AMENDED CLAIMS
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1. (Amended) An exercise apparatus comprising:

a resilient ball configured to support a weight of a user performing exercises thereon; ~~and~~

a shell member configured to cover at least an upper portion of the resilient ball, the shell member having an inner surface conforming to an outer surface of the resilient ball; and

a toroidal member attached to the shell member that extends outward of the shell member in a direction away from the resilient ball.

2. (Cancelled).

3. (Amended) The exercise apparatus of claim ~~2~~ 1, wherein the toroidal member is integral with the shell member.

4. (Amended) The exercise apparatus of claim ~~2~~ 1, wherein the toroidal member surrounds the resilient ball below a center point of the resilient ball.

5. (Amended) The exercise apparatus of claim ~~2~~ 1, further comprising:

one or more handles attached to the toroidal member for a user to grasp.

6. The exercise apparatus of claim 5, wherein the one or more handles are provided in a plane parallel to a ground surface on which the resilient ball rests.

7. The exercise apparatus of claim 5, wherein the one or more handles are provided in a plane perpendicular to a ground surface on which the resilient ball rests.

8. The exercise apparatus of claim 5, wherein the one or more handles are integral with the toroidal member.

9. The exercise apparatus of claim 5, wherein two handles are attached to the toroidal member on opposite ends of the toroidal member.

10. (Amended) The exercise apparatus of claim ~~2~~ 1, further comprising:

one or more platform portions attached to the toroidal member where a user's forearm or leg can rest.

11. The exercise apparatus of claim 10, wherein the one or more platform portions are provided in a plane parallel to a ground surface on which the resilient ball rests.

12. The exercise apparatus of claim 10, wherein the one or more platform portions are integral with the toroidal member.

13. The exercise apparatus of claim 10, wherein two platform portions are attached to the toroidal member on opposite ends of the toroidal member.

14. (Amended) The exercise apparatus of claim ~~2~~ 1, wherein the resilient ball is one of a exercise ball, medicine ball, Swiss ball, balance ball, birth ball, body ball, ball, fitness ball, gym ball, gymnastic ball, physioball, pilates ball, Pezzi ball, sports ball, stability ball, Swedish ball, therapy ball, or yoga ball.

15. (Amended) The exercise apparatus of claim ~~2~~ 1, wherein the shell member has one or more voids within its structure to reduce weight of the shell member.

16. The exercise apparatus of claim 1, further comprising:

one or more handles attached to the shell member for a user to grasp.

17. The exercise apparatus of claim 16, wherein the one or more handles are provided in a plane parallel to a ground surface on which the resilient ball rests.

18. The exercise apparatus of claim 16, wherein the one or more handles are provided in a plane perpendicular to a ground surface on which the resilient ball rests.

19. The exercise apparatus of claim 16, wherein the one or more handles are integral with the shell member.

20. The exercise apparatus of claim 16, wherein two handles are attached to the shell member on opposite ends of the shell member.

21. The exercise apparatus of claim 1, further comprising:

one or more platform portions attached to the shell member where a user's forearm or leg can rest.

22. The exercise apparatus of claim 21, wherein the one or more platform portions are provided in a plane parallel to a ground surface on which the resilient ball rests.

23. The exercise apparatus of claim 21, wherein the one or more platform portions are integral with the shell member.

24. The exercise apparatus of claim 21, wherein two platform portions are attached to the shell member on opposite ends of the shell member.

25. The exercise apparatus of claim 1, wherein the shell member encases the upper portion of the resilient ball.

26. The exercise apparatus of claim 25, wherein the shell member encases at least 50% of the upper portion of the resilient ball.

27. An exercise apparatus comprising:

a shell member configured to cover at least an upper portion of a resilient ball, the shell member having an inner surface conforming to an outer surface of a resilient ball; and

a toroidal member attached to a bottom portion of the shell member configured to surround a portion of the resilient ball;

wherein the toroidal member is configured to be grasped by a user.

28. An exercise apparatus comprising:

a resilient ball configured to support a weight of a user performing exercises thereon;

a shell member configured to encase at least 50% of an outer surface of the resilient ball such that the resilient ball cannot be detached from the shell member by lifting the shell member, the shell member having an inner surface conforming to an outer surface of the resilient ball and being slidable relative thereto;

a toroidal member attached to the shell member configured to surround a portion of the resilient ball; and

at least two handles attached to the toroidal member on substantially opposite sides for a user to grasp.

WHAT IS CLAIMED IS:

1. An exercise apparatus comprising:

a resilient ball configured to support a weight of a user performing exercises thereon;

a shell member configured to cover at least a topmost portion of the resilient ball, the shell member having an inner surface conforming to an outer surface of the resilient ball, wherein the inner surface of the shell member is configured to allow the resilient ball to roll relative to the shell member when the shell member is pressed against the resilient ball by the weight of the user;

a toroidal member that surrounds an outer surface of the shell member below the topmost portion of the resilient ball and extends from the outer surface of the shell member in a direction away from the resilient ball;

at least one handle fixed to the toroidal member and configured for the user to grasp; and

at least one platform portion fixed to the toroidal member and configured for a forearm, leg or foot of the user to be placed thereon.

2. The exercise apparatus of claim 1, wherein the toroidal member is integral with the shell member.

3. The exercise apparatus of claim 1, wherein the toroidal member surrounds the resilient ball below a center point of the resilient ball.

4. The exercise apparatus of claim 1, wherein the at least one handle comprises two handles attached to the toroidal member each on opposite ends of the toroidal member.

5. The exercise apparatus of claim 4, wherein the two handles are provided in a plane parallel to a ground surface on which the resilient ball rests.

6. The exercise apparatus of claim 4, wherein the two handles are provided in a plane perpendicular to a ground surface on which the resilient ball rests.

7. The exercise apparatus of claim 4, wherein the two handles are integral with the toroidal member.

8. The exercise apparatus of claim 1, wherein two platform portions are attached to the toroidal member each on opposite ends of the toroidal member.

9. The exercise apparatus of claim 8, wherein the platform portions are provided in a plane parallel to a ground surface on which the resilient ball rests.

10. The exercise apparatus of claim 8, wherein the platform portions are integral with the toroidal member.

11. The exercise apparatus of claim 1, wherein the resilient ball is an exercise ball, medicine ball, sports ball, or stability ball.

12. The exercise apparatus of claim 1, wherein the shell member has one or more voids within its structure to reduce weight of the shell member.

13. The exercise apparatus of claim 1, wherein the shell member covers at least 50% of the resilient ball.

14. An exercise apparatus comprising:

a shell member configured to cover at least a topmost portion of a resilient ball, the shell member having an inner surface conforming to an outer surface of the resilient ball, wherein the inner surface of the shell member is configured to allow the resilient ball to roll relative to the shell member when the shell member is pressed against the resilient ball by a weight of a user;

a toroidal member attached to and surrounding a bottom portion of the shell member below the topmost portion of the resilient ball, the toroidal member extending from an outer surface of the shell member in a direction away from the resilient ball;

at least one handle fixed to the toroidal member and configured for ~~a~~ the user to grasp; and

at least one platform portion fixed to the toroidal member and configured for a forearm, leg or foot of the user to be placed thereon.

15. An exercise apparatus comprising:

a resilient ball configured to support a weight of a user performing exercises thereon;

a shell member configured to encase at least 50% of an outer surface of the resilient ball such that the resilient ball cannot be detached from the shell member by lifting the shell member, the shell member having an inner surface conforming to an outer surface of the resilient ball and being configured to allow the resilient ball to roll relative to the shell member when the shell member is pressed against the resilient ball by the weight of the user;

a toroidal member attached to and surrounding an outer surface of the shell member below a top portion of the resilient ball, the toroidal member extending from the outer surface of the shell member in a direction away from the resilient ball;

at least two handles fixed to the toroidal member on substantially opposite sides for ~~a~~ the user to grasp; and

at least two platform portions fixed to the toroidal member on substantially opposite sides and configured for a forearm, leg or foot of the user to be placed thereon.

16. The exercise apparatus of claim 14, wherein the at least one handle comprises two handles attached to the toroidal member each on opposite ends of the toroidal member.

17. The exercise apparatus of claim 16, wherein the two handles are integral with the toroidal member.

18. The exercise apparatus of claim 14, wherein the at least one platform portion comprises two platform portions attached to the toroidal member each on opposite ends of the toroidal member.

19. The exercise apparatus of claim 18, wherein the two platform portions are integral with the toroidal member.

20. The exercise apparatus of claim 15, wherein the at least two handles are integral with the toroidal member.

21. The exercise apparatus of claim 15, wherein the at least two platform portions are integral with the toroidal member.