

COMBINATION GRIP FOR AN EXERCISE DEVICE

TECHNICAL FIELD

[0001] Certain embodiments disclosed herein relate to exercise devices, and in particular, to grips for an exercise device having an inelastic strap that is easily configurable for use in performing a wide variety of exercises.

BACKGROUND ART

[0002] Resistance exercise devices allow a user to exercise by providing a resistance to the movement of a user's arms, legs, or torso. The term "resistance exercise device" as used herein denotes exercise devices where resistance is provided by working one muscle against another, or by working against the weight of the user, and may include elastic bands to provide an increased resistance force. More specifically, resistance exercise devices, as used herein, do not include a significant or additional weight against which the user exercises. The usefulness of these devices depends, in part, on the ease with which a user can perform different types of exercises, the range or number of exercises that can be performed with the device, and the ease with which different users can adjust the device according to their height, weight, strength, and/or physical limitations. In addition, resistance exercise devices are often lightweight and may be portable.

[0003] Resistance exercise devices having elastic bands typically restrict the motion of a user's arms and/or legs, or the motion between the user and a support structure. Elastic exercise devices can be small, even portable, but have limited usefulness that result from their resistance characteristics, which depend on the length and elasticity of the elastic band. As a result of these characteristics, the elastic bands are useful for a specific length range, thus restricting the diversity of exercises for which it can be used. In addition, it may not be possible for different users to use the same device for the same exercise due to differences in height, weight, or strength between different users. Thus, for an elastic device to be generally useful, such as to provide a complete workout or to allow for different users, a plurality of elastic bands are required that must be easily interchangeable. No known prior art device provides the ease of use necessary to be generally useful across a wide range of exercises.

[0004] Another limitation of elastic resistance exercise devices is that the resistance is inconsistent and increases with increasing displacement, and also tends to snap back when the user decreases his or her effort. While this resistance response provides for a compact design, it is problematic as it does not recreate the resistance encountered by muscles during more natural types of exercising, such as running, swimming, etc. Yet another limitation of elastic devices is the inability to support a wide range of weight of the user – typically the devices are adapted to

support only the resistance provided by the user's muscles. This creates extreme limitations in the exercises that can be performed by any individual elastic device. For this reason, elastic devices must be used over a limited range of stances, further limiting the user's workout.

[0005] Another type of resistance exercise device provides an inelastic strap that is attachable to a fixed location such as, for example, a door. These devices may overcome some of the limitations of the elastic devices previously discussed by providing inelastic straps that can be anchored between a door and a door jamb. One of these devices has a fixed length strap attached to a door through a pulley system that allows the user to exercise by moving the arms in opposite directions. Another of these devices has a pair of fixed length straps anchored to a door. Both of these devices are of limited usefulness because of their fixed length and the range of exercises for which they can be used.

[0006] There is a need to provide a resistance exercise device that is easily adjustable so that it can provide a complete workout for any user, including adjustments that allow a wide range of stances and exercises, and that provides resistance to the user's motion in a form that is useful for exercising.

DISCLOSURE OF INVENTION

[0007] In one embodiment, an exercise device comprises an inelastic portion having grips of different types. The device, which may include an anchor for fixing the device to a stationary object, is preferably adjustable over a range of lengths, and that can provide resistance ranging from nearly zero to the full body weight of the user.

[0008] As used herein, the noun "grip" encompasses any device that is interlockable with part of the human body, that is it can be connected in such a way that a person can transfer a force to the grip, preferably a force equal to some or all of the person's weight, and the verb "grip," when used herein, refers to the action of interlocking the device and a body part. When used in an exercise device, a grip is attached to other elements that permit the force to be transferred to another object, including but not limited to a stationary support, a device that can store or release energy, such as an elastic cord or a spring, or another body part. Grips include devices that can be surrounded by a body part, for example flexible loop or a hook, or that a body part can surround, for example an elongated member that can fit within the grasp of the hand. In this context, a member that can be gripped, or is grippable, is one that can surround a body part or can be surrounded by a body part, and has a size and configuration that permits the transfer of forces from the user to the grip. A "hand grip" is grip that is sized for grasping by the hand.

[0009] In understanding the scope of the present invention, the term “comprising” and its derivatives, as used herein, are intended to be open ended terms that specify the presence of the stated features, elements, components, and/or steps, but do not exclude the presence of other unstated features, elements, components, and/or steps. The foregoing also applies to words having similar meanings such as the terms, "including", "having" and their derivatives.

[0010] In certain embodiments, the grip at one or more ends of an inelastic portion is configured as a combination of grips, such that the user may exercise, for example, by supporting either the hand or the foot.

[0011] In certain embodiments, an exercise device comprises an inelastic portion having at least one end, a hand grip attached to the at least one end; and a loop attached to the end, where the exercise apparatus is adapted to support the weight of a user of the exercise device by the hand grip, the loop, or some combination thereof.

[0012] In certain embodiments, an exercise device comprises an inelastic portion having at least one end, a hand grip attached to the at least one end; and a loop attached to the end, where the exercise apparatus is adapted to support the weight of a user of the exercise device by the hand grip, the loop, or some combination thereof. The exercise device further comprises a hand grip including a rigid portion sized to a hand, and a loop is sized to a foot.

[0013] In certain embodiments, an exercise device comprises an inelastic portion having at least one end, a hand grip attached to the at least one end; and a loop attached to the end, where the exercise apparatus is adapted to support the weight of a user of the exercise device by the hand grip, the loop, or some combination thereof. The exercise device further comprises a hand grip integrally attached to an end of the exercise device.

[0014] In certain embodiments, an exercise device comprises an inelastic portion having at least one end, a hand grip attached to the at least one end; and a loop attached to the end, where the exercise apparatus is adapted to support the weight of a user of the exercise device by the hand grip, the loop, or some combination thereof. The exercise device further comprises a hand grip and a loop integrally attached to the hand grip.

[0015] In certain embodiments, an exercise device comprises an inelastic portion having at least one end, a hand grip attached to the at least one end; and a loop attached to the end, where the exercise apparatus is adapted to support the weight of a user of the exercise device by the hand

grip, the loop, or some combination thereof. The exercise device further comprises a hand grip and a loop removably attached to the hand grip.

[0016] In certain embodiments, an exercise device comprises an inelastic portion having at least one end, a hand grip attached to the at least one end; and a loop attached to the end, where the exercise apparatus is adapted to support the weight of a user of the exercise device by the hand grip, the loop, or some combination thereof. The exercise device further comprises a loop of adjustable length.

[0017] In certain embodiments, an exercise device comprises an inelastic portion having at two ends, a hand grip attached to each end; and a loop attached to end, where the exercise apparatus is adapted to support the weight of a user of the exercise device by the hand grip, the loop, or some combination thereof.

[0018] Certain embodiments are summarized above. However, despite the foregoing discussion of certain embodiments, only the appended claims (and not the present summary) are intended to define the invention(s). The summarized embodiments, and other embodiments, will become readily apparent to those skilled in the art from the following detailed description of the preferred embodiments having reference to the attached figures, the invention(s) not being limited to any particular embodiment(s) disclosed.

BRIEF DESCRIPTION OF DRAWINGS

[0019] FIG. 1 is a schematic front view of one embodiment of an exercise device as anchored between a door and door jamb;

[0020] FIG. 2 is a partial schematic sectional view 2-2 of FIG. 1 showing the exercise device anchored between a door and door jamb;

[0021] FIG. 3 is illustrative of a user performing a high row exercise with the exercise embodiment of FIG. 1;

[0022] FIG. 4 is a perspective view of another embodiment of an exercise device;

[0023] FIGS. 5A and 5B are views of the anchor portion of the exercise device of FIG. 4, where FIG. 5A is a perspective view, and FIG. 5B is sectional view 5B-5B;

[0024] FIG. 6 is a schematic top view of the elongated member of the embodiment shown in FIG. 4 having two lengthening mechanisms and two hand grips;

[0025] FIG. 7 is a perspective view showing details of the grip and the lengthening mechanism of the embodiment of FIG. 4;

[0026] FIG. 8 is a sectional view 8-8 of FIG. 7 showing the hand grip;

[0027] FIG. 9A is a perspective view showing details of the slack sleeves of the embodiment of FIG. 4;

[0028] FIG. 9B is a sectional view 9B-9B of FIG. 9A showing details of the cam buckle and attachment of the slack sleeves to the cam buckle;

[0029] FIG. 10 is a schematic top view of an alternative elongated member embodiment having one lengthening mechanism and two finger grips;

[0030] FIG. 11 is schematic sectional view 11-11 of the finger grip embodiment of FIG. 10;

[0031] FIGS. 12A-12D are schematic drawings illustrating one embodiment of a lengthening and centering of the exercise device, where FIG. 12A is the initial configuration, FIG. 12B illustrates lengthening the elongated member, further illustrated in FIGS. 12B' and 12B'', FIG. 12C shows the application of force to the shorter leg of the elongated member, and FIG. 12D shows the application of force to the grips during an exercise;

[0032] FIGS. 13A-13C are schematic drawings illustrating the one embodiment of a lengthening and adjusting of the exercise device having differing arm lengths, where FIG. 13A is the initial configuration, FIG. 13B shows the application of force to one of the pair of legs, and FIG. 13C shows the application of force to the grips during an exercise;

[0033] FIG. 14A is an alternate embodiment anchor that can be used for attaching the exercise device to a pole or railing, and FIG. 14B is a exercise device anchored to a pole using the alternative anchoring embodiment of FIG. 14A;

[0034] FIGS. 15A-15I illustrate poses of a user using an embodiment of an exercise device to perform exercises, where FIG. 15A is a reverse combination crunch, FIG. 15B is a single leg L-squat, FIG. 15C is a gymnast dip, FIG. 15D is a kneeling combination crunch, FIG. 15E is a lying leg curl, FIG. 15F is a hip lift, FIG. 15G is a front shoulder raise, FIG. 15H is a crunch, and FIG. 15I is a triceps extension;

[0035] FIGS. 16A and 16B illustrate an embodiment of the exercise device for doing one handed exercises, where FIG. 16A shows interlocking the handles for one handed exercises, and FIG. 16B illustrates the use of the exercise device in performing a one arm high row exercise;

[0036] FIGS. 17A and 17B show an embodiment of a foot grip accessory as attached to a grip of an exercise device, where FIG. 17A illustrates the foot grip accessory gripped by the user's toes, and FIG. 17B illustrates a pair of foot grip accessories with one accessory on each of the pair of grips of an exercise device and grasped by one of the user's heels;

[0037] FIGS. 18A, 18B, 18C and 18D show a first embodiment of the foot grip accessory of FIGS. 17A-B, where FIG. 18A is a perspective view of the foot grip accessory, FIG. 18B is a bottom view of the foot grip accessory, FIG. 18C is a side view of part of one of the grip attachment portions, and FIG. 18D is a top view of part of one of the grip accessory attachment portions;

[0038] FIGS. 19A, 19B, and 19C show an embodiment of a finger grip accessory as attached to a grip of an exercise device, where FIG. 19A illustrates the one finger placed through one of the loops, FIG. 19B illustrates one finger be placed through each of the two loops, and FIG. 19C shows two fingers placed through each of the two loops;

[0039] FIGS. 20A, 20B, and 20C show one embodiment of the finger grip accessory of FIGS. 19A-C, where FIG. 20A is a perspective view of the finger grip accessory, FIG. 20B is a top view 20B-20B of the finger grip accessory, and FIG. 20C is a sectional side view 20C-20C of the finger grip accessory;

[0040] FIGS. 21A, 21B, and 21C shown an embodiment of a grip accessory as attached to a grip of an exercise device, where FIG. 21A illustrates a hand gripping three cords, FIG. 21B illustrates the hand gripping two cords, and FIG. 21C illustrates the hand gripping one cord;

[0041] FIGS. 22A, 22B, 22C, and 22D show one embodiment of the grip accessory of FIGS. 21A-C, where FIG. 22A is a perspective view of the grip accessory, FIG. 22B is a top view of the grip accessory, FIG. 22C is a bottom view of the grip accessory, and FIG. 22D is sectional side view 22D-22D of FIG. 22C;

[0042] FIG. 23 shows another alternative embodiment anchor;

[0043] FIG. 24 illustrates the use of the anchor of FIG. 23 to anchor an exercise device to a tree;

[0044] FIGS. 25 and 26 shows an embodiment of a bracket for securing an exercise device by an enlarged first end of an anchor, where FIG. 25 is a perspective front view of a bracket for mounting an exercise device, and FIG. 26 illustrates the use of the bracket to anchor the exercise device;

[0045] FIG. 27 is a perspective view of a first embodiment combination grip; and

[0046] FIG. 28 is a perspective view of a second embodiment combination grip.

[0047] Reference symbols are used in the Figures to indicate certain components, aspects or features shown therein, with reference symbols common to more than one Figure indicating like components, aspects or features shown therein.

BEST MODE(S) FOR CARRYING OUT THE INVENTION

[0048] Although certain preferred embodiments and examples are disclosed below, it will be understood by those skilled in the art that the inventive subject matter extends beyond the specifically disclosed embodiments to other alternative embodiments and/or uses of the invention, and to obvious modifications and equivalents thereof. Thus it is intended that the scope of the inventions herein disclosed should not be limited by the particular disclosed embodiments described below. For purposes of contrasting various embodiments with the prior art, certain aspects and advantages of these embodiments are described where appropriate herein. Of course, it is to be understood that not necessarily all such aspects or advantages may be achieved in accordance with any particular embodiment. Modifications and variations can be made by one skilled in the art without departing from the spirit and scope of the invention including, but not limited to: the use of inelastic members, which are described herein as straps, that are round or have some other cross-sectional shape, and/or which are formed from two or more members joined together, as by stitching or with an adhesive; or the use of different mechanisms for adjusting the length of inelastic member that are known in the field including, but not limited to, cam buckles, hooks, or winding the inelastic member about a rigid element. Moreover, any one or more features of any embodiment of the invention may be combined with any one or more other features of any other embodiment of the invention, without departing from the scope of the invention.

[0049] Disclosed herein is an inelastic exercise device that is supported by, or that can be easily attached to, a supporting structure, and that allows a user to perform a large number of exercises by easily adjusting the length of the device and thereafter balancing the device as the user transfers his weight to the device. Several of the features will now be illustrated with reference to

FIGS. 1-3, which show the set-up and use of an embodiment of an exercise device, and which is not meant to limit the scope of the present invention. FIG. 1 is a schematic front view of one embodiment of exercise device **100** that is anchored at a point **A** between a door **D** and door jamb **J**. FIG. 2 is a partial sectional view 2-2 of FIG. 1 taken through door **D** and showing exercise device **100** in profile, and FIG. 3 is illustrative of a user **U** exercising with the exercise device of FIG. 1.

[0050] Exercise device **100** includes an anchor **110** and an elongated member **120** having a pair of arms **122**, indicated as a first arm **122a** and a second arm **122b**, on either side of the anchor, as shown schematically in FIGS. 1 and 2. A pair of grips **123** is provided, with one positioned at each end **121** of each arm **122**, specifically first arm **122a** has a first grip **123a**, and second arm **122b** has a second grip **123b**. Elongated member **120** is substantially inelastic and flexible with a length **S** between the pair of grips **123**, and includes a strap or cord or other inelastic, flexible member, and a lengthening mechanism **135** that provides for increasing or decreasing the length **S**, as indicated by double arrows ΔS .

[0051] Anchor **110** is used to provide a fixed anchor point for exercise device **100** and to support a user's weight as it is applied to arms **122** as indicated by an arrow **F** in FIG. 2 and as shown in FIG. 3. As shown in FIG. 2, anchor **110** is adapted for positioning exercise device **100** in a door and providing support to elongated member **120** by having an enlarged portion **111**, a portion **113** that can be strap or cord, and an approximately triangular shaped loop **115** for slidably supporting the elongated member. With enlarged portion **111** on the opposite side of door **D** from elongated member **120**, anchor **110** supports the weight of a user as grips **123** are pulled. In addition, anchor **110** provides for positioning the relative length of arms **122** as shown in FIG. 1 by double arrow **C**. Thus, the total length of elongated member **120** and distribution of that length between each of arms **122** can be easily adjusted through the lengthening mechanism **135** and by pulling the ends of the elongated member. FIG. 2 shows arms **122** each having a length **L**.

[0052] When supported by a structure, such as door **D** (shown in FIGS. 1-3) or a railing, pole or other support member (not shown) the inventive exercise device provides a pair of grips for a user to exercise against her weight according to the user's position relative to the device, and provides for easily adjusting the length of the device. As described below, the inventive device can be used to exercise in any one of a large number of orientations according to the selected adjustable length and according to where and how the user stands relative to the exercise device. In general, a user sets the exercise device to a desired length, positions herself on the ground near the exercise device, supports a portion of her body weight from the exercise device by her hands

or feet, and exercises by moving her body with her weight supported by the ground and the exercise device. Examples of support on the ground and exercise device include, but are not limited to, standing on one or both legs, lying on the stomach or the back, kneeling, or by having the hands on the ground, and having the exercise device support ones weight by the hands or feet, as appropriate.

[0053] With reference to FIG. 3, a user **U** is shown in one of the many exercise positions, in particular a high row exercise, gripping the pair of grips **123** with the user's hands and having the user's feet placed a horizontal distance **X** from anchor point **A**. When anchored to a door, it is preferred that anchor point **A** is on the inwards side of the door (that is, that the door open away from user **U**) so that jamb **J** can support the user's weight. The user **U** is shown leaning away from anchor point **A** and supporting a fraction of his or her weight through device **100**. It is apparent that user **U** can vary the amount of supported weight, and thus the resistance of exercise device **100**, by adjustment of his or her stance relative to anchor point **A** (distance **X**) and the length of arms **122** (length **L**). The user **U** of FIG. 3 performs a high row exercise by moving his body in a direction **E** towards and away from anchor point **A**. Note that other exercises are also possible with the user in this position by the user moving in other directions with the user's weight supported by the ground and exercise device **100**.

[0054] Several embodiments will now be described with reference to the drawings. These embodiments are meant to illustrate the invention, and are not meant to limit the scope of the invention.

[0055] FIGS. 4-9 are various views of another embodiment of an exercise device **400**. Referring first to FIG. 4, a perspective view of exercise device **400** is shown as including an anchor **410** and an elongated member **420**. Anchor **410** includes an inelastic, flexible strap **413** having an enlarged first end **411** that is wider than the strap, and a second end that forms a loop **415**. Elongated member **420** passes through loop **415**, defining a pair of arms **422**, indicated as arm **422a** and **422b**. Each arm **422** has a respective end **421**, shown as end **421a** and **421b**, each forming a loop **425**, shown as loop **425a** and **425b**, to support one of a pair of grips **423**, shown as grip **423a** and **423b**. Elongated member **420** also includes a pair of lengthening devices or buckles **435**, shown as buckle **435a** and **435b**, at either end of a central strap **429** that provides for the adjustment of the length of the elongated member. Specifically, strap **429** has a pair of ends **431**, indicated as **431a** and **431b**, that pass through buckle **435a** and **435b**, respectively. As described subsequently, elongated member **420** is substantially inelastic, with the length of the elongated member being adjustable through the action of one or both of the pair of buckles **435**.

[0056] FIGS. 4, 5A and 5B present several views of anchor 410, where FIG. 5A is a perspective view of the anchor and FIG. 5B is a sectional view 5B-5B of the anchor. As noted previously, anchor 410 includes an inelastic, flexible strap 413. It is preferred that the majority of lengths of anchor 410 and elongated member 420 are formed of materials that include, but are not limited, to straps of a webbing of a natural or synthetic material having a strength sufficient to support the weight of a device user. Preferred webbings include, but are not limited to, webbings made of nylon, polypropylene or other polymeric fibers. It is understood that a single length of flexible material can alternatively comprise two or more pieces that are stitched, glued, or otherwise attached to one another. It is preferred that the length of anchor 410 is from 6 to 18 inches, or more preferably, approximately 12 inches.

[0057] Strap 413 has an enlarged first end 411 that is wider than the strap, and a second end 417 that is attached to the strap so as to form a loop 415. As shown in FIG. 5B, strap 413 has an end 502 forming the core of first end 411. Since one of the intended uses of anchor 410 is to anchor exercise device 400 between a door and jamb, it is preferable that the end 411 include materials that are soft enough to prevent damage to a wood door or door frame, yet be sturdy enough to support the weight of a user. One embodiment that is soft yet sturdy is shown in FIG. 5B. Specifically, strap end 502 is partially surrounded by a recessed enclosure 505 and a pillow 507 that covers the strap end and the enclosure. Strap end 502 can further be held within end 411 by gluing and stitching the strap end to enclosure 505 and pillow 507, and by closing the pillow with one or more stitches 509. Strap 413 passes into first end 411 through a slot 504 in enclosure 505 and through slot 501 in pillow 507. In a preferred embodiment, first end 411 is approximately 3.5" by 2.5" and is oriented approximately perpendicular to strap 413. It is also preferred that enclosure 505 is formed of a high-density, closed cell foam, and that pillow 507 is formed from a felt, and includes stitches 503. Alternatively, a second strap or piece of another material could be sewn, glued or otherwise attached to the end of strap 413 to form end 502. In another alternative embodiment, enclosure 505 can include another rigid member, such as a metal or hard plastic plate, to increase the rigidity of strap end 411.

[0058] Elongated member 420 is shown in greater detail in FIGS. 6-9, where FIG. 6 is a schematic top view of the elongated member, FIG. 7 is a perspective view of one of the pair of grips 421 and the corresponding one of the pair of buckles 435, FIG. 8 is a sectional view 8-8 of one of the pair of grips 421, and FIG. 9A is a perspective view showing details of one of the pair of buckles and the adjoining strap 429. As shown in FIG. 6, the elongated member 420 has length S, and includes two inelastic strap portions 427, indicated as 427a and 427b, strap 429 and the pair of buckles 435 for adjusting the length S. The portion of elongated member 420 from each

end to the nearest buckle has a fixed length - that is, each of the two portions from one of the pair of ends 421 to the corresponding one of the pair of buckles 435 has a fixed length. It is preferred that the length S is adjustable over a length that allows for a wide range of exercises. Preferably, length S can be varied in length from approximately 6 feet to 12 feet. Also preferably, elongated member 420 has a width of approximately 1.5". It is also preferred that the surface finish of strap 429 and loop 415 allows the user to easily slide the elongated member 420 along anchor 410, while providing enough friction so that there can be some mis-match in forces on the two ends 421 without the elongated member sliding through the anchor while a user is exercising.

[0059] The details of one of the pair of ends 421, including strap 429 to grip 423, and including buckle 435 are shown in FIGS. 7, 9A and 9B. Buckle 435 is a cam buckle, the design and use of which are well known in the art. Buckle 435 is attached to strap 427, and thus the length of each of end 421 is not adjustable. Buckle 435 is also slidably accepts and grips strap 429, allowing for adjustment of the length S.

[0060] Buckle 435 has a frame 709, a first strap bar 705, a second strap bar 707, and a user movable cam 711. First strap bar 705 supports a loop of strap 427 that is preferably secured by stitches 703. Alternatively, strap 427 can be secured to bar 705 through a second member, such as another looped strap or a plastic or metal piece that loops about bar 705 and provides a location to attach strap 427. Strap 427 has an opposite end that is bound with stitches 701 to form loop 425 to secure grip 423, as described subsequently. Second strap bar 707 and cam 711 supports strap 429. It is understood that the use of stitches as described herein to fasten strap portions can also be accomplished through the use of other methods of fastening, such as glue or by melting strap portions together.

[0061] Cam 711 is spring loaded such that it normally restrains a strap 429, and that under the action of a user, such as by pushing or pulling the cam, the cam is moved to allow the strap to move. The distance between cam 711 and bar 707 is adjusted by the user and a spring within buckle 435 by pushing on cam 711, allowing strap 429 to slide between cam 711 and bar 707. Thus, the length S can be adjusted by the user actuating cam 711 of buckle 435.

[0062] Grip 423 is shown in greater detail in the sectional view of FIG. 8. Grip 423 has a generally tubular shape, with an outer cover 801 and an inner cylindrical tubular portion 803. Cover 801 has a length and outer diameter to allow a hand to easily grab grip 423, and is formed from a material that permits a user to hold it while exercising. A preferred material for cover 801 is a high-density foam. Portion 803 provides the strength of grip 423 and can be formed from a length and diameter of plastic or other rigid material to match the size of cover 801 and to

provide space for a loop **425** to pass through the center of portion **803**. Portion **803** is preferably formed from a rigid and light material, such as PVC tubing.

[0063] One of the pair of free ends **431** is shown in greater detail in FIG. 9A. Each end **431** is preferably folded back, and is held in place, for example by a stitch **901**, to form an easily manipulated end. Elongated member **420** also includes several sleeves, shown as sleeves **903**, **905a** and **905b** that twice surrounds strap **429** to prevent ends **431** from moving about. Specifically, sleeves **903** and **905** are placed between buckles **435**, ends **431** and strap **429**. Thus sleeves **903** and **905** restrain the portion of strap **429** from a buckle **435** to the corresponding end **431** from moving about as exercise device **420** is moved. As shown in FIG. 9A, sleeve **903** is affixed near end **431**, while sleeves **905** can be slid along the length of strap **429**. FIG. 9B is a sectional view **9B-9B** of FIG. 9A showing details of the cam buckle and attachment of sleeve **905b**. In particular, FIG. 9B shows a bar **907** that spans buckle **435** and a strap **909** that is attached both the bar and to sleeve **905b**. Strap **909** keeps sleeve **905b** from sliding too far down strap **429** during adjustment of the length of the exercise device. It is preferred that sleeves **905b** are elastic so that they can easily move and hold together the portions of strap **429**.

[0064] While exercise device **400** has been described with respect to a particular embodiment, there are many alternative embodiments that are within the scope of the present invention. Thus, for example, there are many embodiments that provide for an adjustable length, substantially inelastic, strap-like member that has an easily adjustable length and balance of the two sides of the strap-like member about the anchor. One alternative embodiment is shown in FIGS. 10 and 11, where FIG. 10 is a schematic top view of an alternative elongated member **1020** having one cam buckle **435** as a lengthening device, and two finger grips **4001**, and FIG. 11 is a sectional view **11-11** of alternative finger grips. The use of one buckle **435** provides a lighter exercise device **400**, but results in a smaller useful range of lengths for elongated member **1020**. Finger grips **4001** include four holes **4101** for the user's fingers, and allows for exercise of one or more finger muscles. Modified finger grips can alternatively be provided as an "add-on" modification to elongated member **420**, allowing the user to switch between finger and hand grips.

[0065] The balancing and lengthening aspects of embodiments of an exercise device are illustrated in FIGS. 12A-12D, where FIG. 12A is an initial configuration, FIG. 12B illustrates lengthening the elongated member **420**, further illustrated in FIGS. 12B' and 12B'', FIG. 12C shows the application of force to the shorter leg of the elongated member, and FIG. 12D shows the application of force to the grips during an exercise. For illustrative purposes, FIG. 12A is assumed to be an initial configuration of an anchored device, and it is assumed that the user

wishes to increase the length **S** while keeping the pair of arms **422** the same length (approximately one half of **S**). First, the user actuates one or both buckles **435**. FIG. 12B schematically shows the result of actuating buckle **435a** and elongating leg **422a** as indicated by the arrows on that figure. FIG. 12B' shows the user **U** pushing cam **711** and grabbing end **431**, and FIG. 12B'' shows the user pulling end **431** away from the cam, as indicated by the arrow, to shorten the device.

[0066] The user then preferentially pulls on the shorter leg **422b** as indicated by force vector **F1** of FIG. 12C. With both of the pair of legs **422** having approximately the same, longer length the user can then exercise, as indicated in FIG. 12D, by applying equal forces **F2** to each handle grip. In practice, it is not necessary for the two forces of FIG. 12D to be equal, as the application of force to legs **422** away from anchor **410** increases the friction between elongated member **420** and the anchor, allowing the lengths to not change, even under some mis-match of applied forces. Alternatively, exercise device can be adjusted to provide shorter legs **422** by pulling on end **431** to shorten the length **S**.

[0067] In addition to being equally balanced between the two arms, it is possible to use the inventive device to provide differing arm lengths for exercising. FIGS. 13A-13C illustrate the lengthening and adjusting of exercise device **400** having differing lengths of arms **422**, where FIG. 13A is an initial configuration, FIG. 13B shows the application of force to one of the pair of arms **422**, and FIG. 13C shows the application of force to the grips during an exercise. For illustrate purposes, FIG. 13A is assumed to be an initial configuration of an anchored device, and it assumed that the user wishes to adjust the length of arms **422** to different lengths. First, the user preferentially pulls on the shorter leg **422b** as indicated by force vector **F1** of FIG. 13B. The user can then exercise, as indicated by the equal forces **F2** of FIG. 13C. In practice, it is not necessary for the two forces of FIG. 13C to be equal, since as illustrated in FIG. 12, as the application of force to legs **422** away from anchor **410** increases the friction between elongated member **420** and the anchor also increases. This limits the possibility that the arm lengths will change, even under some mis-match of applied forces. The adjustment of arms **422** to different lengths can be combined with the lengthening or shortening of the length **S** by actuating one or both of buckles **435**.

[0068] Various mechanisms for providing a fixed anchor point are within the scope of the present invention. Thus, it is within the scope of the present invention to provide an exercise device that can be anchored in a door, about a pole, railing or stanchion, from a hook installed in a wall, or can be permanently affixed to a wall or exercise structure, for example. FIG. 14A is an

alternate embodiment anchor **1410** that can be used for attaching the exercise device to a pole or railing, and FIG. 14B is an embodiment of an exercise device anchored to a pole using the alternative anchoring embodiment of FIG. 14A.

[0069] FIG. 14A shows alternative embodiment anchor **1410** which includes an adjustable loop **1419** and an anchor loop **1415**. As described subsequently, anchor **1410** is an alternative anchor, and can, for example, present anchor loop **1415** for accepting strap **429** of elongate member **420** to form an exercise **1400**. Adjustable loop **1419** is formed from a flexible strap **1411** and a cam buckle **1412** as follows. Cam buckle **1412** can be, for example, cam buckle **435** shown in detail in FIG. 9B. Flexible strap **1411** has a free, first end **1414** that is threaded through the cam portion of cam buckle **1412**, for example by threading the strap between the second strap bar **707** and movable cam **711** of cam buckle **435**. Flexible strap also has a second end **1418** that is attached to cam buckle **1412**, for example, by looping the second end about first strap bar **705** of cam buckle **435** and providing a stitching **1416** through a double thickness of strap **1411**. Strap **1411** thus threaded through buckle **1412** has forms an adjustable loop **1419** that can be increased or decreased in size by actuating cam buckle **1412** to release strap **1411**, moving the strap through the cam buckle, and releasing the cam. End **1414** is held against strap **1411** by a slack sleeve **1413**. An anchor loop **1415** is attached to strap **1411** by a stitching **1417**.

[0070] It is preferred that the majority of lengths of anchor **1410** are formed of materials that include, but are not limited, to straps of a webbing of a natural or synthetic material having a strength sufficient to support the weight of a device user. Preferred webbings include, but are not limited to, webbings made of nylon, polypropylene or other polymeric fibers. It is understood that a single length of flexible material according to embodiments of the present invention can alternatively comprise two or more pieces that are stitched, glued, or otherwise attached to one another.

[0071] FIG. 14B shows exercise device **1400** formed from anchor **1410** and elongated member **420**. Adjustable loop **1413** of anchor **1410** is tightened about a pole **P**, for example, by placing the adjustable loop over the top of the pole and tightened using cam buckle **1412**. Alternatively, strap **1411** can unthreaded from cam buckle **1412**, wrapped about pole **P**, and then threaded through the cam buckle and tightened. In either case, end **1414** is pulled through cam buckle **1412** and adjustable loop **1419** is tightened about pole **P** with sufficient force to allow exercise device **1400** to support a user's weight.

[0072] In addition to being attached to a pole, anchor **1410** can be tensioned to support exercise device **1400** about a railing, post, or other member. Alternately, the anchor can be attached to a carabiner that is fixed to a wall or other structure.

[0073] FIG. 23 shows an anchor **2300** including a flexible strap **2301** with a first end **2305** having a loop **2307** held in place with stitching **2311** and a second end **2303** having a carabiner **2304** held in place by stitching **2309**, and FIG. 24 illustrates the use of anchor **2300** to anchor the elongated member **420** of the exercise device to a tree. It is preferred that the majority of lengths of strap **2301** are formed of materials that include, but are not limited to, straps of a webbing of a natural or synthetic material having a strength sufficient to support the weight of a device user. Preferred webbings include, but are not limited to, webbings made of nylon, polypropylene or other polymeric fibers. FIG. 24 shows an exercise device **2400** formed from anchor **2300** and elongated member **420**. Strap **2103** is be wrapped about a tree with carabiner **2304** accepting the strap. Loop **2307** accepts strap **429**, allowing the user to exercise against a tree or other object small enough for strap **2103** to be wrapped about.

[0074] FIGS. 25 and 26 shows a bracket **2500** for securing exercise device **400** by enlarged first end **411** of anchor **410**, where FIG. 25 is a perspective front view of the bracket, and FIG. 26 illustrates the use of the bracket to anchor the exercise device. Bracket **2500** has a first flange **2503** with a mounting hole **2509** and a second flange **2505** with a mounting hole **2511** and a face **2507** that extends from the first flange to the second flange and includes a slot **2515** that extends into the face a face edge **2513** and includes a central slot **2517**. In a preferred embodiment, bracket **2500** is formed from a single sheet **2501** of sheet metal, for example that has crease **2518** in flange **2503**, crease **2523** in flange **2505**, and creases **2519** and **2521** between face **2507** and flanges **2503** and **2505**, respectively. The preferred thickness of sheet **2501** is from 0.05 to 0.10 inches, or more preferably approximately 0.0625 inches, and creases **2518**, **2519**, **2521**, and **2523** are placed to such that face **2507** is parallel to and separated from flanges **2503** and **2505** by a distance **D** of from approximately 1 to 2 inches, or more preferably approximately 1.5 inches. Mounting holes **2509** and **2511** are preferably between approximately 1/4 inch and approximately 1/2 inch in diameter, and more preferably approximately 3/8 inch in diameter.

[0075] FIG. 26 illustrates the use of bracket **2500**. Bracket **2500** is mounted to a wall **W**, and held in place by a pair of screws **2601** through mounting holes **2509** and **2511**. A portion of anchor **410** is shown in phantom on the right side of FIG. 26, specifically enlarged portion **411** and flexible strap **413**. Anchor **410** is placed in bracket **2500** as indicated by the arrow. Specifically, strap **413** is slid through the slot **2515** in face edge **2513**, with enlarged portion

between bracket **2500** and wall **W** and into central slot **2517**. Slot **2515** is sized to be large enough to allow strap **413** to slide through the slot but not so large as to allow enlarged portion **411** to pass through the slot. The use of bracket **2500** allows for exercise device **400**, which was previously shown as being mountable in a door jamb, to be mounted against any wall to which the bracket can be mounted.

[0076] The inventive exercise device allows for a wide range of exercises. Examples of the many exercises that are possible are presented in TABLE 1 for the inventive device placed over the top of a door. FIGS. 3 and 15 illustrate three of the many exercise positions. In each of these positions the user has selected a length for exercise device **100** or **400**, adjusted as explained with reference to FIGS. 12 or 13, has positioned himself on the ground a desired horizontal distance **X** from anchor point **A** with a portion of his weight being supported by the exercise device. With his weight so supported, as shown in FIGS. 3 and 15, he moves his body in directions appropriate to the type of exercise to be performed, for example by moving his body toward or away from the wall or ground, by bending his arms or legs while supporting his weight by the exercise device, or performing other movements that exercise his muscles.

[0077] Specifically illustrated in FIGS. 3 and 15 are single poses of a user **U** performing a variety of exercises including a high row exercise (FIG. 3), a reverse combination crunch (FIG. 15A), a single leg L-squat (FIG. 15B), a gymnast dip (FIG. 15C), a kneeling combination crunch (FIG. 15D), a lying leg curl (FIG. 15E), a hip lift (FIG. 15F), a front shoulder raise (FIG. 15G), a crunch (FIG. 15H), and a triceps extension (FIG. 15I). It is apparent from FIGS. 3 and 15 that many different types of exercises are possible with the inventive exercise device according to the length of the device, the positioning of the body, and how the handles are gripped.

Basic ExercisesPull functions

Low row
High row
Pull-up
High curl
Low curl
Back fly
Wrist curl

Core Strength

Crunch
Reverse single leg raise
Oblique crunch
Reverse crunch
Bicycle
Back Bridge

Legs

Squat
Hip hinge
Squat lunge
Sumo squat
Side-to-side lunge
Calf raise

Push functions

Standard press
Chest fly
Shoulder press
Overhead triceps
extension
Lat-Pullovers

IntermediatePull functions

One-arm low row
One-arm high row
One-arm pull-up
One-arm high curl
One-arm low curl
Lower chest/lat crunch
Reverse-grip wrist curl

Core Strength

Kneeling combination crunch
Reverse leg raise
V-sit-up
Hip lift
Reverse bicycle

Legs

Lying hamstring pedal
Tip-toe squat
Step-back lunge
Single leg squat
Single calf raise
Jumping Ski PT

Push functions

One-arm incline press
Low chest press (outside grip)
Reverse Push-up
One-arm triceps
extension

AdvancedPull/lateral functions

Lateral raise
Front shoulder raise
Reverse-grip curl
Combination row/kickback
Internal rotator cuff
External rotator cuff
2-Way forearm flexors

Core Strength

Standing combination crunch
Reverse leg raise w/ hip lift
Reverse oblique raise
V-balance
Reverse combination crunch

Legs

Lying hamstring curl
Single-leg hip hinge
Single leg L-squat
Diagonal Step-back lunge
Crossover off-balance squat

Push functions

Triceps kickback
One-arm concentration fly
Reverse crunch/push-up
combo
One-arm shoulder press
Gymnast dip

TABLE 1: Several Basic, Intermediate, and Advanced Over the Door Anchor Exercises.

[0078] In addition, the inventive device can be used to perform one handed exercises as illustrated in FIGS. 16A and 16B. Specifically, FIG. 16A shows an exercise device 400' having interlocking the ends 421a and 421b for one handed exercises, and FIG. 16B illustrates the use of the exercise device 400' in performing a one arm high row exercise.

ALTERNATIVE EXERCISE DEVICE GRIPS

[0079] The utility of exercise devices is greatly extended by providing a number of grips for the device, specifically by providing alternative grip devices which may be removable from the device (that is, are an "add-on," or "accessory" to the exercise device), or which form part of the device that is not removable (that is are "integral" to the exercise device).

[0080] In general, several embodiments of grips described herein are attached to, or are attachable to, one of the pair of grips that are part of an exercise device, including but not limited to grips 123 of exercise device 100, and provide an accessory grip whereby the user can exercise by applying forces to various part of the body, including the neck, all or part of the hand, arms, legs, toes, or the heel. Grip accessories allow the user to grip, such as by squeezing with sufficient force to support her weight, and include devices that can hold the user within a loop or hook as the user pulls on the exercise device. In this context, a "grippable" portion refers to the ability to either wrap a body part around and squeeze a that portion of the grip accessory, or place a portion of the body through a loop or hook of the grip accessory so that the user can pull against the exercise device and keep the body part within the grip accessory.

[0081] The user may choose to exercise with the pair of grips having the same or different accessories, or without a grip accessory. In addition, several embodiments of the exercise device include a grip attachment portion to removably attach the grip of an exercise device, such as exercise device 100 or any exercise device having two grips, and a portion that is grippable by the hand, foot, fingers, or other parts of the body. The use of grip accessories allow a user to build additional strength in the hand or fingers by providing for different types of hand or finger gripping, and allows for additional exercises to be performed, as with the foot grip accessory. In addition, the pair of grips can be coupled, as discussed in reference to FIGS. 16A and 16B, allowing a user to exercise using one grip accessory.

[0082] One example of a grip accessory is foot grip accessory 1700, which is illustrated in FIGS. 17A-17B as being attached to grips 123 of exercise device 100. Specifically, FIG. 17A illustrates foot grip accessory 1700 attached to exercise device 100 and gripped by toes T, and FIG. 17B illustrates a pair of foot grip accessories, one on each of the pair of grips 123, and each grasped by one of the user's heel H1 and H2. Each foot grip accessory 1700 has a flexible loop 1710 and

a grip attachment portion **1720**. It is preferred that the portion of loop **1710** that extends from grip **123** is approximately 12 inches long to provide enough room for either a user's heel or toe fit through the loop. With foot grip accessory **1700** so secured, the toes (FIG. 17A) or heel (FIG. 17B) can be placed through loop **1710**, and a force can be exerted by the foot against exercise device **100**.

[0083] It is preferred that the majority of foot grip accessory **1700** is formed of materials that include, but are not limited, to straps of a webbing of a natural or synthetic material having a strength sufficient to support the weight of a device user. Preferred webbings include, but are not limited to, polymeric fiber webbings made of, for example, nylon or polypropylene or some other polymeric fiber. It is understood that a single length of flexible material according to the present invention can alternatively comprise two or more pieces that are stitched, glued, or otherwise attached to one another.

[0084] In one embodiment, each of the pair of grips **123** is provided with one foot grip accessory **1700**, facilitating exercises including, but not limited, to those illustrated in FIGS. 15A and E.

[0085] In a first embodiment foot grip accessory **1700**, flexible loop **1710** is removably attachable, as discussed subsequently, to one of the pair of grips **123**. A specific embodiment of foot grip accessory **1700** is illustrated in FIGS. 18A-D, where FIG. 18A is a perspective view of the foot grip accessory, FIG. 18B is a bottom view of the foot grip accessory, FIG. 18C is a side view of part of one of the grip attachment portions, and FIG. 18D is a top view of part of one of the grip accessory attachment portions. As shown in FIGS. 18A and 18B, foot grip **1700** is formed from three straps: a loop strap **1801** and two attachment straps **1803**. With the three straps attached, as described subsequently, loop strap **1801** forms loop **1710** and the two attachment straps **1803** forms the grip attachment portion **1720**.

[0086] Loop strap **1801** is formed from a length of strapping having ends that are joined to form a loop. Loop strap **1801** is preferably polymeric fiber webbing 20 inches long and 1.5 inches wide. In the preferred embodiment, the loop includes two triangular shaped double stitched portions **1815**, one of which joins the two ends of loop strap **1801**. Each of the two grip attachment straps **1803** is formed from a length of strapping having a first end **1807** with a first fastening surface **1809** and a second end **1811** with a second fastening surface **1813**. Attachment straps **1803** are preferably polymeric fiber webbing having a length of 7.5 inches and a width of 1.5 inches. Fastening surfaces **1809** and **1811** are preferably attached to loop strap **1801** by double stitching **1817**, and grip attachment straps **1803** are preferably joined midway between ends **1807** and **1811** to the loop strap by double stitching **1805**.

[0087] Each attachment strap **1803** includes fastening surfaces **1809** and **1813** are on opposite sides of the strap. It is preferred that fastening surfaces **1809** and **1813** are matching surfaces, such as matching hook and loop surfaces of a hook and loop fastening system, such as **VELCRO®** brand hook and loop fasteners. In a preferred embodiment, fastening surfaces **1809** and **1813** are each approximately 2 inches by 1.25 inches.

[0088] Foot grip accessory **1700** is removably attachable and is used as follows. Grip attachment portion **1720** of foot grip accessory **1700** is removably attachable to one of the pair of grips **123**, by wrapping the length of each strap **1703** about grip **123a** and contacting fastening surfaces **1809** and **1813** on each strap **1803**. Stitching **1815** allows loop **1710** to open without twisting and provides a secure strap for securing the foot.

[0089] FIG. 27 is a perspective view of a grip which may be used as either a hand grip or a foot grip, and which is referred to herein without limitation as a “combination” grip **2700**. Grip **2700** may be generally similar to the grips or accessory grips of exercise devices **100**, **400**, or **1700** except as further detailed below. Where possible, similar elements are identified with identical reference numerals in the depiction of the embodiments of Figures 4, 7, 17, 18, and 27.

[0090] In general, combination grip **2700** includes two elements which may be used as grips, which may be at one end or at both ends of the exercise device including, but not limited to, exercise device **100** or **400**. Thus, for example, combination grip **2700** may be at both of ends **121**, on both of ends **421**, or on one of ends **421a** or **421b**. In the embodiment of FIG. 27, grip **2700** includes a hand grip **423a** supported by loop **425a** from strap **427a**. Specifically, the material of strap **427a** continues through loop **425a** and is affixed to the strap by stitching **2711**. Grip **2700** further includes a loop **2710** supported at end **421a**.

[0091] In one embodiment, loop **2710** is a strap formed from one or more inelastic pieces that are attached together to form a continuous loop through portion **803**, and the loop is thus integrally attached to hand grip **423**. Thus, for example, hand grip **423a** has a first end **423a-1** and **423a-2** that correspond to a first end **802-1** and a second end **803-2**, respectively, of inner cylindrical tubular portion **803**. In one embodiment, loop **2710** is formed from one or more pieces of webbing with ends sewed together form a single loop through portion **803**, resulting in a portion of the loop hanging below the hand grip.

[0092] FIG. 28 is a perspective view of a second embodiment of a combination grip **2800** which may be generally similar to grip **2700**, except as further detailed below. Where possible, similar

elements are identified with identical reference numerals in the depiction of the embodiments of Figures 4, 7, 17, 18, 27, and 28.

[0093] Combination grip **2800** includes a flexible loop **2810** that includes a strap **2811** having an end **2812**, and a length adjustment mechanism **2813**. Strap **2811** passes through tubular portion **803** and length adjustment mechanism **2813** permits the size of loop **2810** to be adjusted by moving end **2812** through the mechanism. Mechanism **2813**, which may be, for example, a cam buckle, as illustrated, or a **VELCRO®** brand hook and loop fastener, permits the user to adjust the length of loop **2810** to the user's body size. Strap **2811** may either be removable from hand grip **423a**, or may have ends that are too large to permit removal of the grip, and thus is not removable from the hand grip. In an alternative embodiment (not shown), strap **2811** and end **2812** have matching fasteners, such as a **VELCRO®** brand hook and loop fastener, to prevent dangling of the strap end.

[0094] The user of a combination grip, including but not limited to one of combination grips **2700** or **2800** has the choice of exercising using either hand grip **423a** to exercise as shown, for example, in any one of FIGS. 15A through 15I, 16A, or 16B. Alternatively, the user of combination grip **2700** or **2800**, may exercise, for example, by placing one's foot between hand grip **423** and loop **2710** or **2810**, similar to the use of grip **1700** as illustrated in FIG. 17A or 17B.

[0095] In one embodiment, grip **423** is 5 inches long, and loop **2710** is approximately 20 inches long. In another embodiment, a portion of loop **2710** that is not within portion **803** is padded with 1/8 inch of a soft material, including but not limited to a rubber based on polychloroprene, such as neoprene. In another embodiment, and loop **2810** is adjustable from approximately 12 inches long to approximately 23 inches long.

[0096] In yet another embodiment, loop **2711** or **2811** does not form a loop through portion **803**, but is attached at or near the ends **803-1**, **803-2**.

[0097] Another example of a grip accessory is finger grip accessory **1900**, which is illustrated in FIGS. 19A-19C with three different exercises when attached to grips **123** of exercise device **100**. Finger grip assembly **1900** has loops **1910** adapted for receiving and being gripped by the thumb and one or more fingers and a grip attachment portion **1920** for attaching the accessory to the grip of an exercise device. Grip attachment portion **1920** is removably attachable to one of the pair of grips **123**. In one embodiment, there are two loops **1910**: a first loop **1910a**, and a second loop **1910b**. With finger grip accessory **1900** so secured, a finger **F1** can be placed through one of the loops, for example first loop **1910a** as shown in FIG. 19A, a finger **F1** can be placed

through the first loop and a finger **F2** can be placed through second loop **1910b** as shown in FIG. 19B, or two fingers, **F1** and **F2** can be placed through the first loop and a finger **F3** and a finger **F4** can be placed through the second loop, as shown in FIG. 19C.

[0098] In one embodiment, each of the pair of grips **123** is provided with one finger grip accessory **1900**. With the finger or fingers so placed through at least one of loops **1910**, a force can be exerted by the pulling against exercise device **100**. Finger grip accessory **1900** has similar functionality as finger grips **4001**.

[0099] A specific embodiment of finger grip accessory **1900** is illustrated in FIGS. 20A-C, where FIG. 20A is a perspective view of the finger grip accessory, FIG. 20B is a top view 20B-20B of the finger grip accessory, and FIG. 20C is a sectional side view 20C-20C of the finger grip accessory. Finger grip accessory **1900** includes two loops **1910**, first loop **1910a** and second loop **1910b**, and grip attachment portion **1920** includes three portions **1920a**, **1920b**, and **1920c**. More specifically, finger grip accessory **1900** is formed from five straps: a loop strap **2001**, three attachment straps **1803**, and a backing strap **2003**. With the five straps attached, as described subsequently, loop strap **2001** forms first loop **1910a** and finger loop **1910b**, that can each receive one or more fingers, and each of the three attachment straps **1803** forms one of grip attachment portion **1920a**, **1920b**, and **1920c**. It is preferred that the majority of finger grip **1900** is formed of the same materials as hand grip **1700**.

[00100] In a preferred embodiment, loop strap **2001** is constructed from a polymeric fiber webbing having a length of 21.5 inches long and a width of 1 inch, and backing strip **2003** is preferably a polymeric fiber webbing having a length of 2 inches and a width of 1 inch. Preferred attachment straps **1803** have been discussed previously. Finger grip accessory **1900** is assembled by three stitches **2007** that each pass through one of the three attachment straps **1803** and through loop strap **2001** and backing strap **2003**. In the preferred embodiment, stitching **2007** is double stitched portions. As is shown in FIGS. 20A and 20C, a portion of loop strap **2001** protrudes between each of the three attachment straps **1803** to form loops **1910a** and **1910b**. It is preferred that loops **1910a** and **1910b** are formed from lengths of loop strap **1901** that are approximately 8 inches. Loop strap **2001** preferably extends the length of backing strap **2003**, with two loops **1910a** and **1910b** between adjacent attachment straps **1803**.

[0100] Finger grip accessory **1900** is removably attachable and is used as follows. Grip attachment portion **1920** of finger grip accessory **1900** is removably attachable to one of the pair of grips **123** by the contact of fastening surfaces **1809** and **1813** on each strap **1803**. With finger grip accessory **1900** so secured, a finger may be placed through one of the loops, for example

loop **1910a** as shown in FIG. 20A, one finger can be placed through each of loop **1910a** and **1910b** as shown in FIG. 20B, or two fingers can be placed through each of loop **1910a** and **1910b** as shown in FIG. 20C. With the finger or fingers so placed through at least one of loops **1910**, a force can be exerted by the user against exercise device **100**.

[0101] A third example of a grip accessory is grip accessory **2100**, which is illustrated in FIGS. 21A-21C as being attached to grips **123** of exercise device **100**. Grip accessory **2100** has several cords **2110** that can be gripped in different combinations, as explained subsequently, and a grip attachment portion **2120**. In general, the number of cords **2110** can be from one to five, or more, with four being a preferred number, and with each cord having the same diameter and length. It is also preferred that the cords have a grippable length large enough for a human hand, for example a length from 4 inches to 6 inches, and that there is enough additional length to allow the user to pass her hand between cords, as illustrated in FIGS. 21A-21C. In one embodiment, grip accessory **2100** has four cords, denoted as a first cord **2110a**, a second cord **2110b**, a third cord **2110c**, and a fourth cord **2110d**. The cords can be gripped in almost any combination so that a user can grip any number of cords, from one cord to all 4 cords. FIG. 21A illustrates hand **H** gripping three cords, for example the first cord **2110a**, second cord **2110b**, and third cord **2110c**, FIG. 21B illustrates the hand gripping two cords, for example the first and second cords, and FIG. 21C illustrates the hand gripping one cord, for example the first cord.

[0102] Grip attachment portion **2120** is removably attachable, as discussed subsequently, to one of the pair of grips **123**. With grip accessory **2100** so secured, between one and all of cords **2110** can be gripped, and a force can be exerted by pulling against exercise device **100**. In one embodiment, each of the pair of grips **123** is provided with one grip accessory **2100**.

[0103] A specific embodiment of grip accessory **2100** is illustrated in FIGS. 22A-D, where FIG. 22A is a perspective view of the grip accessory, FIG. 22B is a top view of the grip accessory, FIG. 22C is a bottom view of the grip accessory, and FIG. 22D is sectional side view **22D-22D** of FIG. 22C. Grip accessory **2100** is formed from four straps, specifically a backing strap **2205**, a front strap **2207**, and two attachment straps **1803**, and two cords **2201** and **2203**. Cords **2110** are formed from two longer cords **2201** and **2203**, and grip attachment portion **2120** is formed from straps **2205**, **2207**, and **1803**.

[0104] The two straps **1803** forming grip attachment portion **2120** are attached at their respective central portions between the ends of backing strap **2205** and front strap **2207**. The four cords **2110a-d** are formed from the longer cords **2201** and **2203**. Specifically, as shown in FIG. 22B, cords **2101** and **2103** are side-by-side and folded in half. Each cord forms a loop **2213** near the

middle of cords 2101 and 2103, with both cords lashed together by whipping 2109 and to form a loop 2113 and with the four ends of cords 2201 and 2203 lashed by whipping 2109. In the sectional view of FIG. 22D, cord 2203 is shown with a first end 2213 and second end 2217 lashed together by whipping 2209, and a central portion 2215 forming loop 2213 about strap 2207. Each cord 2101 and 2103 is folded in half, and thus each cord forms two cords between whippings 2209 and 2111. Specifically, cord 2101 forms cords 2210a and 2210b, and cord 2103 forms cords 2210c and 2210d.

[0105] Straps 2105 and 2107 are preferably polymeric fiber webbings. Backing strap 2105 preferably has a length of 5 inches and a width of 1 inch, and front strap 2107 preferably has a length of 6 inches and a width of 1 inch. Cords 2101 and 2103 are preferably cotton cord having a length of from approximately 20 inches to approximately 30 inches, and more preferably from approximately 22 inches to approximately 26 inches, and still more preferably approximately 24 inches in length. Cords 2101 and 2103 have a diameter that is preferably from 1/2 inch to 1 inch, and more preferably approximately 3/4 inches. The joints between straps 2105 and 2107 and attachment straps 1803 are preferably double stitched. The resulting grip attachment 2100 has four cords with approximately 10 inches of grippable length, allowing enough room for a human hand to pass between and grip cords 2110.

[0106] Grip accessory 2100 is removably attachable and is used as follows. Grip attachment portion 2120 is removably attachable to one of the pair of grips 123 by the contact of fastening surfaces 1809 and 1813 on each strap 1803. With finger grip accessory 2100 so secured, one, two, three, or all four of cords 2110a-d may be gripped by the hand. For example, FIG. 22A illustrates cords 2110a, 2110b, and 2110c gripped by a user, FIG. 22B illustrates cords 2110a and 2110b gripped by a user, and FIG. 22C illustrates cord 2110a gripped by a user. With cords 2110 so gripped, a force can be exerted by the user against exercise device 100.

[0107] Although the invention(s) presented herein have been disclosed in the context of certain preferred embodiments and examples, it will be understood by those skilled in the art that the invention(s) extend beyond the specifically disclosed embodiments to other alternative embodiments and/or uses of the invention(s) and obvious modifications and equivalents thereof. Thus, it is intended that the scope of the invention(s) herein disclosed should not be limited by the particular embodiments described above, but should be determined only by a fair reading of the claims that follow.

What is claimed is:

1. An exercise apparatus comprising:
 - an inelastic portion having at least one end including a first loop ;
 - a hand grip attached to said first loop; and
 - a second loop attached to said hand grip,where said second loop is a continuous loop which passes through said hand grip,
 - where said hand grip is integrally attached to said at least one end,
 - where said second loop is integrally attached to said at least one end, and
 - where said exercise apparatus is adapted to support the weight of a user of the exercise apparatus by said hand grip, said second loop, or some combination thereof.
2. The apparatus of claim 1, where said hand grip includes a rigid portion.
3. The apparatus of claim 2, where said rigid portion has a length that is at least as long as a fist.
4. The apparatus of claim 3, where said rigid portion and said second loop are sized to restrain a foot.
5. The apparatus of claim 1, where said at least one end includes a first end and a second end, where said hand grip is a first hand grip and where said apparatus further includes:
 - a second hand grip attached to said second end.
6. An exercise apparatus comprising:
 - an inelastic portion having at least one end including a first loop;
 - a hand grip attached to said first loop; and
 - a second loop attached to said hand grip,where said second loop is a continuous loop which passes through said hand grip,
 - where said hand grip is integrally attached to said at least one end,
 - where said second loop is integrally attached to said hand grip, and
 - where said exercise apparatus is adapted to support the weight of a user of the exercise apparatus by said hand grip, said second loop, or some combination thereof.
7. The apparatus of claim 6, where said hand grip includes a rigid portion.

8. The apparatus of claim 7, where said rigid portion has a length that is at least as long as a fist.
9. The apparatus of claim 8, where said rigid portion and said second loop are sized to restrain a foot.
10. The apparatus of claim 6, where said at least one end includes a first end and a second end, where said hand grip is a first hand grip and where said apparatus further includes:
a second hand grip attached to said second end.
11. An exercise apparatus comprising:
an inelastic portion having at least one end including a first loop;
a hand grip attached to said first loop; and
a second loop attached to said hand grip,
where said second loop is a continuous loop which passes through said hand grip,
where said second loop is integrally attached to said at least one end, and
where said exercise apparatus is adapted to support the weight of a user of the exercise apparatus by said hand grip, said second loop, or some combination thereof.
12. The apparatus of claim 11, where said hand grip includes a rigid portion.
13. The apparatus of claim 12, where said rigid portion has a length that is at least as long as a fist.
14. The apparatus of claim 13, where said rigid portion and said second loop are sized to restrain a foot.
15. The apparatus of claim 11, where said at least one end includes a first end and a second end, where said hand grip is a first hand grip and where said apparatus further includes:
a second hand grip attached to said second end.
16. An exercise apparatus comprising:
an inelastic portion having a first end and a second end;
a first hand grip attached to said first end;
a first loop attached to said first end;
a second hand grip attached to said second end; and

a second loop attached to said second end,
where said first loop is separate from said inelastic portion and is a continuous loop of fixed length through said first hand grip,
where said second loop is separate from said inelastic portion and is a continuous loop through said second hand grip,
where said first hand grip is integrally attached to said first end, and where said second hand grip is integrally attached to said second end,
where said first loop is integrally attached to said first end, and
where said exercise apparatus is adapted to support the weight of a user of the exercise apparatus by said hand grips, said loops, or some combination thereof.

17. The apparatus of claim 16, where said first hand grip includes a first rigid portion and where said second hand grip includes a second rigid portion.

18. The apparatus of claim 17, where said first rigid portion and said second rigid portion both have a length that is at least as long as a fist.

19. The apparatus of claim 18, where said first rigid portion and said first loop are sized to restrain a foot, and where said second rigid portion and said second loop are sized to restrain a foot.

20. An exercise apparatus comprising:
an inelastic portion having a first end and a second end;
a first hand grip attached to said first end;
a first loop attached to said first end;
a second hand grip attached to said second end; and
a second loop attached to said second end,
where said first loop is separate from said inelastic portion and is a continuous loop of fixed length through said first hand grip,
where said second loop is separate from said inelastic portion and is a continuous loop through said second hand grip,
where said first hand grip is integrally attached to said first end, and where said second hand grip is integrally attached to said second end,
where said first loop is integrally attached to said first hand grip, and

where said exercise apparatus is adapted to support the weight of a user of the exercise apparatus by said hand grips, said loops, or some combination thereof.

21. The apparatus of claim 20, where said first hand grip includes a first rigid portion and where said second hand grip includes a second rigid portion.

22. The apparatus of claim 21, where said first rigid portion and said second rigid portion both have a length that is at least as long as a fist.

23. The apparatus of claim 22, where said first rigid portion and said first loop are sized to restrain a foot, and where said second rigid portion and said second loop are sized to restrain a foot.

24. An exercise apparatus comprising:
an inelastic portion having a first end and a second end;
a first hand grip attached to said first end;
a first loop attached to said first end;
a second hand grip attached to said second end; and
a second loop attached to said second end,
where said first loop is separate from said inelastic portion and is a continuous loop of fixed length through said first hand grip,

where said second loop is separate from said inelastic portion and is a continuous loop through said second hand grip,

where said first hand grip is integrally attached to said first end, and where said second hand grip is integrally attached to said second end,

where said second loop is integrally attached to said second end, and

where said exercise apparatus is adapted to support the weight of a user of the exercise apparatus by said hand grips, said loops, or some combination thereof.

25. An exercise apparatus comprising:
an inelastic portion having a first end and a second end;
a first hand grip attached to said first end;
a first loop attached to said first end;
a second hand grip attached to said second end; and
a second loop attached to said second end,

where said first loop is separate from said inelastic portion and is a continuous loop of fixed length through said first hand grip,

where said second loop is separate from said inelastic portion and is a continuous loop through said second hand grip,

where said first hand grip is integrally attached to said first end, and where said second hand grip is integrally attached to said second end,

where said second loop is integrally attached to said second hand grip, and where said exercise apparatus is adapted to support the weight of a user of the exercise apparatus by said hand grips, said loops, or some combination thereof.