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(54) **LOADED SPORTS RECREATIVE FOOTWEAR**

GEWICHTSBELASTETER SPORTSCHUH

CHAUSSURE LESTEE DE SPORT OU DE LOISIRS

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(56) References cited:

US-A- 1 637 565	US-A- 3 114 982
US-A- 4 458 432	US-A- 4 777 743
US-A- 5 231 776	

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Description

FIELDS OF TECHNIC

[0001] The invention belongs to loaded sports recreative footwear according to the preamble of claim 1, for gain of human muscles' power.

SITUATION OF PRIOR ART

[0002] With the classical aids used so far, active and recreative sportsmen gain their muscles' power by means of adding some special addings to the footwear on which weights are fixed in different ways. Weights are added and given away by means of fixing on the footwear and around the ankle above the footwear in such way that weights are buttoned, stuck or connected to the footwear in other way, from lateral sides or from bottom side of footwear like additional loaded soles.

[0003] According to US-A-4 458 432, weights are added to the shoe near by the sole - on the very low portion of the upper part of the shoe. Weights located in that way affect only to the periphery of the sole.

[0004] US-A-5 231 776 has fixed weights in the outer and inner part of the sole.

[0005] US-A-4 777 743 shows weights located in the collar of the shoe above the ankle around the back part of the foot. The function of this weights is equal to ordinary ankle weights, which cause damages of ankles and bond over the heel at the dynamic training.

[0006] US-A-3 114 981 has the weights located on the upper part of the shoe in special weight members which are added to the shoe only on the outer part of the shoe. The weights affect on the foot extremely non symmetrically causing to injuries (damages) when using these weights in dynamic training.

[0007] US-A-1 637 565 has weights located in the compartment between in-sole and out-sole and weights can be added or given away. At walking or running the described zip-fastener cannot assure that the upper inner part of the sole wouldn't move uncontrolled relative to the outer stepped part of the sole.

[0008] The solutions so far have many bad sides as: loading does not permit bigger dynamics during the condition training of sportsmen. Instability and deformations of weights at the strokes of the leg can cause the damage of the user as well as of other members of training team. Instable weights disturb the coordination of movements and the user itself and the use of such way of loading is very complicated as well.

TECHNICAL DESCRIPTION OF THE INVENTION

[0009] The invention is described in details on the basis of the picture, showing:

1. weights
2. the sole of the footwear with nests (places) for

firm or adjustable weights

3. front upper part of the footwear

4. the tongue where nests for firm or adjustable weights are shaped

5. reinforced middle part of the footwear

6. soft upper part with nests (places) for weights

7. reinforced hill part of the footwear

8. the removable inner sole which can be of different shapes,

[0010] Loaded sports recreative footwear according to the invention consists of symmetrically or asymmetrically placed weights (1) in different weights and combinations, firmly placed or/and with possibility of taking away or adding, namely in the sole (2) in the flexible anatomic inner sole (8), in the tongue (4) and in the soft upper part of the footwear (6). These weights (1) can also be placed in the front upper part of the footwear (3), reinforced middle part of the footwear (5) and in the reinforced hill part of the footwear (7).

[0011] The inner sole (8) is made in different weights and the footwear can contain one or more inner soles (8). The inner sole (8) is equipped with firm weights, with firm and adjustable weights (1) or only with adjustable weights (1).

[0012] The loaded sports recreative footwear can be equipped with fixed, symmetrically or asymmetrically placed weights (1) which can be placed in the sole (2), in the inner sole (8), in the tongue (4), or/and in the soft upper part of the footwear (6).

[0013] Weights (1) which can be added or taken away are put into the nest (places) which are made in the known way so that weights (1) remain firm also at the dynamic training. Also weights (1) in the tongue (4) are placed from the inner soft part to the outer part of tongue (4) or weights are placed from the outer part and are protected from falling out in the known way.

[0014] The advantages of such technical solution is in the fact that all the weights (1) are installed and arranged on the sports footwear in such a way to enable the loading to be as correct as possible and of the best quality as possible. At a very dynamic training exercises the weights do not change the function of sports footwear. The use of weights (1) is not dangerous for the user and other members of the team because all the weights (1) are inserted through special holes in the inner side of the footwear. A lot of small weights enable very accurate and fast adjustment and the user perceives the weights (1) only as a heavier footwear.

Claims

1. Loaded sports recreative footwear with weights (1) being attachable on or in the structure of the footwear, **characterized in that** a plurality of nests are provided on or in the tongue (4) and in the outer sole (2) and in the inner sole (8) and in the soft upper

part (6) of the footwear (5), with the weights (1) being selectively insertable into and removable from the nests for producing a symmetrical or asymmetrical load.

2. Footwear according to claim 1, **characterized in that** several anatomic or ordinary inner soles (8) are provided.

3. Footwear according to claim 1 or 2, **characterized in that** weights (1) are attachable also to the front upper part (3) of the footwear, the reinforced middle part (5) of the footwear and the reinforced hill part (7) of the footwear

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3. Article chaussant selon la revendication 1 ou 2, **caractérisé en ce que** l'on peut fixer des masselottes (1) également sur la partie avant supérieure (3) de la chaussure, sur la partie médiane renforcée (5) de la chaussure et sur la talonnette renforcée (7) de la chaussure.

Patentansprüche

1. Beladener Sport- und Freizeitschuh mit Gewichten (1), die an oder in der Struktur des Schuhs anbringbar sind, **dadurch gekennzeichnet, dass** eine Mehrzahl von Taschen auf und in der Lasche (4) und in der Außensohle 2 und in der Innensohle (8) und in dem weichen oberen Bereich (6) des Schuhs (5) angeordnet sind, wobei die Gewichte (1) wahlweise in die Taschen einbringbar oder aus diesen entfernbar sind, um eine symmetrische oder asymmetrische Beladung herzustellen.

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2. Schuh nach Anspruch 1, **dadurch gekennzeichnet, dass** mehrere anatomische oder gewöhnliche Innensohlen (8) vorgesehen sind.

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3. Schuh nach Anspruch 1 oder 2, **dadurch gekennzeichnet, dass** die Gewichte (1) auch im vorderen oberen Bereich (3), im verstärkten mittleren Bereich (5) und im verstärkten Fersenbereich (7) des Schuhs anbringbar sind.

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Revendications

1. Article chaussant lesté de sport ou de loisirs comportant des masselottes (1) pouvant être fixées sur ou intégrées dans la structure de l'article chaussant, **caractérisé en ce qu'une** pluralité de cavités sont ménagées sur ou dans la languette (4), dans la semelle d'usure (2), dans la semelle intérieure (8) et dans la partie supérieure souple (6) de l'article chaussant (5), les masselottes (1) pouvant être insérées dans et extraites des cavités de manière sélective pour obtenir un lest symétriques ou asymétrique.

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2. Article chaussant selon la revendication 1, **caractérisé en ce qu'il** présente plusieurs semelles intérieures (8) anatomiques ou ordinaires.

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