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(54) EXERCISE DEVICE

(57) An exercise device comprises at least two legs (1) with a lower end (2) intended for being supported on the ground and with an upper end (3), and a support part (4) which is connected to the upper ends (3) of the legs (1) and comprising at least a first section (5) intended for supporting one of the user's hands and a second section (6) intended for supporting the user's other hand.

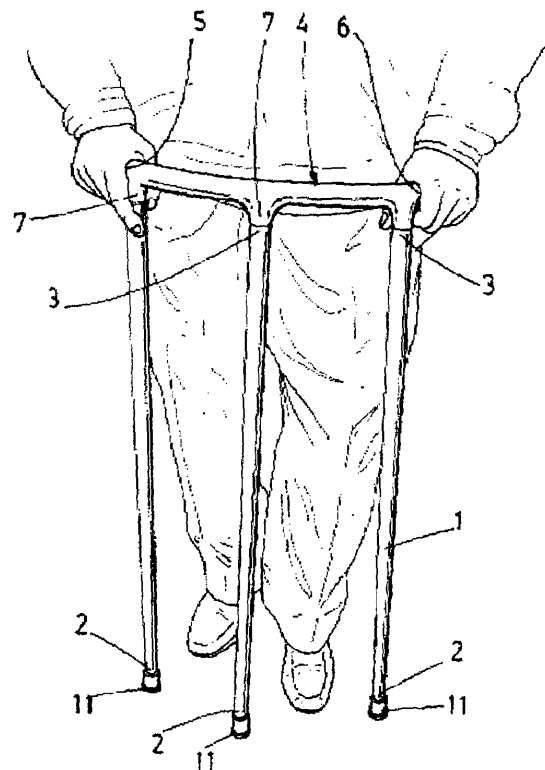


FIG.1

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Description

TECHNICAL FIELD

[0001] The present invention is comprised in the technical field of health. More specifically, it relates to an exercise device that can be used while the user is not moving or moving and is intended for reinforcing the user's muscles, thereby improving the health condition of users of any age,

PRIOR ART

[0002] Gym apparatus and machines so that people using them can improve their physical condition by exercising different parts of the body are known from the prior art. The problem with these apparatus is that they are not available to everyone, due to the location of public or private sports centers, and due to the enormous physical effort that must be made. Furthermore, the user has to invest a lot of money to be able to purchase them or go to gyms or specialized centers that have such apparatus. Furthermore, if it is necessary to go to the gym, the user needs time and a means of transport, which in many cases is an impediment for the user to perform the exercises daily, and that increases the time required for the user to get into shape,

DESCRIPTION OF THE INVENTION

[0003] The device of the present invention is an exercise device which allows strengthening users' bodies with minimal effort and which can be used by people of any age.

[0004] An exercise device is described that can be used by the user while not moving or while moving. In both cases, as a result of its configuration the device allows the user to maintain correct posture and therefore strengthen muscles and prevent aches, pains and contractures.

[0005] The exercise device comprises at least two legs with a lower end intended for being supported on the ground and with an upper end. Preferably, said legs are cylindrical bodies. In different embodiments, said bodies can have a length suited to the height of the user so that the upper end is neither too high nor too low with respect to the user's hip.

[0006] Furthermore, the exercise device comprises a support part connecting the upper ends of the legs and comprising at least a first section intended for supporting one of the user's hands and a second section intended for supporting the user's other hand. Therefore the user is supported with both hands on the device, and this helps to improve balance.

[0007] In cases in which the device is used while not moving, the user can also be performing other actions at the same time, such as watching TV or watching over something in the kitchen, for example. Furthermore,

since the device is easy to use, the user does not have to be paying attention to it constantly and can use it while thinking about other things.

[0008] One the major advantages resulting from use of the described device is that it allows considerable reinforcement of the abdominal muscles, so the user's posture is improved and back, including lower back, aches and pains are reduced. Aches and pains of this type are very common today because most people spend many hours sitting in front of a computer or studying in incorrect postures. In many cases, people are hunched over or tense for many hours as they are sitting and this can cause significant damage. To solve this damage, people go to physical therapists or chiropractors in this day and age. This means they waste time in going there as well as money in having to pay for the sessions required to alleviate aches, pains and contractures.

[0009] By using the proposed exercise device on a regular basis (15 to 30 minutes a day is sufficient), all the possible damage described is avoided and poor postural habits are corrected. Compared to machines in gyms known from the prior art, the exercise device of the invention allows obtaining the same or similar results without having to make virtually any effort at all. Furthermore, the described exercise device has two further advantages, i.e., it can be used at home and it is much more affordable.

[0010] Furthermore, use of the exercise device allows improving the bone and muscle portion of the user's entire torso, from the groin to the neck. The hands and arms are also strengthened, the spine is straightened and neck wrinkles are partially corrected. The buttocks and breasts also become harder, and the legs are also exercised. Furthermore, when it is used while the user is not moving, the user can rest, supported on the device, from all the daily effort made that results in a number of discomforts of any type. The hip, spine, shoulders, arms, and legs are rejuvenated as a result of the described advantages derived from using the device. The user therefore feels much more agile, and besides health the user's mood also improves.

[0011] The device of the present invention can also be used for resting the joints after having walked a lot or after having been on one's feet for a long time. Other benefits for the user are that it allows keeping the hands warm with good circulation (because the user's hands are supported on the device instead of falling to the side of the body), and furthermore internal organs are protected as it improves the body's muscles.

DESCRIPTION OF THE DRAWINGS

[0012] To complement the description that is being made and for the purpose of helping to better understand the features of the invention according to a preferred practical embodiment thereof, a set of drawings is attached as an integral part of said description in which the following is depicted with an illustrative and non-limiting

manner:

Figure 1 shows a view of a user with the exercise device in an embodiment in which the device has three legs and the user is placed with the front part of the body facing the device.

Figure 2 shows a view of a user with the exercise device in an embodiment in which the device has three legs and the user is placed with the rear part of the body facing the device.

Figure 3 shows a view of the exercise device in an embodiment in which the device has two legs and the support part is a body with a longitudinal axis in the horizontal direction and raised ends,

Figure 4 shows a view of the exercise device in an embodiment in which the device has two legs and the support part has a cross-shaped configuration.

PREFERRED EMBODIMENT OF THE INVENTION

[0013] Embodiments of the invention are described below with the aid of Figures 1 to 4.

[0014] The exercise device comprises at least two legs (1) and a support part (4) for the user's hands. The user holds on to said support part to use the device both while not moving and while moving.

[0015] The legs (1) of the device comprise a lower end (2) intended for being supported on the ground and an upper end (3), and a support part which is connected to the upper ends (3) of the legs (1) and comprises at least a first section (5) intended for supporting one of the user's hands and a second section (6) intended for supporting the user's other hand.

[0016] The legs (1) are preferably cylindrical bodies that can be made of wood, metallic, etc. and the longitudinal axis of which is vertical. The height of the legs (1) must be suited to the height of the user of the device. Devices having different measurements can therefore be made so that the user chooses the height that best suits the user's body. Preferably, the upper end (3) of the legs where the support part (4) is located must be located at a height close to the height of the user's hip.

[0017] In one embodiment, the support part (4) is a preferably cylindrical body arranged with its longitudinal axis in the horizontal direction and comprising projections (7), pointing towards the ground, intended for being connected to the upper ends of the legs. In one embodiment, said projections (3) are intended for being introduced in the legs (1) at the upper end (3) thereof. The connection between the support part (4) and the legs (1) can be done, for example, with adhesive, with screws or with nails.

[0018] As shown in Figures 1 and 2, in one embodiment in which the device has two or more legs (1) (three in this case), the support part (4) can have a semicircular con-

figuration with the first section (5) and the second section (6) arranged at the ends of said semicircle. This embodiment allows the user to be able to be facing (as seen in Figure 1) and with his/her back facing the legs (1) of the device (as seen in Figure 2) and holding on to the support surfaces (5, 6), strengthening different muscles depending on said orientation. Preferably, in this embodiment the user's hands are arranged facing the sides of his/her own hip and the arms are bent forming an angle with the elbow close to 90°.

[0019] Another embodiment is seen in Figure 3 in which the support part (4) is formed by a preferably cylindrical body, from which there emerge projections (7) pointing towards the ground to be connected to the upper ends (3) of the legs (1), and said body is arranged with its longitudinal axis in the horizontal direction and has raised ends. This embodiment is suitable for preventing the user's hands from sliding towards the ends of the support part (4) and slipping off same. Since the ends of said support part (4) are tilted upwards, they act as a stop. In this case, the user's hands are arranged facing the user's hip along the front part thereof. The projections (7) of the support part are like those described above.

[0020] Furthermore, Figure 4 shows an embodiment of the exercise device in which the support part (4) has a cross-shaped configuration formed by a first body (8) and a second body (9) arranged perpendicular to one another with their longitudinal axes in the horizontal direction. The first body (8) is preferably cylindrical and is connected to the legs (1) and comprises projections (7) pointing towards the ground by means of which said connection to the legs (1) is performed. The second body (9) is also preferably cylindrical and the first section (5) and the second section (6) for supporting the user's hands are located in it. Therefore, in this embodiment when the user holds on to the exercise device, the legs (1) are aligned in front of said user in a direction perpendicular to that of the line formed by the user's hands (coinciding with the longitudinal axis of the second body).

[0021] In one embodiment, the support part (4) comprises ribs in the first section (5) and the second section (6) to assure the user's hold. These ribs can be, for example, rough surfaces for increasing friction with the user's hands and preventing them from sliding or moving from the correct holding position. In another embodiment, these sections (5, 6) can be covered with a non-slip material which would perform the same function.

[0022] Preferably, the lower ends (2) of the legs (1) are covered with tips (11) that can be of rubber or some other non-slip material to avoid slipping when the user supports the lower end (2) of the legs (1) on the ground.

[0023] In another preferred embodiment, such as that shown for example in Figure 1, the exercise device additionally comprises a leg connecting element (10) which is arranged at a given height from the ground to prevent the legs (1) from separating from one another in the area close to the lower ends (2). This situation could occur, for example, if the exercise device is used by a person

who weighs a lot and as that person is supported on the device, this downward force could make the legs (1) separate from one another and it would deform the device, which would no longer perform its functions adequately. Preferably, the leg connecting element (10) is arranged at a height of between 10 cm and 30 cm from the ground. More preferably, it is arranged at a height of 20 cm from the ground.

[0024] In one embodiment, the exercise device is made of wood. Other possible materials are steel, PVC, etc.

[0025] The preferred height for the exercise device is that height which allows the support part (4) to be located at the height of the lower part of the user's navel. The preferred width is a 12 to 15 cm gap between the legs (1).

Claims

1. An exercise device, **characterized in that** it comprises:

- at least two legs (1) with a lower end (2) intended for being supported on the ground and with an upper end (3),
- a support part (4) which is connected to the upper ends (3) of the legs (1) and comprising at least a first section (5) intended for supporting one of the user's hands and a second section (6) intended for supporting the user's other hand.

2. The exercise device according to claim 1, **characterized in that** the first section (5) and the second section (6) have ribs intended for increasing the friction of the user's hand with the support part (4).

3. The exercise device according to claim 1, **characterized in that** the first section (5) and the second section (6) are covered with a non-slip material.

4. The exercise device according to claim 1, **characterized in that** the support part (4) comprises projections (7) pointing towards the ground intended for being connected to the upper ends (3) of the legs (1).

5. The exercise device according to claim 4, **characterized in that** the projections (7) are housed inside the upper ends (3) of the legs (1).

6. The exercise device according to claim 4, **characterized in that** the projections (7) are connected to the upper ends (3) of the legs (1) by means of adhesive, nails or screws.

7. The exercise device according to claim 1, **characterized in that** the support part (4) is a semicircular-shaped body which is arranged with its longitudinal

axis in the horizontal direction and the first section (5) is arranged at one of its ends and the second section (6) is arranged at its other end, and said sections (5, 6) are intended for facing the sides of the user's hip.

8. The exercise device according to claim 1, **characterized in that** the support part (4) is a body the longitudinal axis of which is arranged in the horizontal direction and has raised ends.

9. The exercise device according to claim 1, **characterized in that** the support part (4) has a cross-shaped configuration formed by a first body (8) and a second body (9) arranged perpendicular to one another with their longitudinal axes in the horizontal direction, where the first body is connected to the legs (1) and the second body (9) comprises the first section (5) and the second section (6) intended for supporting the user's hands.

10. The exercise device according to claim 1, **characterized in that** it additionally comprises a leg connecting element (10) connecting the legs (1) to one another.

11. The exercise device according to claim 10, **characterized in that** the leg connecting element (10) is arranged at a distance of between 10 and 30 cm from the ground.

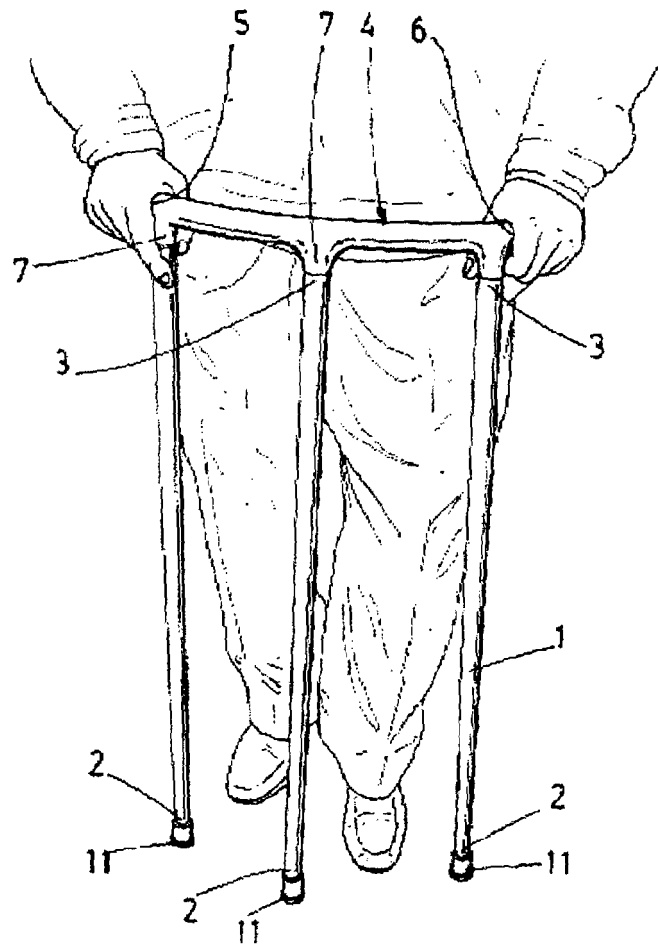


FIG.1

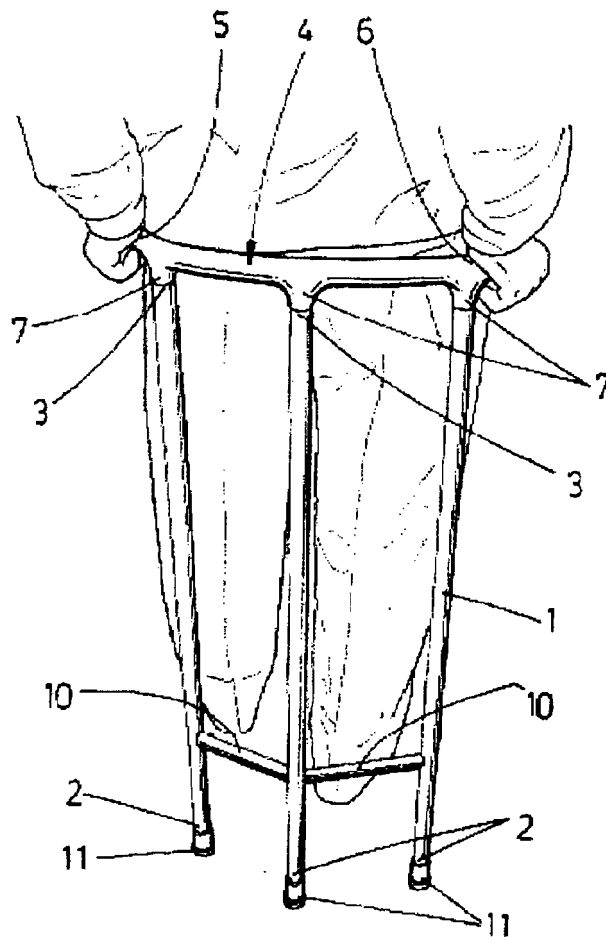


FIG.2

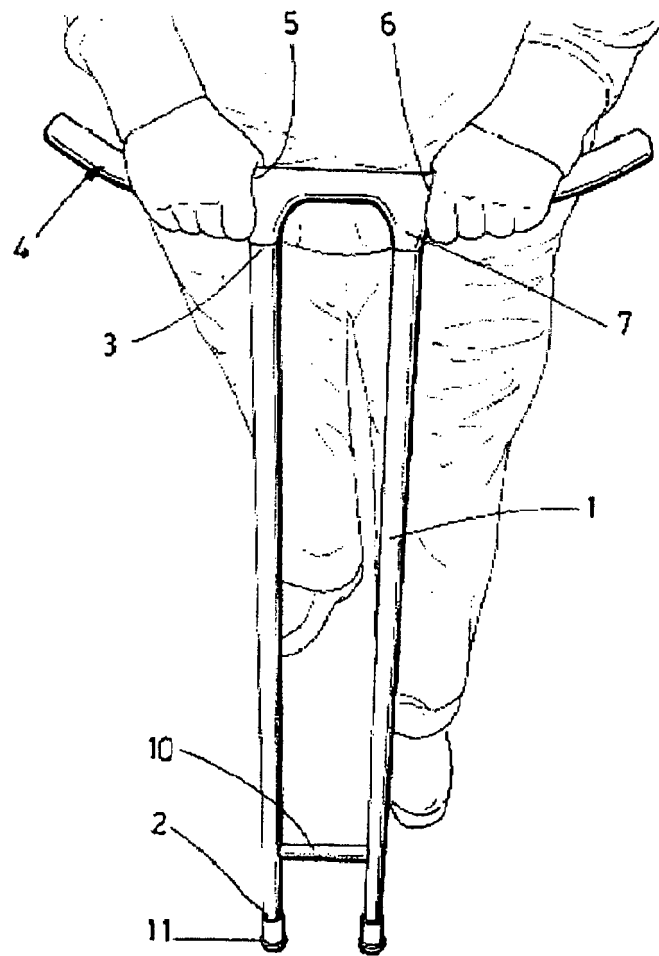


FIG.3

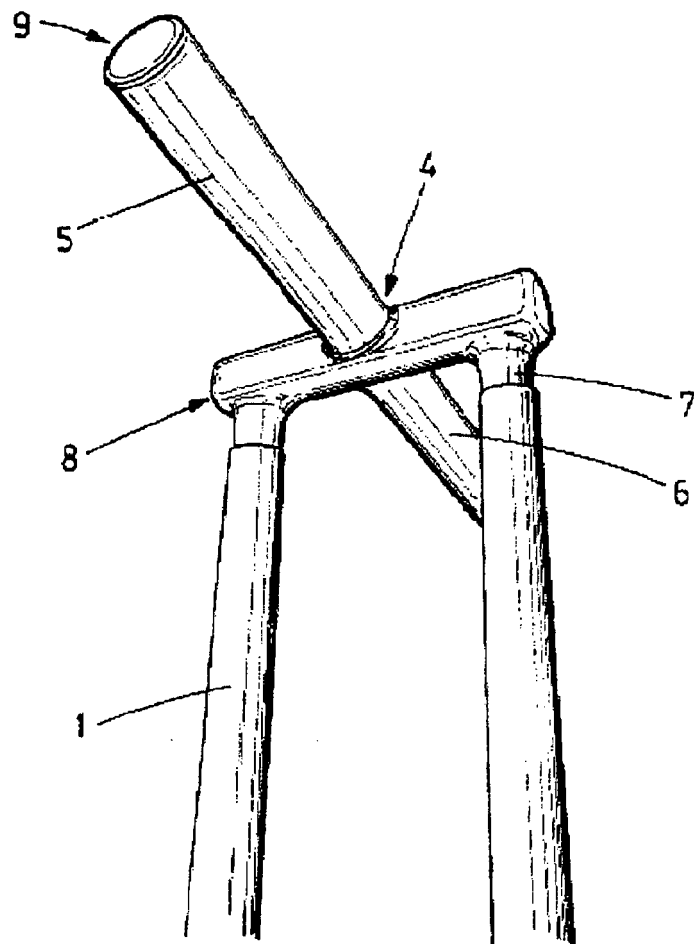


FIG.4



EUROPEAN SEARCH REPORT

 Application Number
 EP 16 00 0149

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The present search report has been drawn up for all claims			
Place of search Munich		Date of completion of the search 12 May 2016	Examiner Teissier, Sara
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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**ANNEX TO THE EUROPEAN SEARCH REPORT
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12-05-2016

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