Title (en)

EXERCISE GRIP AND METHOD

Title (de)

ÜBUNGSHANDGRIFF UND VERFAHREN

Title (fr)

POIGNEE D'EXERCICE ET PROCEDE AFFERENT

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Application

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Abstract (en)

[origin: WO9939777A1] An exercise apparatus (10) includes a dumbbell (12) having a handle portion (14). The handle portion (14) has a first end (16), and a second end (18). The dumbbell (12) has weights (20) disposed adjacent the first end (16), and second end (18). The exercise apparatus (10) includes a grip (22) disposed about the handle portion (14). A grip (22) for an exercise dumbbell (12) or exercise barbell includes a first layer (24) that contacts the dumbbell (12) or barbell. The grip (22) includes a second layer (26) disposed about the first layer (24). The second layer (26) is adapted for contact with the user when the user grips the second layer (26). A method for making an exercise apparatus (10) includes the steps of taping a tapered end (32) of a grip (22) to a barbell or dumbbell (12). The inner surface (28) has teeth (30). The grip (22) is then wrapped around the barbell or dumbbell (12) with the edges of the grip (22) abutting. Both ends of the grip (22) are taped to the barbell or dumbbell (12). A method of exercising includes the steps of gripping a dumbbell (12) with a grip (22) wrapped around the handle portion (14) of the dumbbell (12). The grip (22) has an inner surface (28) with teeth (30) that contacts the handle portion (14). The dumbbell (12) is then lifted.

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