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(54) **Exercise device adjustable to different weight**

(57) An exercise device includes a carrier (20) having a casing (21) for attaching onto an upper portion of a user, and a handle (31) disposed on the casing (21) for being grasped by the user. The casing (21) includes a chamber (22) to receive one or more weights (23), and to adjust the casing (21) or the carrier (20) to different weights. The casing (21) includes an opening (27) formed between two arms (28), for receiving a neck portion of a user, and a cover (24) having one or more springs (26) to engage with the weights (23). A base (10) may include a support (11) to support the carrier (20), and a post (18) for supporting one or more weights (23).

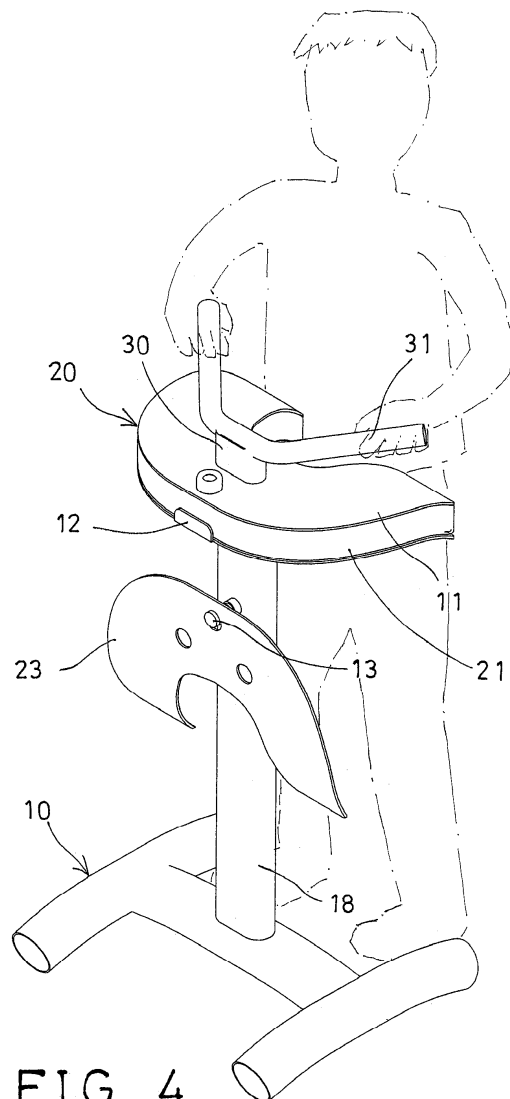


FIG. 4

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Description

[0001] The invention relates to an exercise device having a casing for receiving various kinds of weights, to adjust the exercise device to different weights.

[0002] Typical weight lifting devices or dumbbells normally comprise a handle for being grasped by the users, but may not be attached onto the users. For some long distance runners, they may prepare and carry one or more sand bags to train or to increase their endurance or physical strength. However, the typical sand bags have no handles and may not be easily grasped by the users.

[0003] The invention is to provide an exercise device including a casing for receiving various kinds of weights, to adjust the exercise device to different weights.

[0004] Accordingly, there is provided an exercise device comprising the features of claim 1. Advantageous embodiments are laid down in the further claims.

FIG. 1 is a perspective view of an exercise device;
FIGS. 2, 3 are partial exploded views of the exercise device;
FIG. 4 is a perspective view of the exercise device.

[0005] Referring to FIGS. 1-3, an exercise device comprises a base 10 including a support 11 disposed on a post 18, and having one or more upwardly extended catches 12 for anchoring a carrier 20 on the support 11. The base 10 includes one or more juts 13 extended from the post 18, for hanging one or more weights 23. The carrier 20 includes a casing 21 having a chamber 22 for receiving one or more of the weights 23 which include a shape similar to that of the chamber 22 of the casing 21, for snugly fitting in the chamber 22 of the casing 21. However, the weights 23 may have different shape, such as stones, sand bags, or other weights, and may also be received within the chamber 22 of the casing 21.

[0006] The carrier 20 includes a cover 24 pivotally attached to the casing 21 at one end, and having a lock 25 attached to the other end, for latching the cover 24 to enclose the casing 21, and to stably retain the weights 23 within the casing 21. The casing 21 may include one or more springs 26 for engaging with the weights 23, and for stably retaining the weights 23 within the casing 21.

[0007] The carrier 20 includes an opening 27 formed in the casing 21 and defined between two arms 28, for receiving the neck of the user, and for suitably attaching the carrier 20 onto the users. The weights 23 may also include notches 29 for aligning with the opening 27 of the casing 21, and for being stably retained within the casing 21. The carrier 20 includes a handle 31 extended from a protrusion 30 of the cover 24, and having an opening 32 defined between two arms 33, for being grasped by the users.

[0008] The casing 21 may be attached onto the upper portion of the user, to apply a weight onto the user, and

the user may grasp the handle 31 to retain the casing 21 thereon, and to conduct various exercises, such as running, jogging, bending twisting, or the like. The casing 21 may be disposed on the support 11, and anchored to the support 11 with the catches 12. The cover 24 may be opened to change the weights 23 or other weight devices, and to adjust to different weights. The weights 23 may also be slidably engaged or forced into the chamber 22 of the casing 21 or the like, to change the carrier 20 to different weights.

Claims

1. An exercise device comprising:
 - a carrier (20) having a casing (21) for attaching to a user, and
 - a handle (31) disposed on the casing (21), for being grasped by the user.
2. The exercise device as claimed in claim 1, wherein the casing (21) includes a chamber (22), and at least one weight (23) engaged into the chamber (22) of the casing (21).
3. The exercise device as claimed in claim 2, wherein the casing (21) includes an opening (27) formed between two arms (28).
4. The exercise device as claimed in claim 3, wherein the weight (23) includes a notch (29) aligned with the opening (27) of the casing (21).
5. The exercise device as claimed in claim 2, wherein the casing (21) includes a cover (24) to enclose the casing (21).
6. The exercise device as claimed in claim 5, wherein the casing (21) includes a lock (25) attached to the cover (24).
7. The exercise device as claimed in claim 5, wherein the cover (24) includes at least one spring (26) to engage with the weight (23).
8. The exercise device as claimed in claim 1 further comprising a base (10) including a support (11) for supporting the carrier (20).
9. The exercise device as claimed in claim 8, wherein the base (10) includes a post (18) to support the support (11), and a jut (13) extended from the post (18), for supporting at least one weight (23).
10. The exercise device as claimed in claim 8, wherein the support (11) includes at least one catch (12) for engaging with the casing (21).

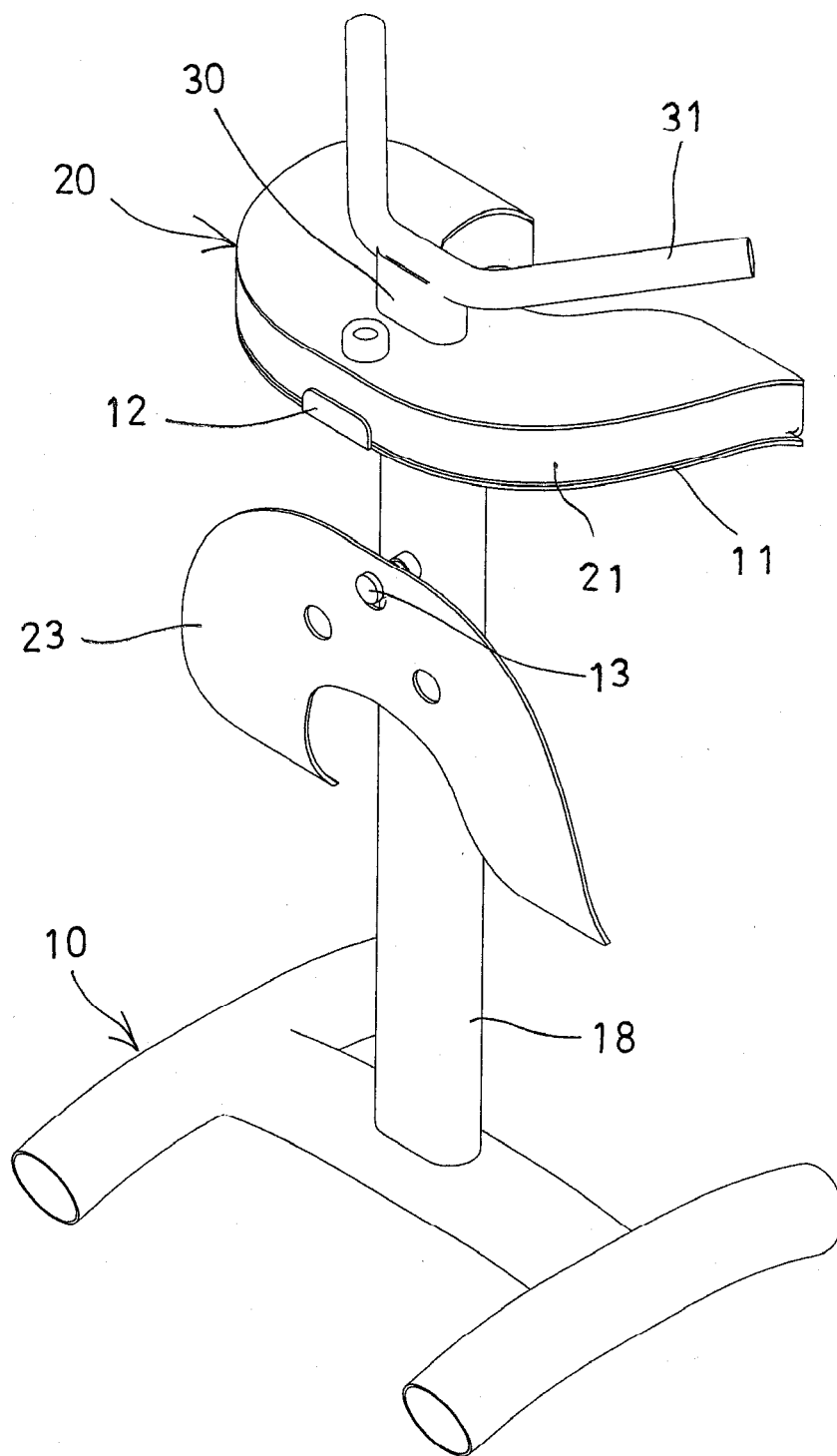


FIG. 1

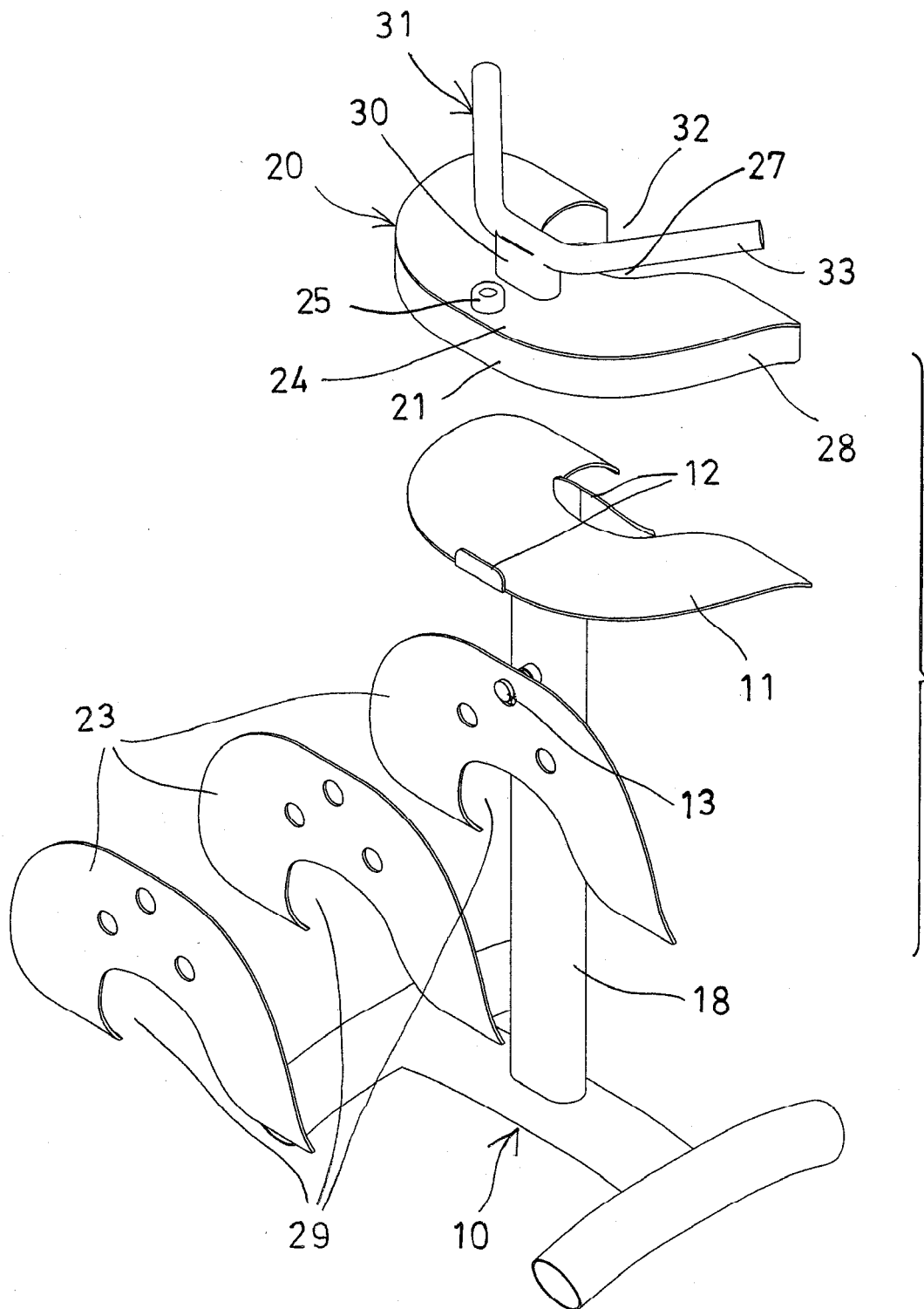


FIG. 2

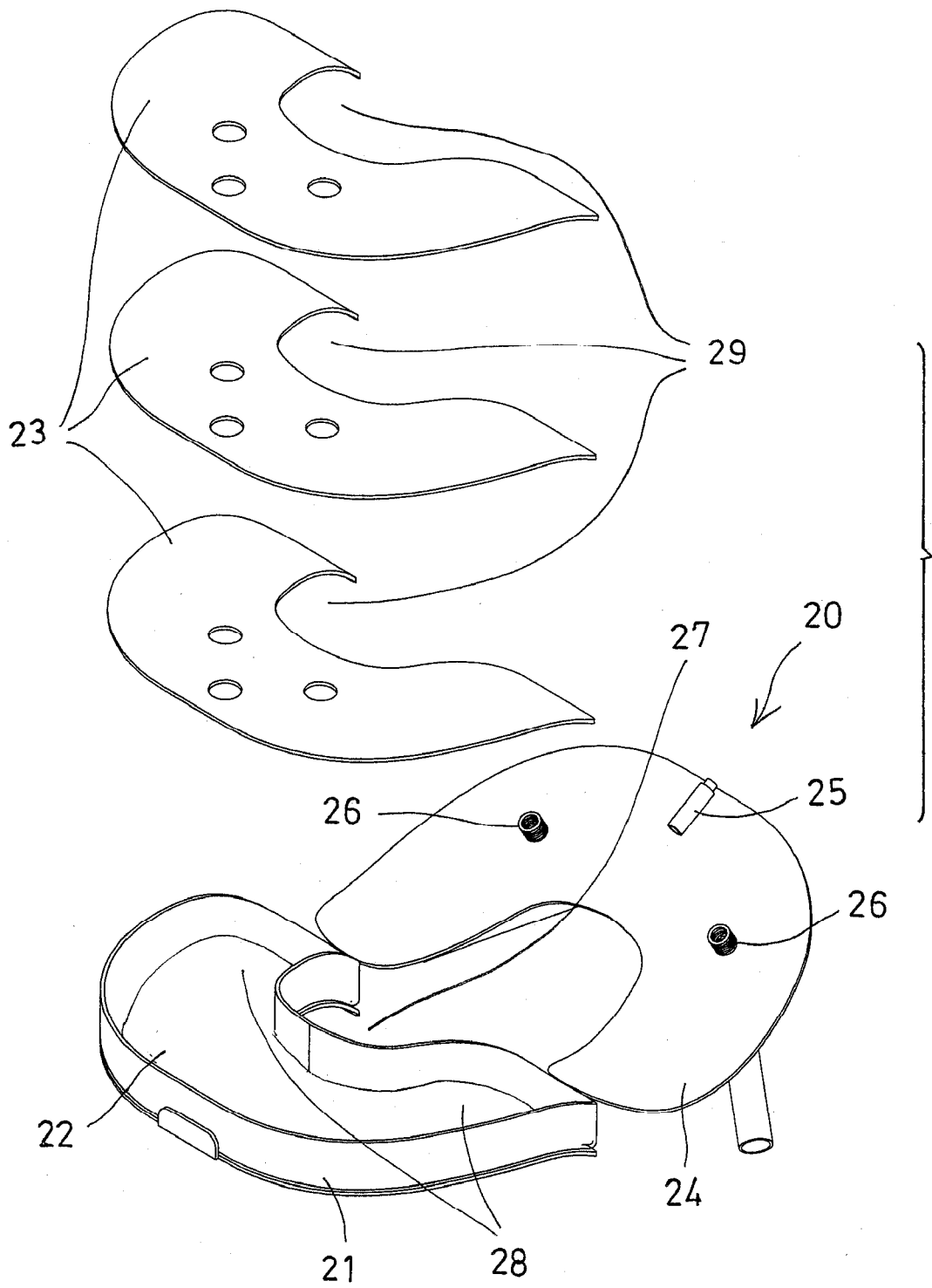


FIG. 3

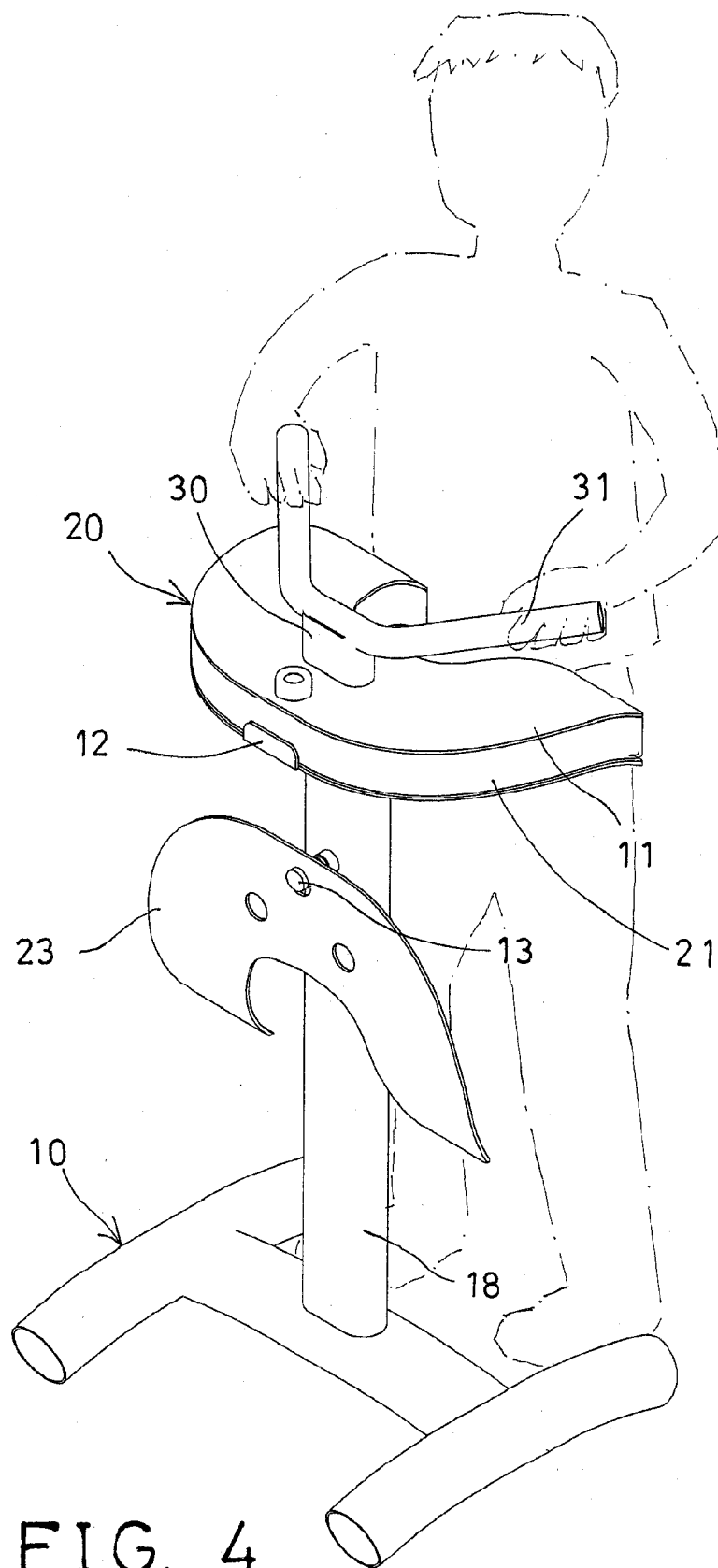


FIG. 4



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EUROPEAN SEARCH REPORT

Application Number
EP 05 10 5347

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			TECHNICAL FIELDS SEARCHED (IPC)
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The present search report has been drawn up for all claims			
Place of search The Hague		Date of completion of the search 11 November 2005	Examiner Tejada Biarge, D
CATEGORY OF CITED DOCUMENTS X : particularly relevant if taken alone Y : particularly relevant if combined with another document of the same category A : technological background O : non-written disclosure P : intermediate document T : theory or principle underlying the invention E : earlier patent document, but published on, or after the filing date D : document cited in the application L : document cited for other reasons & : member of the same patent family, corresponding document			

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EPO FORM 1503 03.82 (P04C01)

**ANNEX TO THE EUROPEAN SEARCH REPORT
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This annex lists the patent family members relating to the patent documents cited in the above-mentioned European search report.
The members are as contained in the European Patent Office EDP file on
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11-11-2005

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