



(43) International Publication Date
27 December 2012 (27.12.2012)

- (51) International Patent Classification:
A63B 26/00 (2006.01)
- (21) International Application Number:
PCT/US2012/043600
- (22) International Filing Date:
21 June 2012 (21.06.2012)
- (25) Filing Language: English
- (26) Publication Language: English
- (30) Priority Data:
61/499,240 21 June 2011 (21.06.2011) US
- (72) Inventor; and
- (71) Applicant : DOYLE, Brian [US/US]; 309 Avenue C,
Apt. 10E, New York, NY 10009 (US).
- (74) Agents: GOLDSMITH, Amy, B. et al.; Tarter, Krinsky &
Drogin, LLP, 1350 Broadway, New York, NY 10018 (US).
- (81) Designated States (unless otherwise indicated, for every
kind of national protection available): AE, AG, AL, AM,
AO, AT, AU, AZ, BA, BB, BG, BH, BR, BW, BY, BZ,

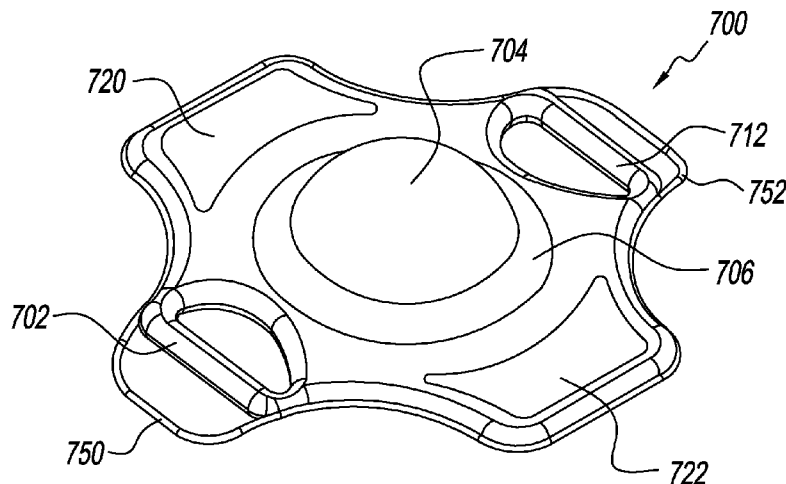
CA, CH, CL, CN, CO, CR, CU, CZ, DE, DK, DM, DO,
DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, GT, HN,
HR, HU, ID, IL, IN, IS, JP, KE, KG, KM, KN, KP, KR,
KZ, LA, LC, LK, LR, LS, LT, LU, LY, MA, MD, ME,
MG, MK, MN, MW, MX, MY, MZ, NA, NG, NI, NO, NZ,
OM, PE, PG, PH, PL, PT, QA, RO, RS, RU, RW, SC, SD,
SE, SG, SK, SL, SM, ST, SV, SY, TH, TJ, TM, TN, TR,
TT, TZ, UA, UG, US, UZ, VC, VN, ZA, ZM, ZW.

- (84) Designated States (unless otherwise indicated, for every
kind of regional protection available): ARIPO (BW, GH,
GM, KE, LR, LS, MW, MZ, NA, RW, SD, SL, SZ, TZ,
UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, RU, TJ,
TM), European (AL, AT, BE, BG, CH, CY, CZ, DE, DK,
EE, ES, FI, FR, GB, GR, HR, HU, IE, IS, IT, LT, LU, LV,
MC, MK, MT, NL, NO, PL, PT, RO, RS, SE, SI, SK, SM,
TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW,
ML, MR, NE, SN, TD, TG).

Published:

- with international search report (Art. 21(3))
— with amended claims and statement (Art. 19(1))

(54) Title: DEVICE AND METHOD FOR PERFORMING EXERCISES USING A FREELY ROTATING BALL



(57) Abstract: Exemplary embodiments of an exercise apparatus and its method of use are provided. An exercise apparatus can be provided having 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 can have an inner surface conforming to an outer surface of the resilient ball. A toroidal member can be provided that can be attached to the shell member and can surround a portion of the resilient ball.