	US

(71)(72) Applicant and Inventor: CAYNE, Jaeson, D. [US/US];
2917 Managua Place, Carlsbad, CA 92009 (US).(74) Agent: LAMPERT, Gregory, L.; Christie, Parker & Hale,
L.L.P., P.O. Box 7068, Pasadena, CA 91109-7068 (US).(81) Designated States: AL, AM, AT, AU, AZ, BA, BB, BG, BR,
BY, CA, CH, CN, CU, CZ, DE, DK, EE, ES, FI, GB, GE,
HU, IL, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS,
LT, LU, LV, MD, MG, MK, MN, MW, MX, NO, NZ, PL,
PT, RO, RU, SD, SE, SG, SI, SK, TJ, TM, TR, TT, UA,
UG, US, UZ, VN, ARIPO patent (KE, LS, MW, SD, SZ,
UG), Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ,
TM), European patent (AT, BE, CH, DE, DK, ES, FI, FR,
GB, GR, IE, IT, LU, MC, NL, PT, SE), OAPI patent (BF,
BJ, CF, CG, CI, CM, GA, GN, ML, MR, NE, SN, TD, TG).

Published

With international search report.

(54) Title: ABDOMINAL EXERCISING APPARATUS



(57) Abstract

This invention is an abdominal exercise apparatus (70) comprising a platform (72) having two upwardly extending sidewalls (74, 76). Positioned between the sidewalls and over the platform is an adjustable belt (92) including an abdominal pad (104). The belt is connected to the platform by elastic cords (112-118) which extend from either side of the belt through the sidewalls and attach underneath the platform on a series of hooks (122). In use, the belt is tightened across the abdomen of a user so that as the user rotates forward in a "sit-up"-type or "crunch"-type exercise, the abdominal pad and elastic cords provide direct resistance to the abdomen for an isometric and kinetic abdominal exercise.