CLAIMS

What is claimed is:

1. A plank exercise device comprising:

a support portion adapted to receive arms or hands of a person and adapted to receive a display device;

a stationary base; and

a destabilizer operatively coupled to the support portion and the stationary base, wherein the stationary base is adapted to be stationary with respect to a support surface when the stationary base is on the support surface; and a plurality of load sensors mounted to the stationary base that sense forces and are in communication with a microcontroller wherein the microcontroller is capable of communicating information to the display device.

2. The plank exercise device of claim 1 wherein the destabilizer comprises a pivot ball mounted to a collar.

3. The plank exercise device of claim 2, wherein at least a portion of the pivot ball is in the stationary base.

4. The plank exercise device of claim 2 wherein the pivot ball has a diameter of between 4 inches to 8 inches.

5. The plank exercise device of claim 1 wherein the support portion is configured to tilt in a side tilting position throughout an entire range of 0 degrees to 35 degrees; and the stationary base adapted to hold the destabilizer.

6. The plank exercise device of claim 5 wherein the support portion is configured to tilt forward throughout an entire range of 0 degrees to 19 degrees.

7. The plank exercise device of claim 5 wherein the support portion is configured to tilt backward throughout an entire range of 0 degrees to 27 degrees.

8. The plank exercise device of claim 1, wherein the destabilizer is adapted to destabilize the support portion relative to the stationary base and the support surface.

9. The plank exercise device of claim 8, wherein the destabilizer is adapted to destabilize the arms or the hands of the person when the arms or the hands are received by the support portion by destabilizing the support portion.

10. The plank exercise device of claim 1 wherein the destabilizer comprises a ball bearing turntable.

11. The plank exercise device of claim 1 wherein the destabilizer comprises a spring.

12. The plank exercise device of claim 1 wherein the destabilizer comprises a plurality of pivot balls.

13. The plank exercise device of claim 1 wherein the destabilizer is mounted between four percent to 12 percent off-center from a center line of the support portion.

14. The plank exercise device of claim 1 further comprising a plurality of stops connected to the underside of the support portion.

15. The plank exercise device of claim 1 wherein the support portion is generally trapezoidal in shape.

16. The plank exercise device of claim 1, wherein the destabilizer is between the support portion and the stationary base.

17. The plank exercise device of claim 1, wherein the stationary base comprises a non-slip feet adapted to reduce movement of the stationary base relative to the support surface.

18. The plank exercise device of claim 1, wherein the stationary base comprises a pad adapted to reduce movement of the stationary base relative to the support surface.

19. A method of playing a game on an exercise device comprising the steps of:

placing a user's arms or hands on a support portion of the exercise device, the support portion adapted to receive the arms or hands of the user and wherein the support portion is configured to tilt in a side tilting position, a forward tilting position, and a backward tilting position;

wherein the support portion k adapted to receive a display device and the exercise device further comprises a stationary base, a destabilizer operatively coupled to the support portion and the stationary base, wherein the stationary base R adapted to be stationary with respect to a support surface when the stationary base is on the support surface and a plurality of load sensors mounted to the stationary base that sense forces and are in communication with a microcontroller wherein the microcontroller is capable of communicating information to the display device

executing a game on a display device;

tilting the support portion in response to a screen displayed on the display device.