

EXERCISE DEVICE HAVING INELASTIC STRAPS AND INTERCHANGEABLE PARTS**TECHNICAL FIELD**

[0001] The present invention generally relates to exercise devices, and in particular to an exercise device having an anchor that formed from components that can be removed, replaced, and/or interchanged.

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. Thus, for example, such devices allow a user to exercise by working one muscle against another, or by working against the weight of the user, by providing a resistance to the movement of a user's arms, legs, or torso. Resistance exercise devices typically include either elastic bands or inelastic straps.

[0003] Resistance exercise devices having inelastic straps are typically attachable to a structure, such as, for example, a door. In general, the anchors for such devices are not very flexible in that that they are attachable to one type of structure and/or are permanently attached to the exercise device.

[0004] There is a need to provide an anchor for an exercise device that is capable of being attached to a variety of structures. There is also a need to provide an anchor for an exercise device that is easily adaptable for attaching to a variety of structures. There is a further need to provide an anchor for and exercise device having easily replaceable components.

DISCLOSURE OF INVENTION

[0005] The present invention overcomes the disadvantages of prior art by providing an exercise device that is easily configurable and mountable to a variety of structures. For example, certain embodiments described herein include a number of interlocking components that support an exercise device to a structure. In certain other embodiments, the anchor components include one or more of a rigid ring or a flexible ring, which may be open or openable.

[0006] In certain embodiments, an anchor to attach an exercise device to a structure is provided, where the exercise device includes an elongated inelastic member having grips. The anchor includes a first portion attachable to the structure, and a second portion including a frictional support for the elongated inelastic member. When the first portion attached to the structure, the second portion is removably connectable to the first portion.

[0007] In certain other embodiments, an anchor attachable to an exercise device and a structure is provided, where the exercise device includes an elongated inelastic member having grips. The anchor includes a first portion attachable to the structure and a second portion including a frictional support for the elongated inelastic member. The anchor also includes means for removably connecting the first portion and the second portion with the second portion attached to the structure.

[0008] In certain embodiments, an anchor to support an exercise device to a structure is provided, where the exercise device includes an elongated inelastic member having grips. The anchor includes a first loop including a length of flexible material adapted to receive the elongated inelastic member; and a second loop removably attachable to the first loop.

[0009] These features together with the various ancillary provisions and features which will become apparent to those skilled in the art from the following detailed description, are attained by the exercise device of the present invention, embodiments thereof being shown with reference to the accompanying drawings, by way of example only, wherein:

BRIEF DESCRIPTION OF DRAWINGS

[0010] FIG. 1 is a schematic front view of a first embodiment of an exercise device as anchored between a door and door jamb;

[0011] FIG. 2 is a partial schematic sectional view 2-2 of FIG. 1 showing the exercise device anchored between a door and door jamb;

[0012] FIG. 3 is illustrative of a user performing a high row exercise with the exercise embodiment of FIG. 1;

[0013] FIG. 4 is a perspective view of a second embodiment of an exercise device;

[0014] FIGS. 5A and 5B are views of a first embodiment of an anchor of the exercise device of FIG. 4, where FIG. 5A is a perspective view, and FIG. 5B is sectional view 5B-5B;

[0015] 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;

[0016] FIG. 7 is a perspective view showing details of the grip and the lengthening mechanism of the embodiment of FIG. 4;

[0017] FIG. 8 is a sectional view 8-8 of FIG. 7 showing the hand grip;

What is claimed is:

1. An exercise device attachable to a structure, said exercise device comprising:
an elongated inelastic member having a first end and a second end, where said elongated inelastic member includes a first grip at said first end and a second grip at said second end; and
an anchor including
a first portion attachable to the structure; and
a second portion including a support for said elongated inelastic member,
where said elongated inelastic member is movable through said support,
where, with said first portion attached to the structure, said second portion is removably connectable to said first portion.
2. The exercise device of Claim 1, where said anchor includes a loop, and where said loop removably connects said first portion and said second portion.
3. The exercise device of Claim 2, where said loop includes a substantially rigid material.
4. The exercise device of Claim 3, where said loop includes a gated ring.
5. The exercise device of Claim 3, where said loop includes a snap ring.
6. The exercise device of Claim 3, where said substantially rigid material includes a metal.
7. The exercise device of Claim 3, where said substantially rigid material includes a plastic.
8. The exercise device of Claim 3, where said loop includes a hook.
9. The exercise device of Claim 2, where said support is said loop.
10. The exercise device of Claim 3, where said loop is a first loop, and where said support includes a second loop of a flexible material.
11. The exercise device of Claim 10, where said flexible material includes a webbing.
12. The exercise device of Claim 10, where said flexible material includes at least two apertures separated by a length of flexible material, where said first loop removably passes through said at least two apertures, and where said second loop includes said length of flexible material.
13. The exercise device of Claim 1, where said first portion is attachable to a door jamb.
14. The exercise device of Claim 1, where said first portion includes a gated ring or a hook, where said anchor includes a flexible member between said first portion and said second portion, and where said flexible member includes one or more openings sized to accept said gated ring or hook.
15. An exercise device attachable to a structure, said exercise device comprising:
an elongated inelastic member having a first end and a second end, where said elongated inelastic member includes a first grip at said first end and a second grip at said second end; and
an anchor including
a first portion attachable to the structure;
a second portion including a frictional support for said elongated inelastic member; and
means for removably connecting said first portion and said second portion with said second portion attached to the structure.

16. The exercise device of Claim 15, where said means include a loop having a substantially rigid material.
17. The exercise device of Claim 16, where said loop includes a ring or a hook.
18. The exercise device of Claim 16, where said loop includes a first loop, and where said frictional support includes a second loop of a flexible material.
19. The exercise device of Claim 18, where said flexible material includes a webbing.
20. The exercise device of Claim 18, where said flexible material includes at least two apertures separated by a length of flexible material, where said first loop removably passes through said at least two apertures, and where said second loop includes said length of flexible material.
21. An exercise device attachable to a structure, said exercise device comprising:
 - an elongated inelastic member having a first end and a second end, where said elongated inelastic member includes a first grip at said first end and a second grip at said second end; and
 - an anchor including
 - a first loop including a length of flexible material adapted to receive said elongated inelastic member; and
 - a second loop removably attachable to said first loop.
22. The exercise device of Claim 21, where said second loop includes a substantially rigid material.
23. The exercise device of Claim 22, where said second loop includes a gated ring.
24. The exercise device of Claim 21, where said flexible material includes a webbing.
25. The exercise device of Claim 21, where each end of said length includes a closed loop of flexible material attached to said length of flexible material, and where said second loop is removably threaded through each closed loop.