EXERCISE APPARATUS

CROSS-REFERENCE TO RELATED APPLICATION

[0001] This application claims the benefit of and priority to U.S. Provisional Patent Application No. 61/318,085 filed March 26, 2010, the entire contents of which are hereby incorporated by reference

FIELD OF THE INVENTION

[0002] The present invention relates to exercise equipment, and more specifically to cardiovascular exercise equipment.

BACKGROUND

[0003] Cardiovascular exercise equipment works the heart, lungs, and various muscle groups to improve a user's endurance and strength. The devices typically require the user to run, jog, walk, bike, climb, and the like for a prolonged period of time to build up the lungs and heart, as well as promote muscle health. Typical cardiovascular equipment includes treadmills, elliptical machines, exercise bikes, steppers, and the like.

SUMMARY

[0003a] According to a first aspect of the present invention, there is provided 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.

[0003b] According to a second aspect of the present invention, there is provided 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.

[0003c] According to a third aspect of the present invention, there is provided 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.

[0004] As disclosed~~In some exemplary embodiments~~, an exercise apparatus is provided. The exercise apparatus includes a cushion having a surface on which a user may be supported, a frame adjacent to the cushion, and a resistance member attached to the frame and engageable by the user, where the tension within the resistance member is variable for a given position of the user.

[0005] As disclosed~~In another exemplary embodiment~~, an exercise apparatus is provided. The exercise apparatus includes 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 resistance member extending between the harness and the tension adjuster. Where the tension adjuster permits variation of the tension within the resistance member.

[0006] As disclosedIn yet another exemplary embodiment, an exercise apparatus is provided. The exercise apparatus includes 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.

[0007] As disclosedIn yet another exemplary embodiment, an exercise apparatus is provided. The exercise apparatus includes 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.

[0008] As disclosedIn yet another exemplary embodiment, an exercise apparatus is provided. The exercise apparatus includes 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, where the adjuster permits variation of the position of the user on the surface of the cushion.

[0009] As disclosedIn yet another exemplary embodiment, an exercise apparatus is provided. The exercise apparatus includes a rigid structure, a cushion positionable on a support surface adjacent the rigid structure, the cushion having a surface configured to support a user, and an extendable resistance member coupled to the rigid structure and engageable by the user.

BRIEF DESCRIPTION OF THE DRAWINGS

[0010] Fig. 1 is a perspective view of the exercise apparatus.

[0011] Fig. 2 is a side view of the exercise apparatus of Fig. 1.

[0012] Fig. 3 is a front view of the exercise apparatus of Fig. 1.

[0013] Fig. 4a is a detailed view of the upright of the exercise apparatus of Fig. 1 with the cover removed.