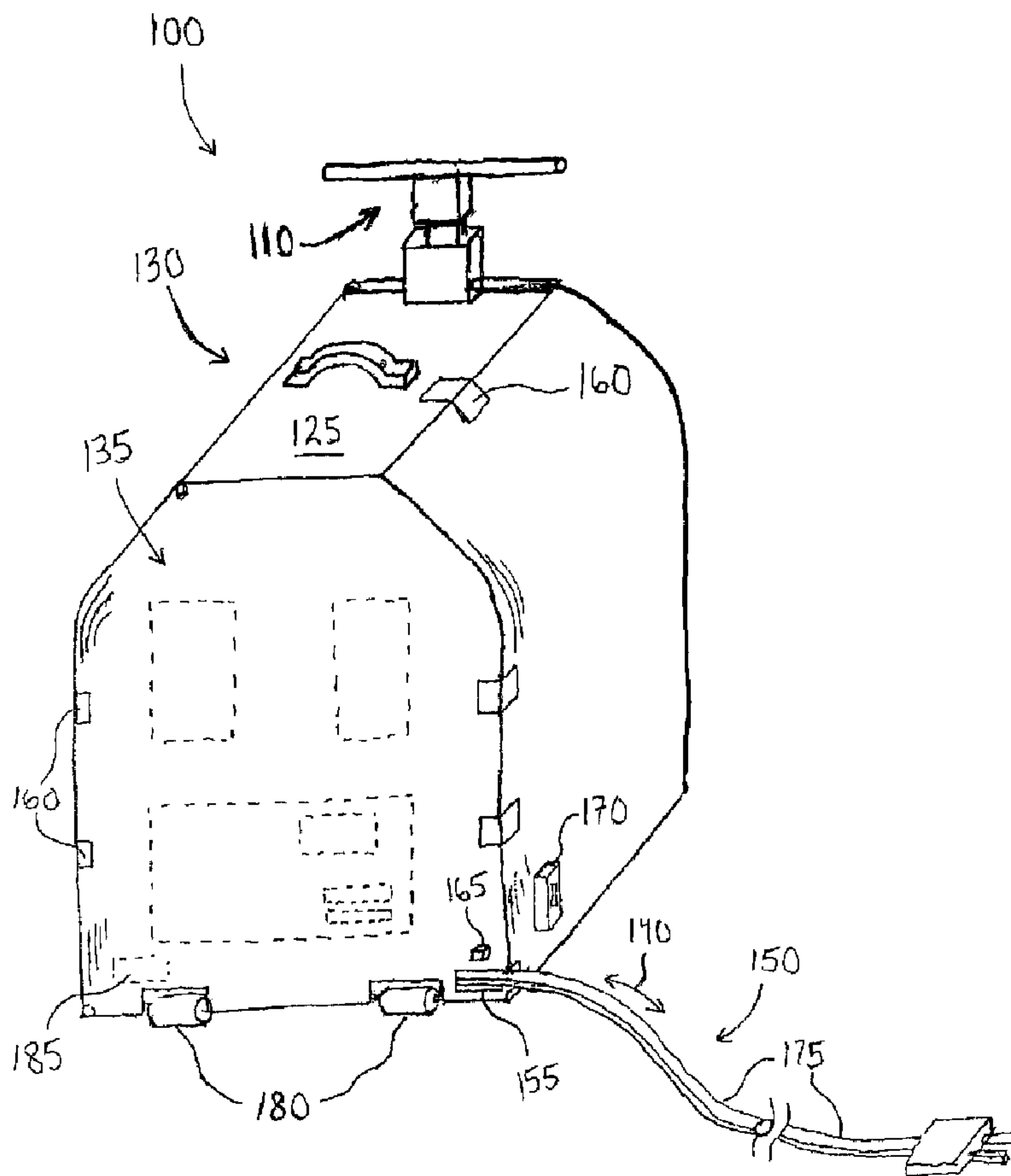




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(71) Demandeur/Applicant:
HALL, DAVID, US
(72) Inventeur/Inventor:
HALL, DAVID, US
(74) Agent: BENNETT JONES LLP

(54) Titre : TROUSSE DE TRANSPORT DE SYSTEME D'EXERCICE POSSEDANT UNE POIGNEE MUNIE DE ROUES
(54) Title: EXERCISE SYSTEM CARRYING KIT HAVING A WHEELED HANDLE



(57) Abrégé/Abstract:

An exercise system carrying kit. The kit includes: a housing member, a physical exercise device, an audio/video provider module, a power module, a control module, a display module, an exercise accessory, and a receiving mechanism. The exercise device

(57) **Abrégé(suite)/Abstract(continued):**

enables a user to perform physical exercises. There is a removable handle having wheels. The audio/video provider module provides entertaining information. The control module alters a magnitude of energy provided by the power module to the audio/video provider module. The exercise accessory assists a user in performing physical exercises, and is an accessory selected from the group of accessories consisting of: an eye chart, a hand weight, a foot weight, a body weight, a reading rack stand, a pedometer, a timer, a clock, a calculator, a media, a hydration bottle, a jump rope, a balance bar, a pad, an aromatherapy device, and an instruction module. The receiving mechanism stores the exercise device and exercise accessory in the housing member.

ABSTRACT

An exercise system carrying kit. The kit includes: a housing member, a physical exercise device, an audio/video provider module, a power module, a control module, a display module, an exercise accessory, and a receiving mechanism. The exercise device enables a user to perform physical exercises. There is a removable handle having wheels. The audio/video provider module provides entertaining information. The control module alters a magnitude of energy provided by the power module to the audio/video provider module. The exercise accessory assists a user in performing physical exercises, and is an accessory selected from the group of accessories consisting of: an eye chart, a hand weight, a foot weight, a body weight, a reading rack stand, a pedometer, a timer, a clock, a calculator, a media, a hydration bottle, a jump rope, a balance bar, a pad, an aromatherapy device, and an instruction module. The receiving mechanism stores the exercise device and exercise accessory in the housing member.

EXERCISE SYSTEM CARRYING KIT HAVING A WHEELED

HANDLE

BACKGROUND OF THE INVENTION

FIELD OF THE INVENTION

[0001] The present invention relates to exercise kits, specifically to exercise device carrying kits for carrying portable exercise equipment and accessories.

DESCRIPTION OF THE RELATED ART

[0002] An ever increasing awareness of the benefits of physical fitness on the longevity of living grows each and every day. A healthy lifestyle includes a balanced diet and a weekly routine of exercises. Many people accomplish this through fitness clubs or gymnasiums that provide equipment and personal training to individuals seeking a healthier lifestyle. In addition, there is thousands of weight loss and diet centers that monitor the food intake of individuals and help them balance a healthy diet. However, personal training to stimulate aerobic and musculature development is quite expensive and difficult to routinely maintain. Some improvements have been made in the field. Examples include but are not limited to the references described below, which references are incorporated by reference herein:

[0003] U.S. Patent No.: 6,749,537, issued to Hickman, discloses an exercise system that includes a local system having an exercise apparatus and an associated local computer, where the local computer controls and monitors the operation and use, respectively, of the exercise apparatus. The system further includes a remote system having a remote computer, and a transmission medium preferably including the Internet

that couples the local system to the remote system for data communication between the local system and the remote system. The remote system may receive local system data from the local system concerning the use of the exercise apparatus, and the local system may receive remote system data from the remote system concerning the operation of the exercise apparatus. The local computer preferably controls the operation of the exercise apparatus based upon a modifiable script stored in a read/write memory of the local computer, which can be updated by the remote system. A method for controlling an exercise apparatus includes running a modifiable script on a local computer to control the use and to monitor the operation of an exercise apparatus, and communicating with a remote system, preferably via the Internet, to provide the remote system with data concerning the use of the exercise apparatus. The script is stored in read/write memory of the local computer and remote system data received from the remote system may include at least a portion of a new script to be stored in the read/write memory of the local computer.

[0004] U.S. Patent No.: 6,656,091, issued to Abelbeck et al., discloses an exercise method is disclosed that includes at least one exercise device with at least one sensor and a method of information transfer between the exercise device and a user. This information transfer is likely accomplished by use of a computer monitor and some sort of input device such as a keypad. This can be combined by use of a touch screen monitor. The user is identified to the machine and a specific exercise protocol is generated and used to control the exercise session(s) on each machine being used. Sensory data is generated from each sensor on each exercise device, during each exercise session and used to generate a new protocol for the user's next exercise session. This new protocol is

based on the user's performance on the previous exercise session. The information may also be compiled in a user-friendly format that the user can access via the internet or other multi-accessible information transfer system. This compiled data is a great motivational tool in promoting long-term physical fitness. In addition, a pay-per-use billing method is also disclosed to enable cost effective use of the disclosed.

[0005] U.S. Patent No.: 6,635,013, issued to Pfeffer, discloses an Exercise Gets Personal.RTM that is a system and method for delivering personalized exercise and injury prevention information based on identification and analysis of user-specific health and fitness indicators. By providing instruction for safe and effective cardiovascular, muscle conditioning and flexibility exercises, this invention assists healthy users in improving their physical fitness through exercise. The users' exercise programs are designed for safe progressions through four-week program guidelines in different levels. The Exercise Gets Personal.RTM system is accessed by the user directly through the Internet or licensed Intranet, or through the guidance of an intake coordinator, personal trainer, or other qualified health/fitness professional.

[0006] U.S. Patent No.: 6,613,000, issued to Reinkensmeyer et al., discloses a computer-based system that provides arm movement therapy for patients with sensory motor impairments. The system is based off a web site that provides access to assessment and therapy exercises designed to test and improve motor coordination in the arm. It operates over the World Wide Web using client-side applets, and can track user movement recovery over time and report it to a remote server computer. The system can also be customized to provide a personalized program of therapeutic exercise to a

multiplicity of individuals. A mass manufactured computer input device senses the user's movement and provides a means to track sensory motor performance.

[0007] U.S. Patent No.: 6,585,622, issued to Shum et al., discloses a method, computer program product, and a system for monitoring and rewarding athletic performance and use of a product worn by a person, thereby motivating use of the product and promoting customer loyalty. The present invention includes a system and a method for measuring, tracking, and recording use of the product, preferably related to the athletic performance of an athlete, using a portable, remote device; transferring that data from the remote device to a common location, such as an Internet web site service; calculating, assigning, and tracking rewards based on the level of use determined from the data; and allowing the user to redeem his or her rewards or compare his or her performance level with other athletes using other remote devices.

[0008] U.S. Patent No.: 6,648,799, issued to Hall, discloses an exercise device, such as a trampoline, that is foldable with long-lasting rigidity in the framework. The trampoline is made foldable by using hinges to connect sections of the frame of the trampoline. The hinges are configured to provide lateral flexibility in the framework, thereby decreasing the stress applied to the hinges (and increasing the life of the hinges) when the trampoline is folded.

[0009] U.S. Patent Application Publication No.: 2004/0267565, by Grube, discloses a method for expert health coaching of individuals to improve their health, fitness and wellness through interactive Internet access which provides the user with an ongoing interactive coaching health assessment through selected health fitness weighted criteria and individually tailored feedback. Online prompts are presented to the user to

complete a daily questionnaire on a variety of particularly defined health behaviors, including exercise, nutrition, sleep habits, and stress management. The data from the daily questionnaire are captured in a database and a daily score is calculated based on the input and weighted criteria. A coach is assigned to each individual and the personally assigned coach tracks the assigned individuals' progress daily via the coaching management module. The coach emails the assigned individuals with positive reinforcement, pats on the back or friendly prompts to do better, as appropriate.

[0010] U.S. Patent Application Publication No.: 2004/0204959, by Moreano et al., discloses an Exernet system that enables the development of an exercise prescription via the Internet by a medical or healthcare professional, the implementation of safety limits and/or parameters, the delivery of the prescription, and the execution of the exercise prescription directly to a device via the internet and the collection, storage, reporting and presentation of the physiologic data collected from each exercise prescription session. The end user (patient or client) simply logs into the system and presses "start". The individualized prescription is then executed. The Exernet system also enables the analysis and review of the prescription and physiological data generated by the user and device to be viewed real time or at a later time via the internet for further analysis and adjustment to the prescription. The system also addresses the problems with self-reported data. The Exernet is an automated method of documenting adherence and compliance of the users as well as documenting the proper protocols and prescriptions used in die research, preventative, early detection, rehabilitation, or fitness/wellness environments. The Exernet system allows a medical or healthcare professional to sit at any computer linked to the internet, develop an exercise regimen specific for their patient

or client, and have that same prescription executed on the exercise machine that the patient or client uses. The regimen is sent via the internet directly to the Exernet database where it is available for use.

[0011] U.S. Patent Application Publication No.: 2004/0131227, by Bravomalo et al., discloses a system that combines image morphing technology, exercise programming, supplement sales, and motivational techniques into one product. Users begin by entering their current measurements, measurement goals and current picture into the system, preferably via a Web site. The picture is segmented into body components, and each affected segment is morphed based upon the measurements, goals, and the segment's responsiveness to weight loss in order to create a modified image representative of the user in a post-regimen condition. This system helps health and fitness businesses obtain new members and retain existing members by showing the members how they will look after following a specific regimen of diet and/or exercise. The system also predicts health risks of diabetes, heart disease, and stroke associated with the user's pre-regimen and post-regimen conditions.

[0012] U.S. Patent Application Publication No.: 2004/0010420, by Rooks, discloses a method and system that includes an integrated set of technology, scientifically-based algorithms and fitness equipment that: assesses a person's health, fitness and functional status; develops an individualized exercise program to address specific needs and improves limitations in health, fitness and function; monitors exercise program progress and adverse events; continuously adjusts exercise program progression in real time; measures changes in health, fitness and functional status; and reports exercise participation and changes in health, fitness and functional status to the

participant, his/her health care provider (e.g., physician, physical therapist, psychologist) and health insurance provider. The method is also a vehicle for knowledge delivery of health education (e.g., nutrition, disease self-management, stress and time management), psychological coping strategies, and social support through integrated audio, video and web-based channels.

[0013] U.S. Patent Application Publication No.: 2003/0078786, by Ulrey, discloses a virtual physical fitness club that is provided by which an individual can obtain instruction from animated cartoon like physical fitness trainers. The system in a preferred embodiment presents the instruction by the cartoon like characters over a computer system attached to the internet or some other type of visual broadcast apparatus. A person while at their computer enters the virtual physical fitness club located on a remote server and moves about the site as if they were at a physical fitness club where they can access trainers in different locations or rooms who will provide instruction in various aerobic exercises, strength building exercises and the like. Each of the instructors have their own unique personality to provide a more personalized experience and the exercises presented are ones that an individual can do at their desk or similar location without the need for special equipment.

[0014] The inventions heretofore known suffer from a number of disadvantages which include being expensive, inconvenient, difficult to use, difficult to setup, limited in application, limited in versatility, and/or otherwise lacking motivation.

[0015] What is needed is an exercise device carrying kit that solves one or more of the problems described herein and/or one or more problems that may come to the attention of one skilled in the art upon becoming familiar with this specification.

SUMMARY OF THE INVENTION

[0016] The present invention has been developed in response to the present state of the art, and in particular, in response to the problems and needs in the art that have not yet been fully solved by currently available exercise carrying kits. Accordingly, the present invention has been developed to provide a convenient and efficient portable exercise carrying kit.

[0017] There is one embodiment of an exercise system carrying kit. The kit may comprise: a housing member that may include: a first handle that may be removably and pivotally coupled to a bottom end of the housing member, and may be removably coupleable to a top end of the housing member. A second handle may also be coupled to a top surface of the housing member. A plurality of wheels may be coupled to a bottom side of the housing member. A physical exercise device may be disposed in the housing member, and may be configured for a user to perform physical exercises. There may be a handle having wheels and/or a lip.

[0018] In another embodiment there is an audio/video provider module that may be disposed in the housing member, and may be configured to provide entertaining information to a user performing physical exercises. A power module may be in communication with the housing member and may extend outwardly therefrom, and may be configured to provide energy thereto. A control module may be coupled to the housing member, and may be in communication with the power module. In addition, the control module may be configured to control the power module. Furthermore, an exercise accessory may be disposed in the housing member, and may be configured to assist a user in performing physical exercises.

[0019] In yet another embodiment of the exercise system carrying kit, the kit may comprise a plurality of first fastening mechanisms that may be disposed on the housing member, and may be configured to retain the housing member in a closed mode. The invention may further comprise a receiving mechanism that may be disposed in the housing member, and may be configured to receive the exercise accessory. The exercise accessory may be an accessory selected from the group of accessories consisting of: an eye chart, a handle, a hand weight, a foot weight, a body weight, a reading rack stand, a pedometer, a timer, a clock, a calculator, a media, a hydration bottle, a jump rope, a balance bar, a pad, an aromatherapy device, and/or an instruction module.

[0020] In still yet another embodiment, the exercise device carrying kit may comprise a rebounder. Furthermore, the audio/video provider module may further comprise a radio system. The audio/video provider module may also comprise a display module that may be in communication with the audio/video provider, and may be configured to provide visual information. Moreover, the audio/video provider module may still further comprise a plurality of speakers that may be in communication with the audio/video provider, and may be configured to provide audio information.

[0021] In still further yet another embodiment, the receiving mechanism may comprise: a plurality of compartments and/or a plurality of second fastening mechanisms.

[0022] In still even further yet another embodiment, the power module may comprise an electrical power cord that may be configured to retract in and out of a slot disposed in the housing member. The power module may further comprise a battery. The control module may be a switch that may be configured to alter a magnitude of energy delivered from the power module to the audio/video provider module.

[0023] Reference throughout this specification to features, advantages, or similar language does not imply that all of the features and advantages that may be realized with the present invention should be or are in any single embodiment of the invention. Rather, language referring to the features and advantages is understood to mean that a specific feature, advantage, or characteristic described in connection with an embodiment is included in at least one embodiment of the present invention. Thus, discussion of the features and advantages, and similar language, throughout this specification may, but do not necessarily, refer to the same embodiment.

[0024] Furthermore, the described features, advantages, and characteristics of the invention may be combined in any suitable manner in one or more embodiments. One skilled in the relevant art will recognize that the invention can be practiced without one or more of the specific features or advantages of a particular embodiment. In other instances, additional features and advantages may be recognized in certain embodiments that may not be present in all embodiments of the invention.

[0025] These features and advantages of the present invention will become more fully apparent from the following description and appended claims, or may be learned by the practice of the invention as set forth hereinafter.

BRIEF DESCRIPTION OF THE DRAWINGS

[0026] In order for the advantages of the invention to be readily understood, a more particular description of the invention briefly described above will be rendered by reference to specific embodiments that are illustrated in the appended drawing(s). Understanding that these drawing(s) depict only typical embodiments of the invention and are not therefore to be considered to be limiting of its scope, the invention will be described and explained with additional specificity and detail through the use of the accompanying drawing(s), in which:

[0027] Figure 1A is a front perspective view of an exercise system carrying kit according to one embodiment of the invention;

[0028] Figure 1B is a front perspective view of an exercise system carrying kit according to one embodiment of the invention;

[0029] Figure 2 is a block diagram of an exercise system carrying kit according to one embodiment of the invention;

[0030] Figure 3 is a block diagram showing a plurality of exercise enhancement modules according to one embodiment of the invention;

[0031] Figure 4 is a rear elevational view of an exercise system carrying kit according to one embodiment of the invention;

[0032] Figure 5 is a top perspective view of a physical exercise device according to one embodiment of the invention;

[0033] Figure 6 is a front elevational view of an exercise system carrying kit according to one embodiment of the invention;

[0034] Figure 7 is a rear elevational view of an exercise system carrying kit according to one embodiment of the invention;

[0035] Figure 8 is a side elevational view of an exercise system carrying kit according to one embodiment of the invention;

[0036] Figure 9 is a rear elevational view of an exercise system carrying kit according to one embodiment of the invention;

[0037] Figure 10 is a side elevational view of an exercise system carrying kit according to one embodiment of the invention;

[0038] Figure 11 is a top perspective view of a physical exercise device according to one embodiment of the invention;

[0039] Figure 12 is a side view of a wheeled handle according to one embodiment of the invention.

DETAILED DESCRIPTION OF THE INVENTION

[0040] For the purposes of promoting an understanding of the principles of the invention, reference will now be made to the exemplary embodiments illustrated in the drawing(s), and specific language will be used to describe the same. It will nevertheless be understood that no limitation of the scope of the invention is thereby intended. Any alterations and further modifications of the inventive features illustrated herein, and any additional applications of the principles of the invention as illustrated herein, which would occur to one skilled in the relevant art and having possession of this disclosure, are to be considered within the scope of the invention.

[0041] Reference throughout this specification to “one embodiment,” “an embodiment,” or similar language means that a particular feature, structure, or characteristic described in connection with the embodiment is included in at least one embodiment of the present invention. Thus, appearances of the phrases “one embodiment,” “an embodiment,” and similar language throughout this specification may, but do not necessarily, all refer to the same embodiment, different embodiments, or component parts of the same or different illustrated invention. Additionally, reference to the wording “an embodiment,” or the like, for two or more features, elements, etc. does not mean that the features are related, dissimilar, the same, etc. The use of the term “an embodiment,” or similar wording, is merely a convenient phrase to indicate optional features, which may or may not be part of the invention as claimed.

[0042] Each statement of an embodiment is to be considered independent of any other statement of an embodiment despite any use of similar or identical language characterizing each embodiment. Therefore, where one embodiment is identified as

“another embodiment,” the identified embodiment is independent of any other embodiments characterized by the language “another embodiment.” The independent embodiments are considered to be able to be combined in whole or in part one with another as the claims and/or art may direct, either directly or indirectly, implicitly or explicitly.

[0043] Finally, the fact that the wording “an embodiment,” or the like, does not appear at the beginning of every sentence in the specification, such as is the practice of some practitioners, is merely a convenience for the reader’s clarity. However, it is the intention of this application to incorporate by reference the phrasing “an embodiment,” and the like, at the beginning of every sentence herein where logically possible and appropriate.

[0044] Many of the functional units described in this specification have been labeled as modules, in order to more particularly emphasize their implementation independence. For example, a module may be implemented as a hardware circuit comprising custom VLSI circuits or gate arrays, off-the-shelf semiconductors such as logic chips, transistors, or other discrete components. A module may also be implemented in programmable hardware devices such as field programmable gate arrays, programmable array logic, programmable logic devices or the like.

[0045] Modules may also be implemented in software for execution by various types of processors. An identified module of executable code may, for instance, comprise one or more physical or logical blocks of computer instructions which may, for instance, be organized as an object, procedure, or function. Nevertheless, the executables of an identified module need not be physically located together, but may comprise

disparate instructions stored in different locations which, when joined logically together, comprise the module and achieve the stated purpose for the module.

[0046] Indeed, a module of executable code may be a single instruction, or many instructions, and may even be distributed over several different code segments, among different programs, and across several memory devices. Similarly, operational data may be identified and illustrated herein within modules, and may be embodied in any suitable form and organized within any suitable type of data structure. The operational data may be collected as a single data set, or may be distributed over different locations including over different storage devices, and may exist, at least partially, merely as electronic signals on a system or network.

[0047] As used herein, “comprising,” “including,” “containing,” “is,” “are,” “characterized by,” and grammatical equivalents thereof are inclusive or open-ended terms that do not exclude additional unrecited elements or method steps. “Comprising” is to be interpreted as including the more restrictive terms “consisting of” and “consisting essentially of.”

[0048] The drawing figures illustrate embodiments of an exercise system carrying kit 100 having a housing member 130 adapted for a user to carry a physical exercise device and associated accessories therein. Figures 1A and 1B are front perspective views of two different embodiments of the exercise system carrying kit 100. As shown in Figures 1A and 1B, the housing member 130 includes: a first handle 110 that is coupled to the housing member, and configured to enable a user employ such as a dolly to assist in transporting the housing member from one location to another; a second handle 120 fixedly coupled to a top surface 125 of the housing member, and configured for a user to

lift the housing member 130 when transporting the kit 100 from one location to another; a plurality of wheels 180 coupled to a bottom side of the housing member, and configured to enable movement thereof. Additionally, there is shown a plurality of first fastening mechanisms 160 disposed on the housing member 130 that is configured to retain the housing member in a closed mode. Preferably, the first fastening mechanisms 160 comprise pull clips so as a user may quickly and conveniently open the kit. In other embodiments, the first fastening mechanisms 160 may comprise hook and loop fasteners, belt/strap loop fasteners, key-lock mechanisms, etc..

[0049] More, Figure 1 shows an audio/video provider module 135 disposed on a front side of the housing member housing member 100, and is configured to provide audio and visual information as a source of entertainment for a user desiring to perform physical exercises. In close proximity of the audio/video provider module, there is a power module 150 in mechanical communication with the housing member 130 and extending outwardly therefrom, in electrical communication with the audio/video provider module 135 and configured to provide electrical energy thereto. Further, there is a control module 170 disposed on the housing member 130, and in electrical communication with the power module 150, and configured to control the power module by altering a magnitude of electrical power delivered from the power module to the audio/video provider module.

[0050] According to one embodiment shown in Figure 2, a user may employ the audio/video provider module 135 as described in U.S. Patent 5,473,317 issued to Inomata et al. which is incorporated by reference herein, as a source of entertainment that includes, but is not limited to: music, video illustrations, television/new programs, etc., in

order to experience a pleasurable workout experience. Preferably, the audio/video provider module 135 is in the form of a DVD/XM radio system 220, such as a Sony DAV-FX500 DVD Dream System, manufactured by Sony Electronics, 16530 Via Esprillo, San Diego, CA 92127, adapted to be a source of entertainment wherein a user may tune into a wide range of radio frequencies needed to listen to a wide variety of music as desired while performing physical exercises. In one embodiment, a display module 225, such as Standard LCD Display Module manufactured by Liquid Crystal Images, Inc. 17078 Munn Road, Chagrin Falls, OH, 44023, may be coupled to, and in electrical communication with the audio/video provider module 135, and is configured to provide visual information to a user such as exercise videos, news programs, television programs, etc. In yet another embodiment, the display module 225 may include a miniature television with a media player port 240 coupled thereto, such as an AutumnWave OnAir HDTV GT, commercially available at Mobile Planet, Inc., wherein the media player port 240 is adapted to receive and play a plurality of media 525 such as DVDs, VCR cassette tapes, CD-ROMs, etc.. Further, the audio/video provider module 135 may further comprise a plurality of speakers 210, such as Sony Personal Speakers SRS-P11Q manufactured by Sony Corporation of America 550 Madison Ave. New York, NY 10022, electrically coupled thereto, configured to provide audio sounds therefrom.

[0051] As collectively illustrated in Figures 1 and 2, the an embodiment of power module comprises an electrical power cord 175 adapted to be removably coupleable to an alternating current (AC) source, such as an electrical outlet, wherein a user may manipulate a button 165 to retract the cord in and out of a slot 155, as indicated by directional arrow 140, as desired. The power module 150 further includes a re-

chargeable battery 185, such as Makita 192827-3 18 Volt Battery Pack, manufactured by Makita Corporation, 3-5-3, Hongo, Bunkyo-ku, Tokyo, Japan 113-0033, that provides direct current (DC) power to the audio/video provider module 135 when employing the kit 100 at locations without AC sources, such as when engaging in outside activities such as camping, events at a park, etc.. Further, according to one embodiment, the control module 170 may comprise a plurality of transformer switches manufactured by Sasun Enterprise Corporation, P.O. Box 110, Zhejiang, China 325600 that may be employed to alter a magnitude of electrical power delivered from the power module 150 to the audio/video provider module 135 when a user employs the power cord 175. For example, For example, a user may either selectably employ the transformer switch to enable the power module 150 to be plugged into a higher magnitude power source, such as 220-volt source or lower magnitude power source, such as a 120-volt source, and vice versa.

[0052] Additionally, there is an embodiment of present inventive kit 100 shown in Figures 2 and 3 is configured to house a portable and foldable physical exercise device 235, such as described in described in U.S. Patent No. 6,648,799, issued to David Hall. Another non-limiting example of such a device includes a rebounder commercially on sale at Cellerciser.com, 2255 North University Parkway, Suite 15, Provo, UT 84604. The physical exercise device 235 is configured to enable a user to perform a plurality of physical exercises, such as jumping, gymnastics, flips, etc. thereon. Other non-limiting examples of the physical exercise device 235 may commercially on sale at Home Fitness Club, Inc. www.homefitnessclub.com. According to various embodiments, the physical

exercise device 235 may be bi-foldable, tri-foldable, etc. and still be configured to be housed in the housing member 130.

[0053] More, as shown in Figures 2 and 3, the housing member 130 is configured to house exercise enhancement accessory or module 250 therein. According to different embodiments, the exercise accessory or module 250 may comprise a system, a set, an apparatus, a device, and/or a combination thereof. It is contemplated that a user may employ the exercise accessory or module 250 that is selected from the group of accessories or modules consisting of: an eye chart 302, such as an Optisource 10' Eye Chart manufactured by Optisource International 40 Saw Grass Dr. Bellport, NY 11713; a hand weight 304, such as a Reebok Free Weight manufactured by Reebok UK Moor Lane Mill Lancaster LA1 1GF, a foot weight 306, such as a Med Adjustable cuff weights manufactured by Pro-Med Products Inc. 6445 Powers Ferry Road # 199 Atlanta, GA 30339; a head set 308, such as a wireless heat set; and a body weight 310, such as a Ringside Weighted Vest WDV manufactured by Ringside Inc. 9650 Dice Lane Lenexa, KS 66215.

[0054] Still more, another embodiment of the present inventive kit 100 shown in Figures 2 and 3, wherein a user may select the accessory or module 250 from the group of accessories or modules consisting of: a reading rack stand 312, such as a Schwinn Flexible Reading Stand manufactured by Schwinn 4902 Hammersley Road Madison, WI 53711; a pedometer 314, such as a Accusplit Pedometer manufactured by Accusplit 2290A Ringwood Avenue, Silicon Valley, CA 95131; a timer 316, such as a Model T-2 Mini Countdown Timer manufactured by ElectronicsUSA, 14270 Apple Creek Drive Victorville, CA 92395; a clock 318, such as a BRG Digital Clock manufactured by BRG

Precision Products 600 N. River Derby, KS 67037; and a calculator 320, such as a Casio 3L-300 SV Calculator manufactured by Casio USA 570 Mount Pleasant Ave. Dover, NJ 07801.

[0055] Further, in yet another embodiment of the invention shown in Figures 2 and 3, a user may further select the exercise enhancement accessory or module 250 from the group of accessories or modules consisting of: a plurality of media 322 such as CD-ROMs, DVD/VCR tapes, etc; a hydration bottle 324, such as a Nathan Hydration Bottle manufactured by Penguin Brands Inc. 2009 Elmwood Avenue, Sharon Hill, PA 19079, a jump rope 326, such as a Everlast Leather Jump Rope manufactured by Everlast Boxing 14711 W. 112th St. Lenexa, KS 66215; a balance bar 328, a pad 330, such as an Airex Exercise Mats distributed by AliMed Inc. 297 High Street Dedham, MA 02026; and an aromatherapy device 332, such a Dr. Hauschka Aromatherapy Kit manufactured by Dr. Hauschka Skin Care Inc., 59 North Street Hatfield MA 01038, and/or an instruction module 334, such as an instruction or user's manual that instructs a user on how to employ the kit 100 and the exercise device 235 and exercise enhancement accessories or module 250 contained therein. In other embodiments, the exercise enhancement module 250 may include other exercise equipment or accessories that are commercially available physical fitness stores online through the worldwide web, which include but is not limited to Home Fitness Club, Inc. www.homefitnessclub.com, and Simple Fitness Solutions, Inc. www.simplefitnesssolutions.com, etc..

[0056] Figure 4 shows one embodiment of the invention, wherein first handle 110 is configured for a user to removably and pivotally couple the first handle near a bottom end 415 of the housing member 130 by means of a first securing mechanism 420

disposed on the first handle 430, such as a interlocking clip assembly that may be mechanically actuated by a push button for example. In addition, there is a second securing mechanism 435 similar to the form of the first securing mechanism 420 disposed on the first handle 430, near a top end 425 opposite the bottom end 415, and configured for a user to removably couple the first handle 110 to the housing member 130 near the top end 425. Other non-limiting examples of the securing mechanisms 420, 435 known in the art that may be adapted to couple the first handle 110 to the housing member 130 may include, but not be limited to: lock button clip assemblies, clamp assemblies, key-lock mechanisms, etc.

[0057] Additionally, it is contemplated that the plurality of wheels 180 are coupled to a bottom side 445 of the housing member 130, wherein the wheels are configured to enable the housing member to be transported from one location to another location, according to one embodiment of the invention. It is envisioned that one skilled in the art would understand that embodiments of the wheels 180 that may be coupled to the housing member may include, but not be limited to: cylindrical roller wheels (see Figure 1), rotatable wheels, etc..

[0058] In another embodiment shown in Figure 5, the first handle 110 is configured to be removably coupleable to the physical exercise device 235 by means of the second securing mechanism 420, thereby enabling a user to employ the handle to perform stretching exercises. For example, the user may stand on the balance bar 330 coupled to a portion 460 of the first handle 110 as a means to perform calf stretches and other exercises as desired.

[0059] In yet another embodiment of the invention shown in Figures 6 and 7, the present invention includes a receiving mechanism 610 disposed in the housing member 130, that is configured to receive and support the exercise device 235 and exercise enhancement modules 250 stored therein. Preferably, the one embodiment of the receiving mechanism 610 includes plurality of storage compartments 620 and a plurality of second fastening mechanisms 710; wherein the second fastening mechanisms 710 comprise a plurality of spring clips 720, and a plurality of hook and loop fasteners 730, such as Velcro® and/or a combination thereof. A user may employ the a plurality of spring clips 720, and a plurality of hook and loop fasteners 730 to securely store the exercise enhancement modules 250 in the compartments 620. Other non-limiting examples of the second fastening mechanisms may include, but not be limited to clamping devices, elastic cabling, etc..

[0060] In even still yet a further embodiment of the invention shown in Figure 7, the receiving mechanism 610 may further comprise a container 740 disposed in the compartment 620. A portion of the container's surface is cutaway showing a plurality of relatively smaller exercise enhancement modules 250 stored therein. Non-limiting examples of such modules 250 that may be stored therein may include, but not be limited to: the pedometer 314, the timer 316, the clock 318, the jump rope 326, etc.. It is envisioned that various exercise enhancement modules 250 may be stored in the container 740. It is also envisioned that more than one container 740 may be stored in compartments 620 according to alternative embodiments.

[0061] In still yet another embodiment of the invention shown in Figure 8, the receiving mechanism 610 may further comprise a shelf 810 configured to support and

store the exercise device 235 as well as relatively larger and/or awkwardly shaped exercise enhancement modules 250, such as: the body weight 310, the reading rack stand 312, plurality of media 322, the pad 330, the aromatherapy device 332, the instruction module 334, etc.. It is envisioned that one skilled in the art may understand that a user may store other various types and sizes of exercise enhancement modules on the shelf 810 disposed in the housing member 130, as desired.

[0062] In operation of one embodiment, it is initially assumed that the kit is in the closed mode. A user may opt to pull a portion 460 of the first handle 110, as indicated by directional arrow 450 in Figure 4, upward to decouple the first handle 110 from the top end 425 of the housing member 130 in order to transport the kit 100 on its wheels 180 from one location to another without physical exertion, or manually lift the kit by means of the second handle 120. One skilled in the art may understand that a user may manipulate the first fastening mechanisms 160 to open the front side of the housing member (see Figures 1 and 6), the rear side of the housing member (see Figures 4 and 7), and/or the sides of the housing member (see Figures 1 and 8).

[0063] In operation of one embodiment, it is assumed that a user opted to open the front side of the housing member 130, as shown in Figure 2 such that the audio/video provider module 135 is exposed. The user may either retrieve the audio/video provider module 135 from the receiving mechanism compartments 620 or leave the module embedded therein. According to one embodiment, the user may push the button 165 in order to pull a retractable power module 150, in the form of an electrical power cord 175, out of the slot 155, as indicated by directional arrow 140, and plug the cord into an electrical outlet. The user may then selectably manipulate the control module 170

thereby enabling the cord 175 to be plugged into a 120-volt or 220-volt power source as required. The user may then employ the audio/video provider module 135 to play audio or visual media 322 such as music, exercise videos, DVD-movies, etc. while performing physical exercises. In instances where electrical outlets are unavailable, such as outdoor areas, the user may employ the rechargeable battery 185 instead of the power cord to provide electrical power to the audio/video provider module 135.

[0064] In operation of one embodiment, it is assumed that a user opted to open the rear side of the housing member, as shown in Figure 7, such that the receiving mechanism 610 and relatively small exercise enhancement accessory or modules 250 are exposed. The user may manipulate the clips 720 and hook and loop fasteners 730 to selectably retrieve some or all following accessories: the hand weight 304 to exercise his or her biceps, triceps, etc.; the wireless head set 308 to listen to music, etc.; the jump rope 326 to exercise his or her legs; the eye chart 302 to evaluate his or her vision; the clock 318 to aware of the time of day; the calculator 320 to solve mathematical problems associated with exercising; the hydration bottle 324 to drink water, fruit drinks, etc. in order to stay hydrated while exercising; the pedometer 314 to count the number of steps while walking or running on the physical exercise device; the foot weight 306 to exercise the foot; the timer 316 to time duration and/or speed of exercise movements; and the aromatherapy device 332 to enhance the smell or aroma of the environment while exercising.

[0065] In operation of one embodiment, it is assumed that a user opted to open the sides of the housing member, wherein the side of housing member is substantially cutaway such that the relatively large exercise enhancement accessory or modules 250

are exposed therein. The user may then retrieve some or all following accessories from the receiving mechanism compartments 620: the physical exercise device 235 to perform physical exercises; the reading rack stand 312 receives and supports the instruction module 334 and other reading material, such as magazines, books, etc; the body weight 310; the pad 330 so that a user may lie thereon in order to perform stretching exercises, callisthenic exercises, etc.; media such as CD-ROMs, DVDs, cassette tapes, etc. to listen to music, watch videos, etc..

[0066] In operation of one embodiment, a user may manipulate the first securing mechanism 420 to removably couple the first handle 430 (decoupled from the housing member 130) a bottom end of the physical exercise device 235, such that the first handle 110 is substantially orthogonal to and extending outwardly from the exercise device 235. This enables the user to stand on the balance bar 328 coupled to the first handle 110, as a means to perform calf stretches and other balancing exercises as desired.

[0067] Embodiments of the exercise system carrying kit 100 fulfill a need for a portable gym or physical fitness medium that may be employed indoors or outdoors for users that lack the time, resources, or are otherwise unable to perform exercises at traditional brick and mortar physical fitness centers and gymnasiums, especially people with medical conditions/physical disabilities such as Chronic Fatigue Syndrome, Fibromyalgia, etc.. The kit 100 also serves as a “one stop shop” portable gym that is conveniently available for a user may retrieve a plurality of exercise equipment and accessories, allowing the user to enjoy a pleasurable workout session while listening to and/or watching his or her favorite music, videos, new programs, etc.

[0068] Looking to Figures 9 and 10, the illustrated first handle 110 is configured for a user to removably couple the first handle near a bottom end 415 of the housing member 130 by means of a first securing mechanism 420 disposed on the first handle 430, such as a interlocking clip assembly that may be mechanically actuated by a push button for example. In addition, there is a second securing mechanism 435 similar to the form of the first securing mechanism 420 disposed on the first handle 430, near a top end 425 opposite the bottom end 415, and configured for a user to removably couple the first handle 110 to the housing member 130 near the top end 425. Other non-limiting examples of the securing mechanisms 420, 435 known in the art that may be adapted to couple the first handle 110 to the housing member 130 may include, but not be limited to: lock button clip assemblies, clamp assemblies, key-lock mechanisms, etc.

[0069] Additionally, a plurality of wheels 910 are coupled to a bottom portion of the first handle 110, wherein the wheels are configured to enable the housing member to be transported from one location to another location, according to one embodiment of the invention. It is envisioned that one skilled in the art would understand that embodiments of the wheels 180 that may be coupled to the housing member may include, but not be limited to: cylindrical roller wheels (see Figure 1), rotatable wheels, etc..

[0070] Figure 11 is a top perspective view of a physical exercise device according to one embodiment of the invention. There is shown a first handle 110 configured to be removably coupleable to the physical exercise device 235 by means of the second securing mechanism 420, thereby enabling a user to employ the handle to perform stretching exercises. For example, the user may stand on the balance bar 330 coupled to

a portion 460 of the first handle 110 as a means to perform calf stretches and other exercises as desired.

[0071] Figure 12 is a side view of a wheeled handle according to one embodiment of the invention. There is shown a lip 912 extending/protruding from a bottom portion of the handle 110. Advantageously, in one embodiment, such a lip engages a bottom of a housing when the handle is coupled thereto, thereby facilitating the lifting and carrying of the housing.

[0072] It is understood that the above-described embodiments are only illustrative of the application of the principles of the present invention. The present invention may be embodied in other specific forms without departing from its spirit or essential characteristics. The described embodiment is to be considered in all respects only as illustrative and not restrictive. The scope of the invention is, therefore, indicated by the appended claims rather than by the foregoing description. All changes which come within the meaning and range of equivalency of the claims are to be embraced within their scope.

[0073] Although Figures 1A and 1B show the exercise system carrying kit 100 being rectangular in shape, one skilled the art may appreciate that the kit may be shaped differently, according to various embodiments. For example, square, triangular, hexagonal, octagonal, etc..

[0074] Additionally, although Figures 1A and 1B show the second handle 120 disposed on the housing member 130 being a single pull handle, alternative embodiments may comprise dual pull handles that may be configured to be employed in a similar manner as the second handle 120 as illustrated.

[0075] Additionally, although one embodiment of the invention shown in Figure 8 includes 17 exercise enhancement modules 250, it is envisioned that one skilled in the art may understand that the kit 100 may include additional exercise enhancement modules, according to various embodiments. For example, additional exercise enhancement modules may include, but not be limited to: first aid kits, ace bandages, weight belts, clothing containers, ear plugs, medicine kits, etc..

[0076] It is envisioned that the power module 150 may be employed to provide power to some of the exercise enhancement modules 250 in addition to the audio/video provider module 135 according to different embodiments of the invention.

[0077] It is also envisioned that that the fastening mechanisms 160; handle 120; power module 150; button 165; control module 170; audio/video provider module 135; and/or display module 225 may be disposed on various areas on the housing member 130 according to alternative embodiments of the invention.

[0078] It is also envisioned that that the receiving mechanism 250 and/or exercise enhancement accessories or modules 250 may be arranged in various ways inside the compartments 620; container 740; and/or shelf 810 according to various embodiments of the invention.

[0079] It is expected that there could be numerous variations of the design of this invention. An example is that the handles 110, 120; housing member 130; power module 150; fastening mechanisms 160, 710; release button 165; control module 170; cord 175; wheels 180; battery 185; display module 225; exercise device 235; port 240; exercise enhancement modules 250; securing mechanisms 420, 435; receiving mechanism 610; compartments 620; clips 720; hook and loop fasteners 730; container 740; and/or shelf

810 may vary in size, length, width, shape, design, brand, thickness, etc., according to various embodiments of the invention.

[0080] Finally, it is envisioned that the components of the device may be constructed of a variety of materials, such as polycarbonate, polymer, plastic, leather, composite material, rubber, foam, lead, metal, metal alloys, etc..

[0081] Thus, while the present invention has been fully described above with particularity and detail in connection with what is presently deemed to be the most practical and preferred embodiment of the invention, it will be apparent to those of ordinary skill in the art that numerous modifications, including, but not limited to, variations in size, materials, shape, form, function and manner of operation, assembly and use may be made, without departing from the principles and concepts of the invention as set forth in the claims.

What is claimed is:

1. An exercise system carrying kit, comprising:

a housing;

a physical exercise device, disposed in the housing member, and configured for a user to perform physical exercises;

a first handle, removably coupled the housing and removably coupleable to the physical exercise device;

a wheel, rotatably coupled to a bottom portion of the first handle.

2. The exercise system carrying kit of claim 1, further comprising a plurality of first fastening mechanisms disposed on the housing member, and configured to retain the housing member in a closed mode.

3. The exercise system carrying kit of claim 2, further comprising a receiving mechanism, disposed in the housing member, and configured to receive the exercise enhancement accessory.

4. The exercise device carrying kit of claim 3, further comprising a exercise enhancement accessory disposed within the housing , wherein the exercise enhancement accessory is an accessory selected from the group of accessories consisting of: an eye chart, a hand weight, a foot weight, a body weight, a reading rack stand, a pedometer, a

timer, a clock, a calculator, a plurality of media, a hydration bottle, a jump rope, a balance bar, a pad, an aromatherapy device, and an instruction module.

5. The exercise device carrying kit of claim 4, wherein the exercise device comprises a rebounder.

6. The exercise device carrying kit of claim 5, further comprising an audio/video provider module disposed within the housing, wherein the audio/video provider module further comprises a radio system.

7. The exercise device carrying kit of claim 6, wherein the audio/video provider module comprises a display module in communication with the audio/video provider, and configured to provide visual information.

8. The exercise device carrying kit of claim 7, wherein the audio/video provider module further comprises a plurality of speakers in communication with the audio/video provider, and configured to provide audio information.

9. The exercise device carrying kit of claim 8, further comprising a power module disposed within the housing.

10. The exercise device carrying kit of claim 9, wherein the power module comprises an electrical power cord configured to retract in and out of a slot disposed in the housing member.

11. The exercise device carrying kit of claim 10, wherein the power module further comprises a battery.

12. The exercise device carrying kit of claim 11, further comprising a control module in communication with the power module, wherein the control module is a switch configured to alter a magnitude of energy delivered from the power module to the audio/video provider module.

13. An exercise system carrying kit, comprising:

a housing member;

a foldable physical exercise device, disposed in the housing member, and configured for a user to perform physical exercises;

a first handle, removably coupled the housing and removably coupleable to the physical exercise device;

a wheel, rotatably coupled to a bottom portion of the first handle.

an audio/video provider module, disposed in the housing member, and configured to provide entertaining information to a user performing physical exercises;

a power module, in communication with the housing member and extending outwardly therefrom, and configured to provide energy thereto; and

a control module, coupled to the housing member, in communication with the power module, and configured to control the power module.

14. The exercise device carrying kit of claim 13, wherein the housing member is substantially rectangular-shaped.

15. The exercise device carrying kit of claim 14, wherein the power module comprises a re-chargeable battery.

16. The exercise device carrying kit of claim 15, wherein the control module is a power transformer switch.

17. An exercise system carrying kit, comprising:

a housing member, including a first handle;

a foldable physical exercise device, disposed in the housing member, and configured for a user to perform physical exercises;

a first handle, removably coupled the housing and removably coupleable to the physical exercise device;

a wheel, rotatably coupled to a bottom portion of the first handle.

an audio/video provider module, disposed in the housing member, and configured to provide entertaining information to a user performing physical exercises;

a power module, in communication with the housing member and extending outwardly therefrom, and configured to provide energy thereto; and

a control module, coupled to the housing member, in communication with the power module, and configured to control the power module.

18. The exercise device carrying kit of claim 17, wherein the audio/video provider module comprises a XM/DVD radio system.

19. The exercise device carrying kit of claim 18, wherein the first handle includes a first securing mechanism configured for a user to removably and pivotally couple a first end of the first handle to a bottom end of the housing member and a bottom end of the physical exercise device.

20. The exercise device carrying kit of claim 19, wherein the first handle further includes a second securing mechanism configured for a user removably couple a second end of the first handle to a top end of the housing member.

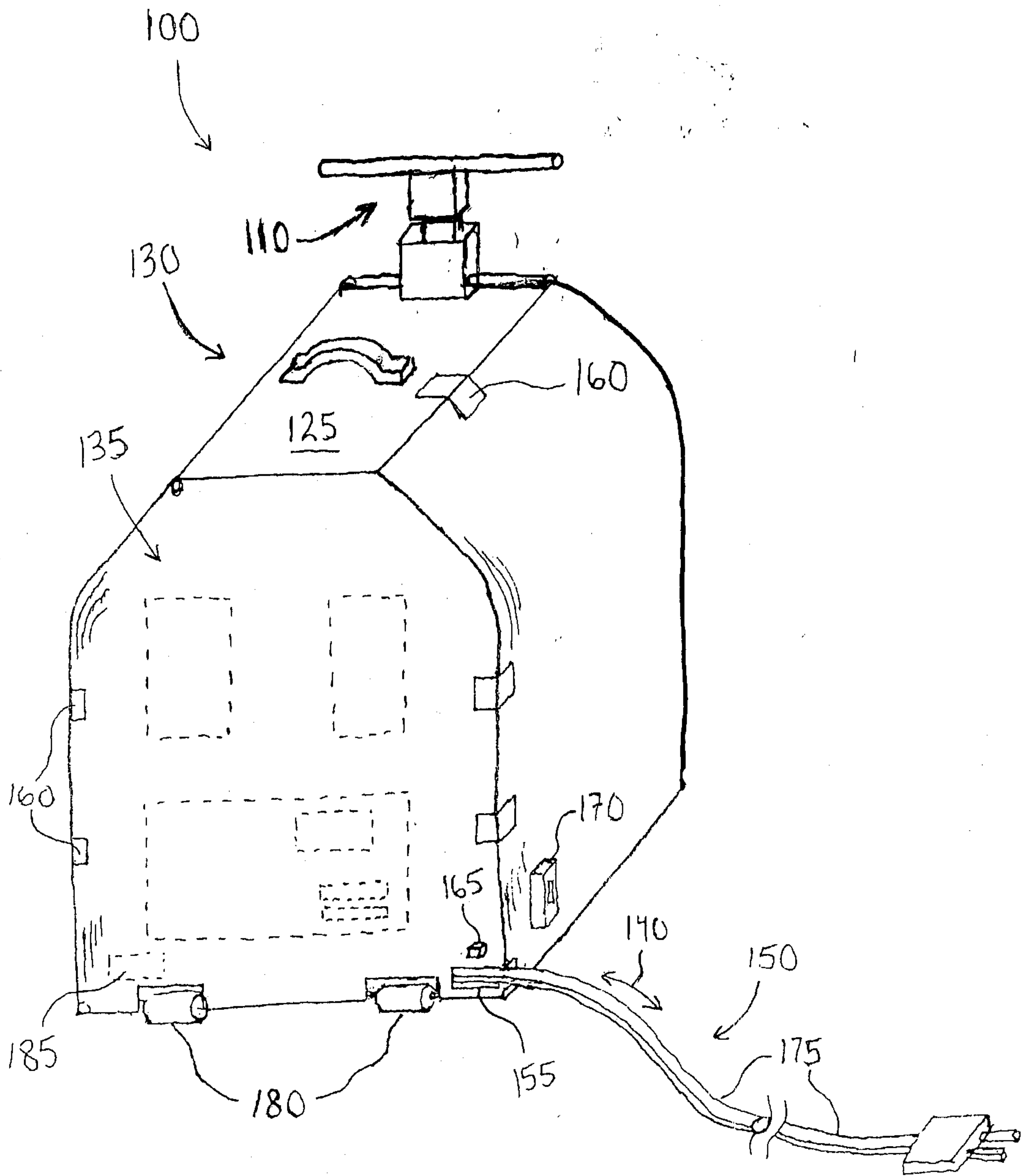


Fig. 1A

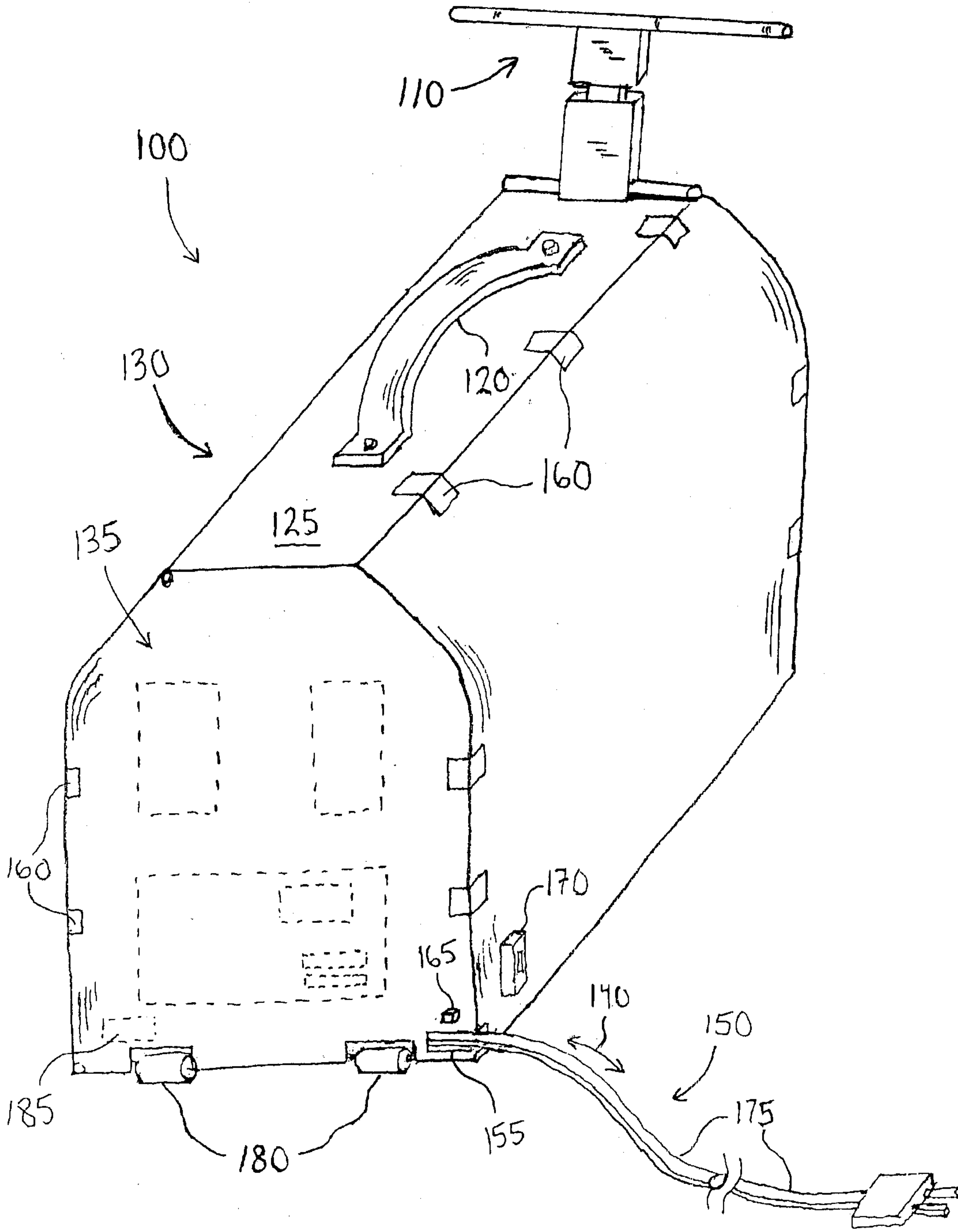


Fig. 1B

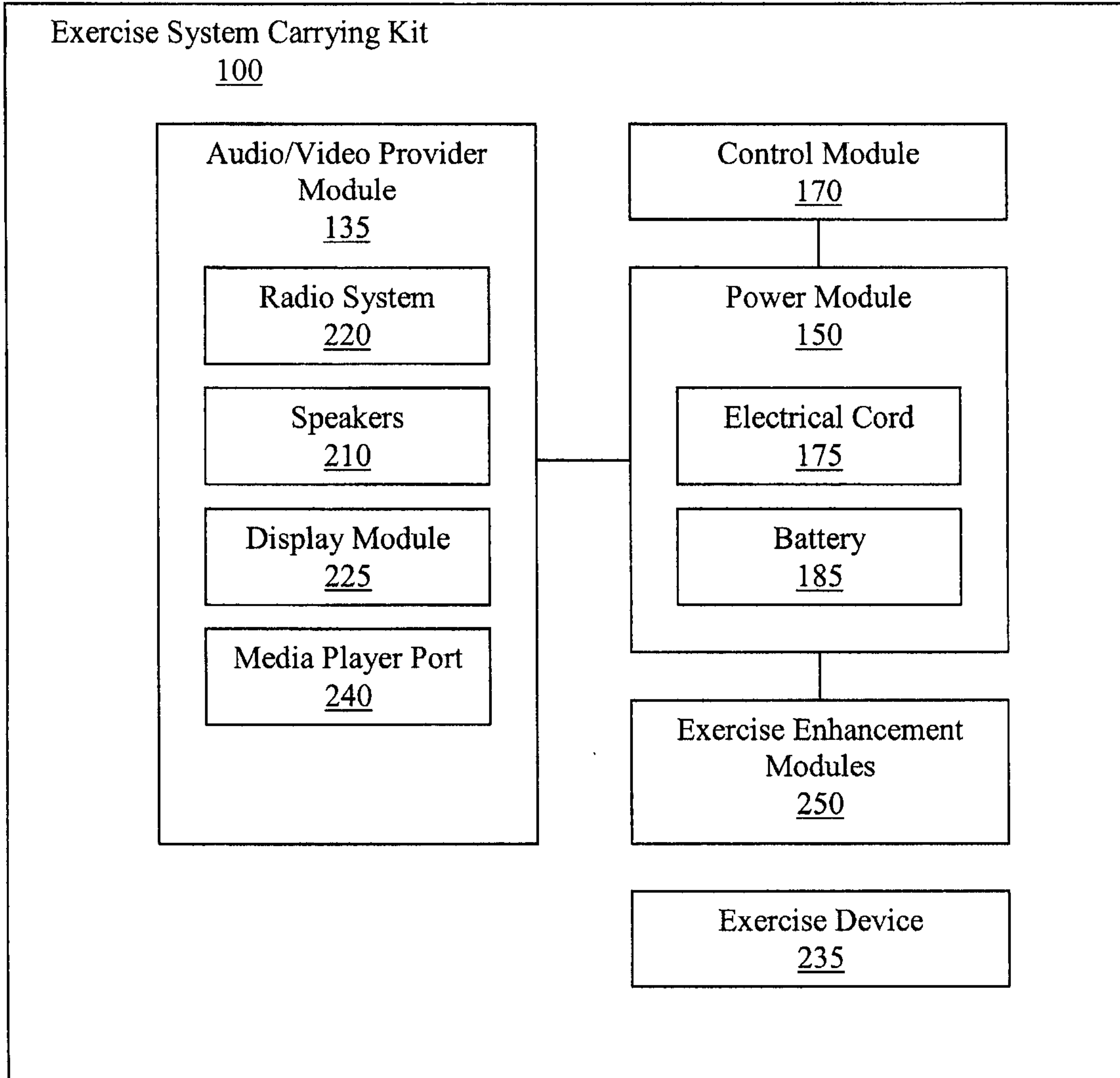
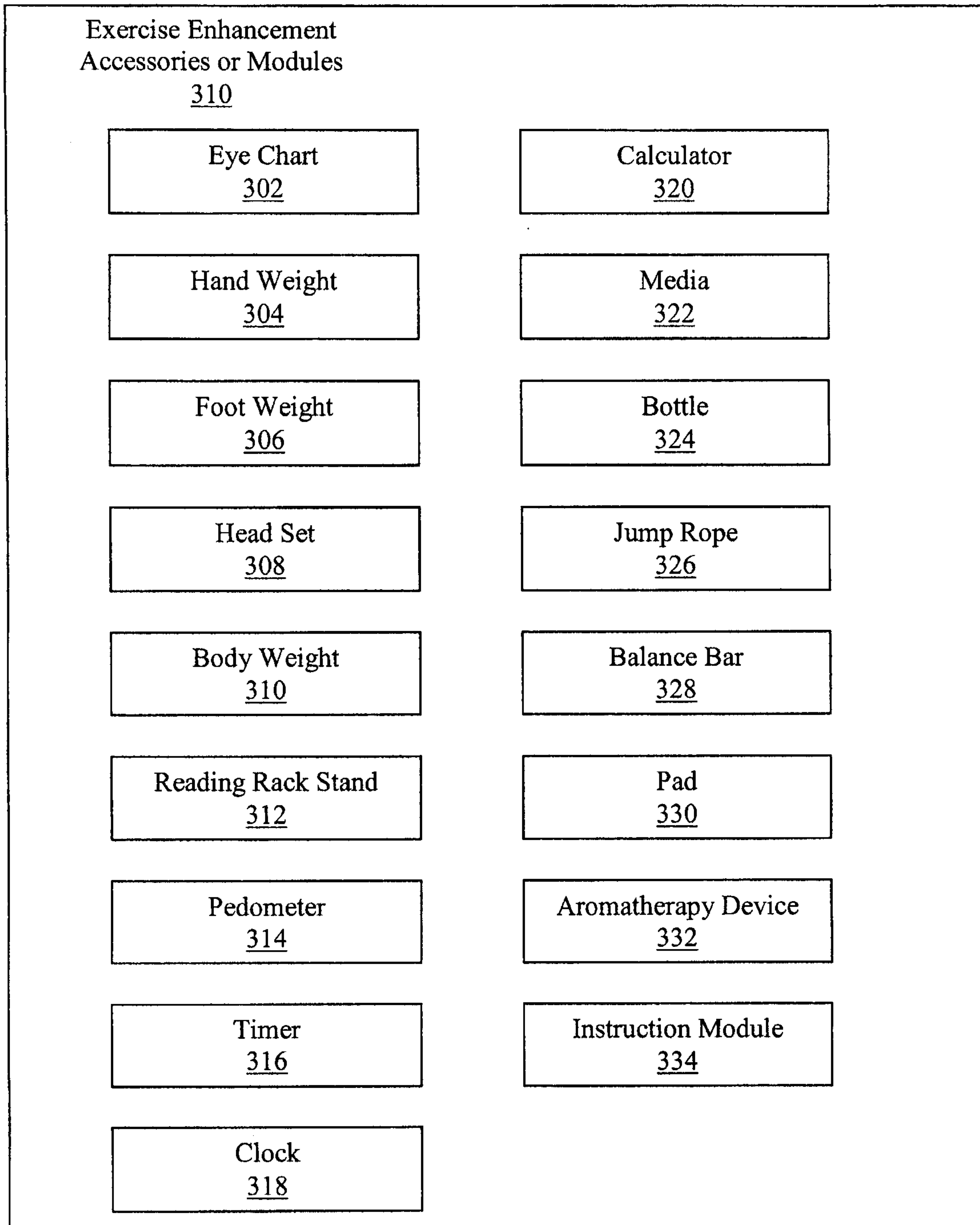


Fig. 2

**Fig. 3**

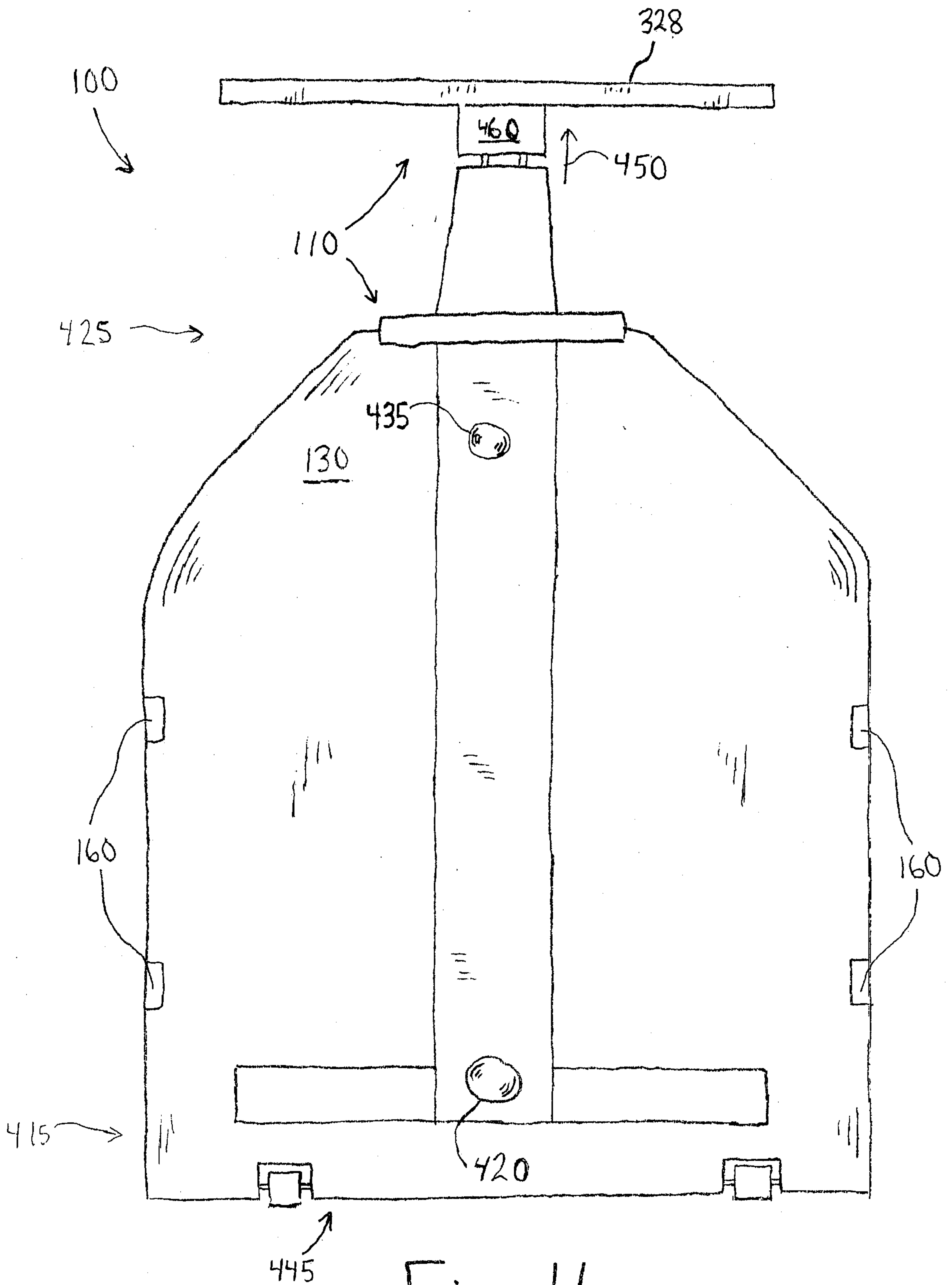


Fig. 4

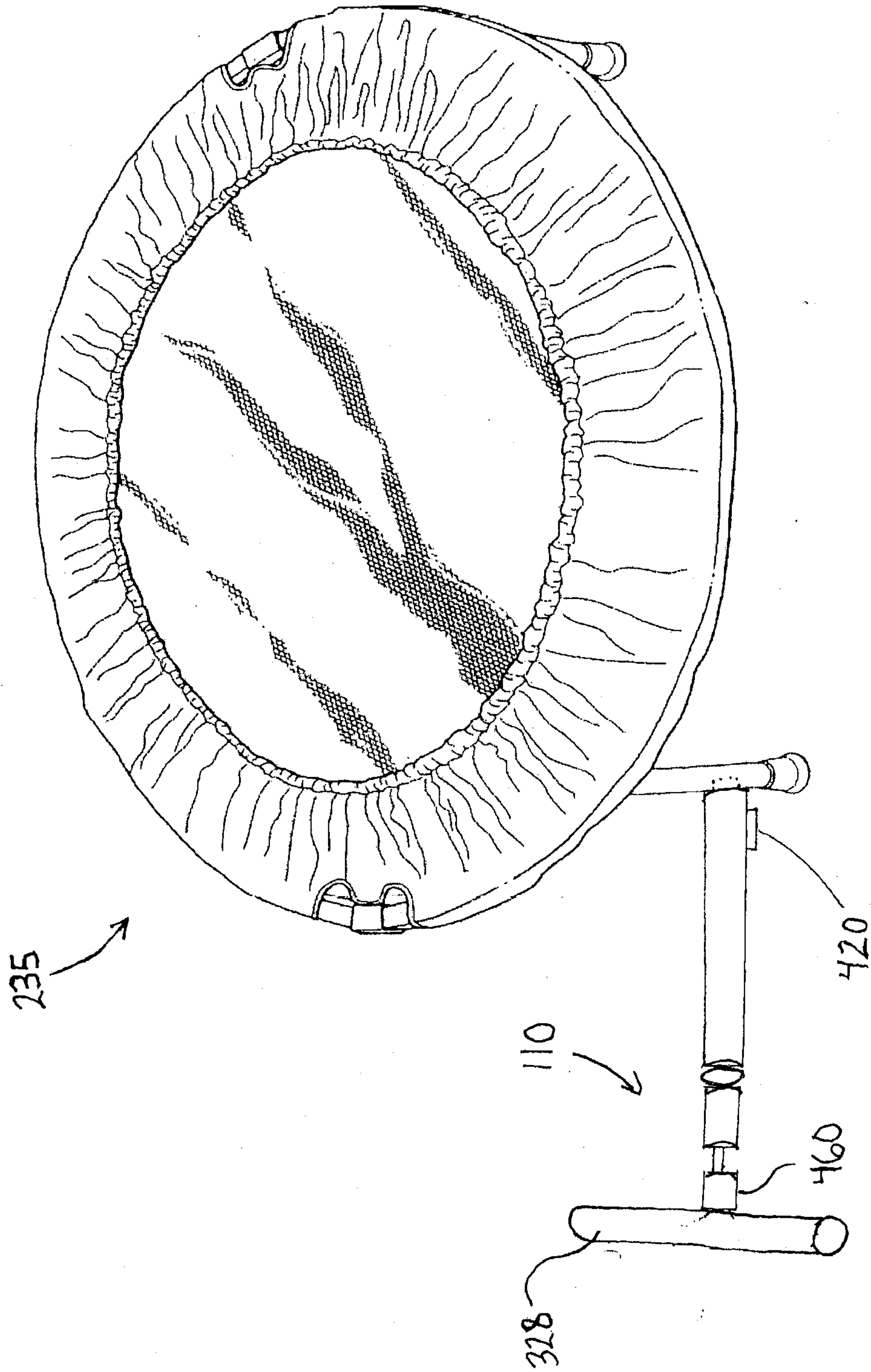


Fig. 5

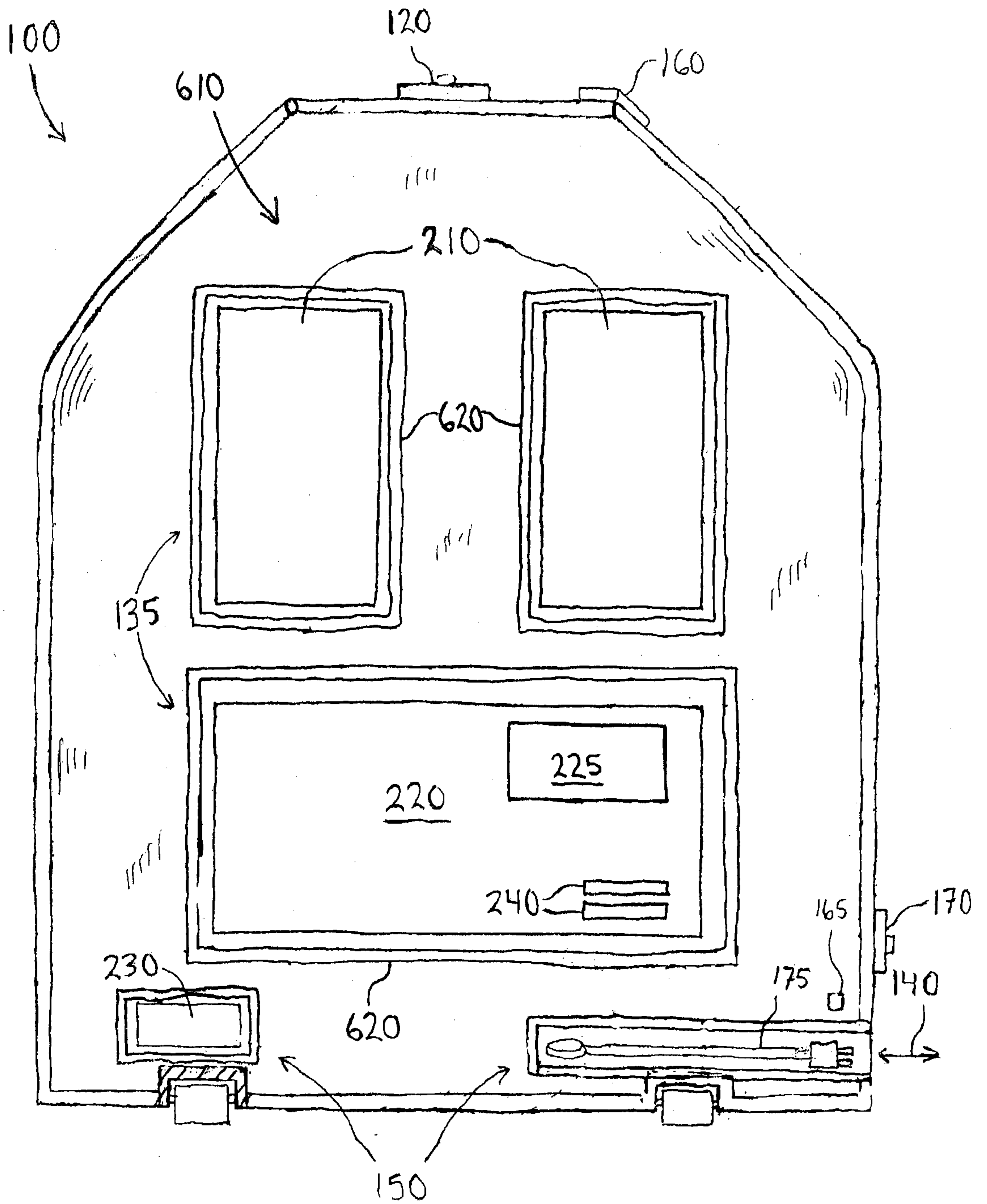


Fig. 6

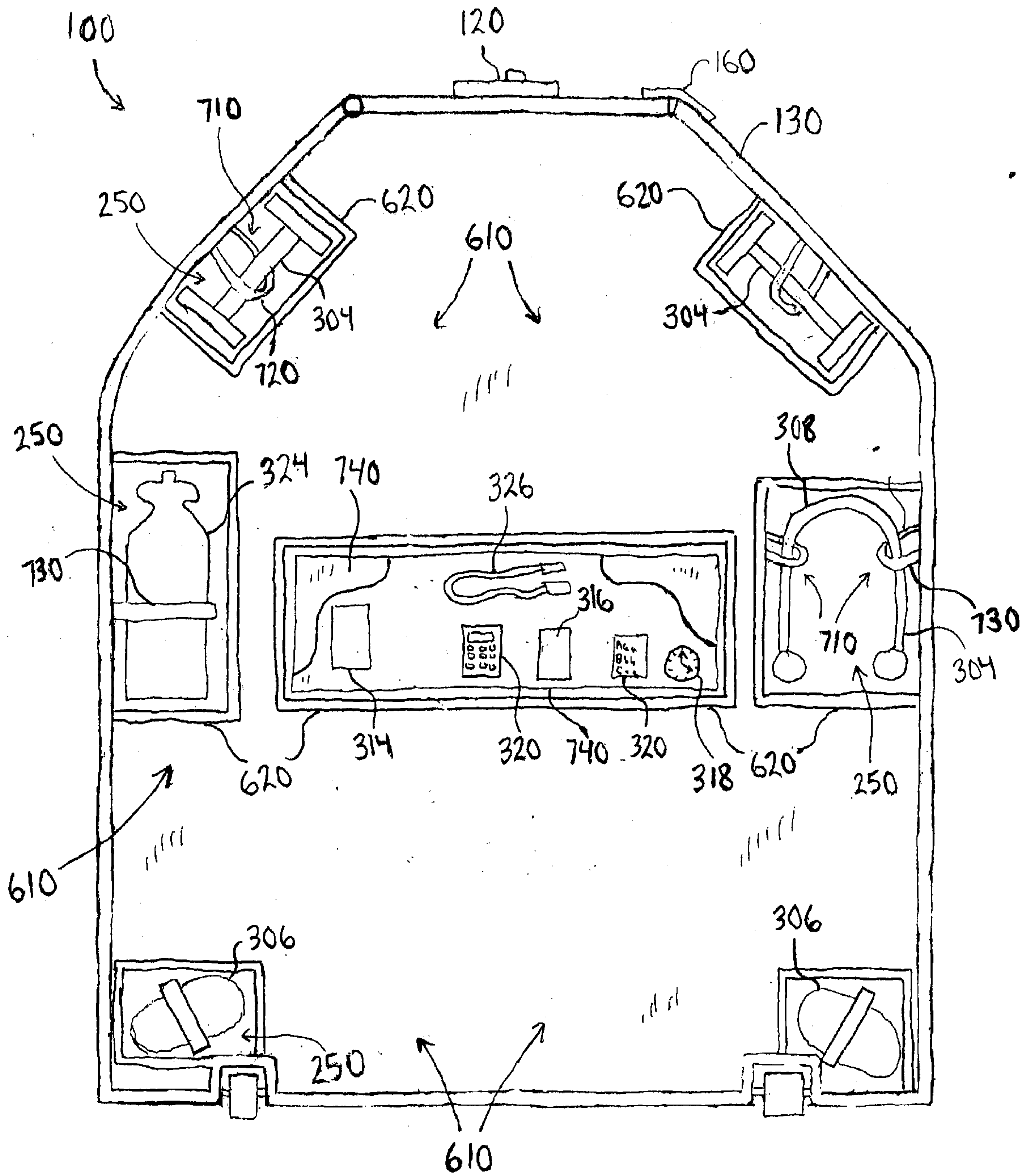


Fig. 7

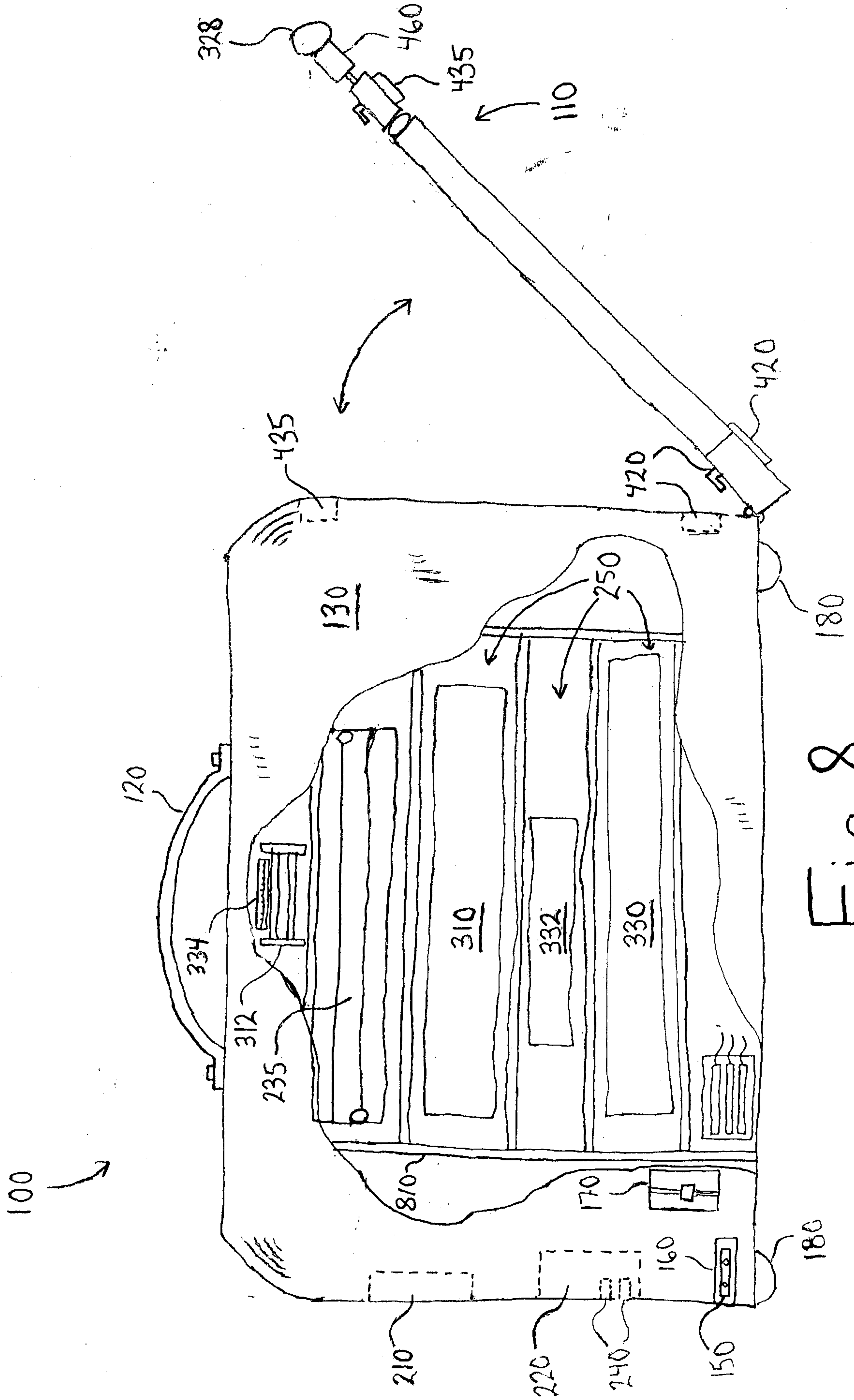


Fig. 8

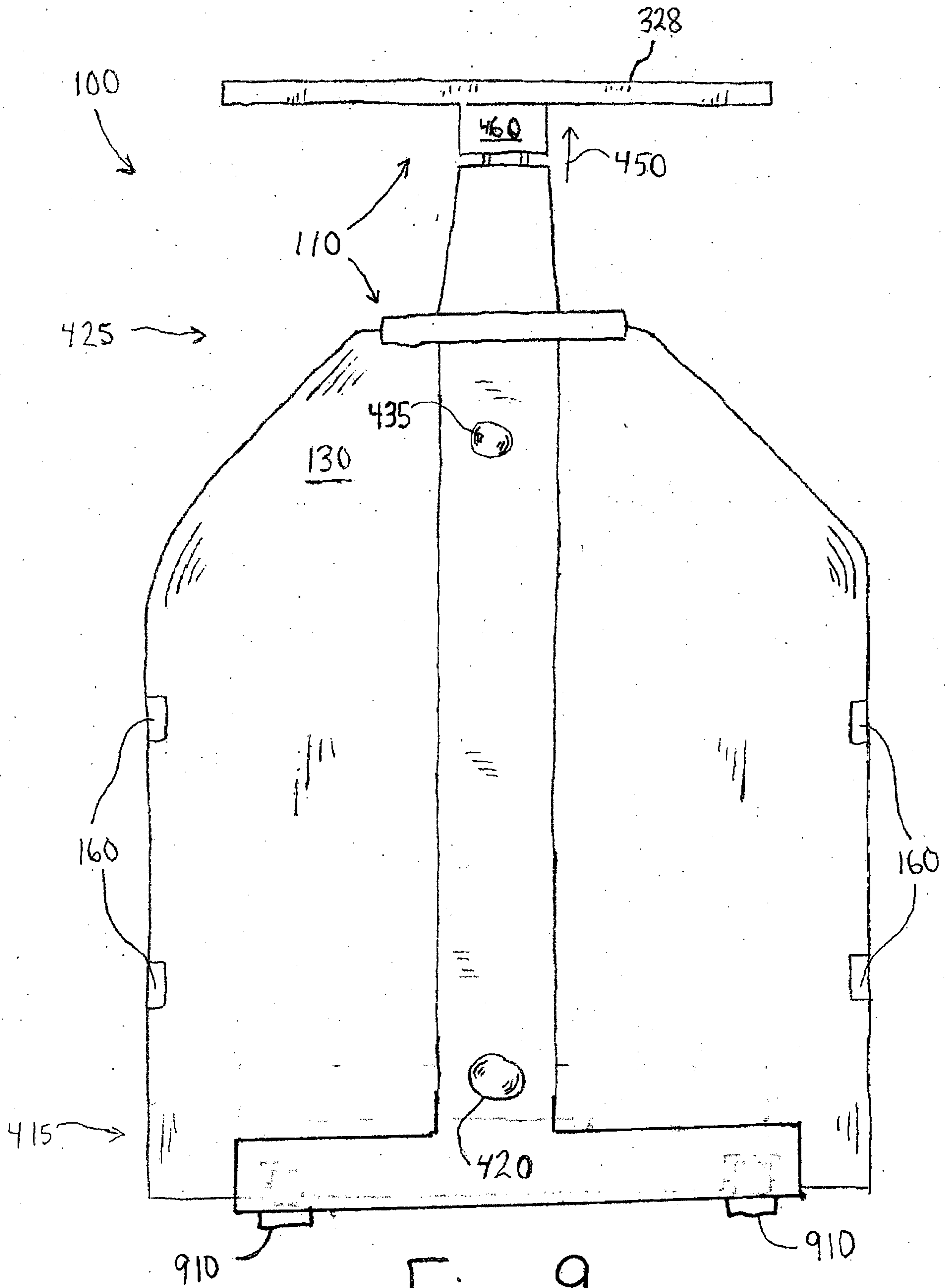


Fig. 9

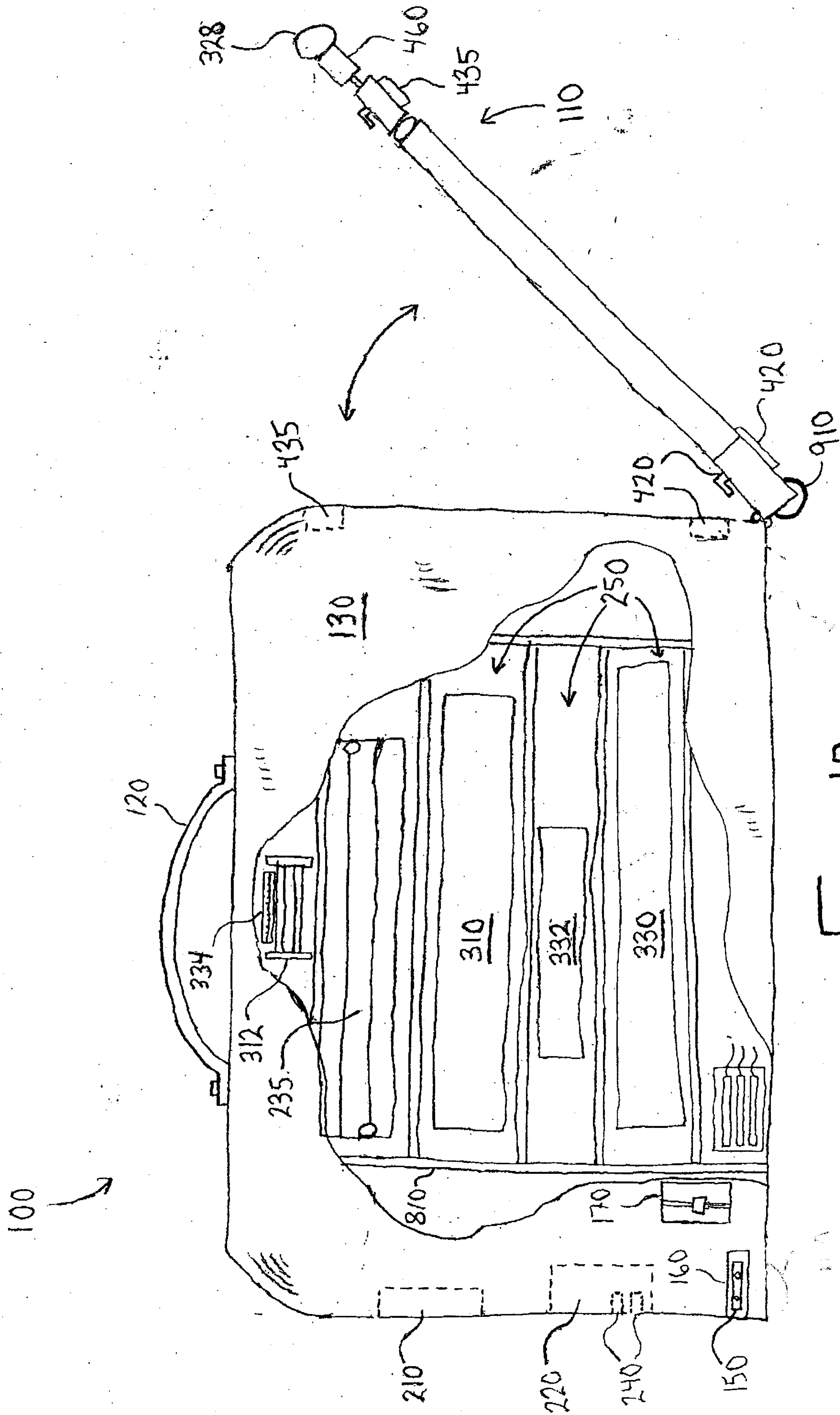


Fig. 10

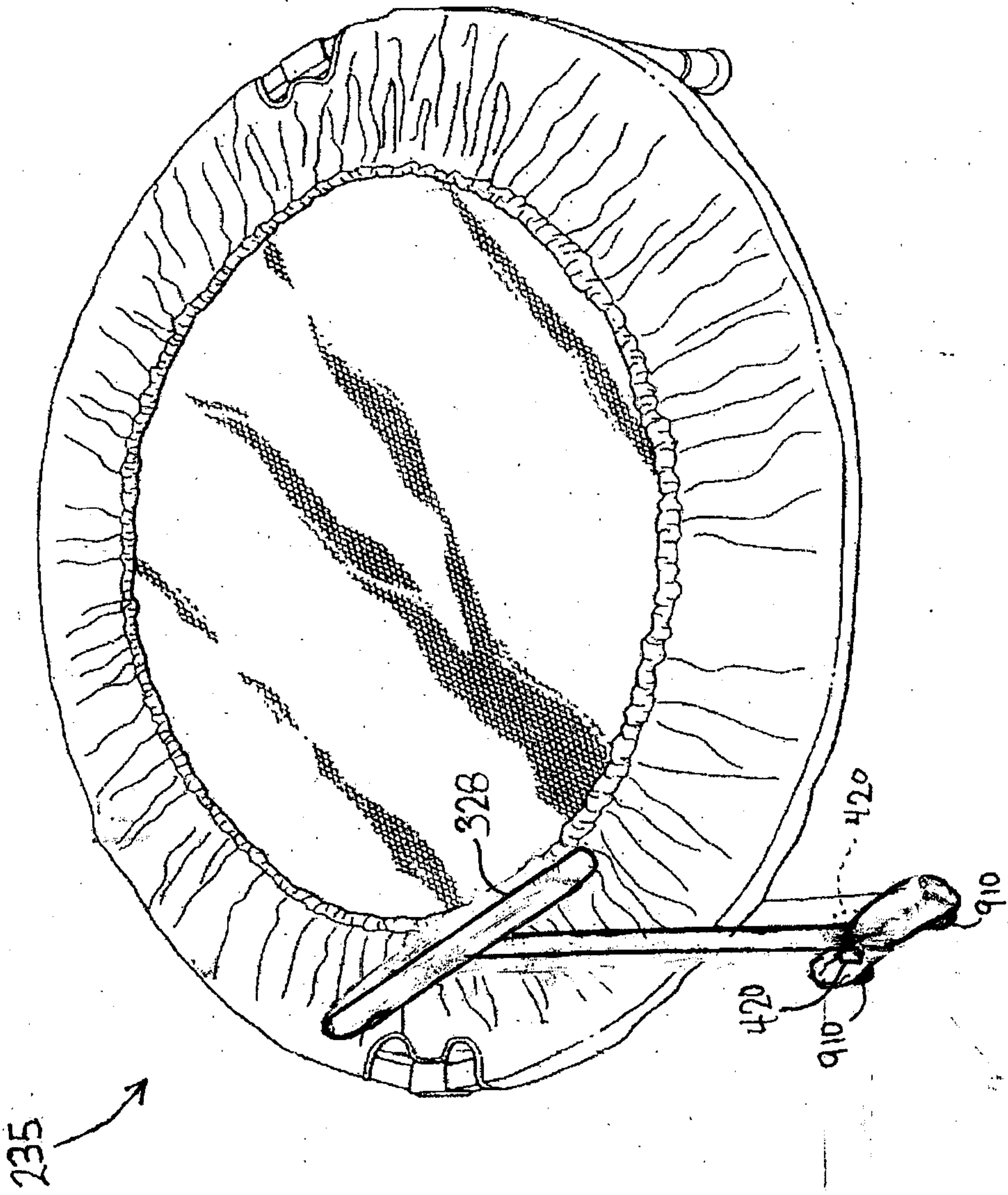


Fig. 11

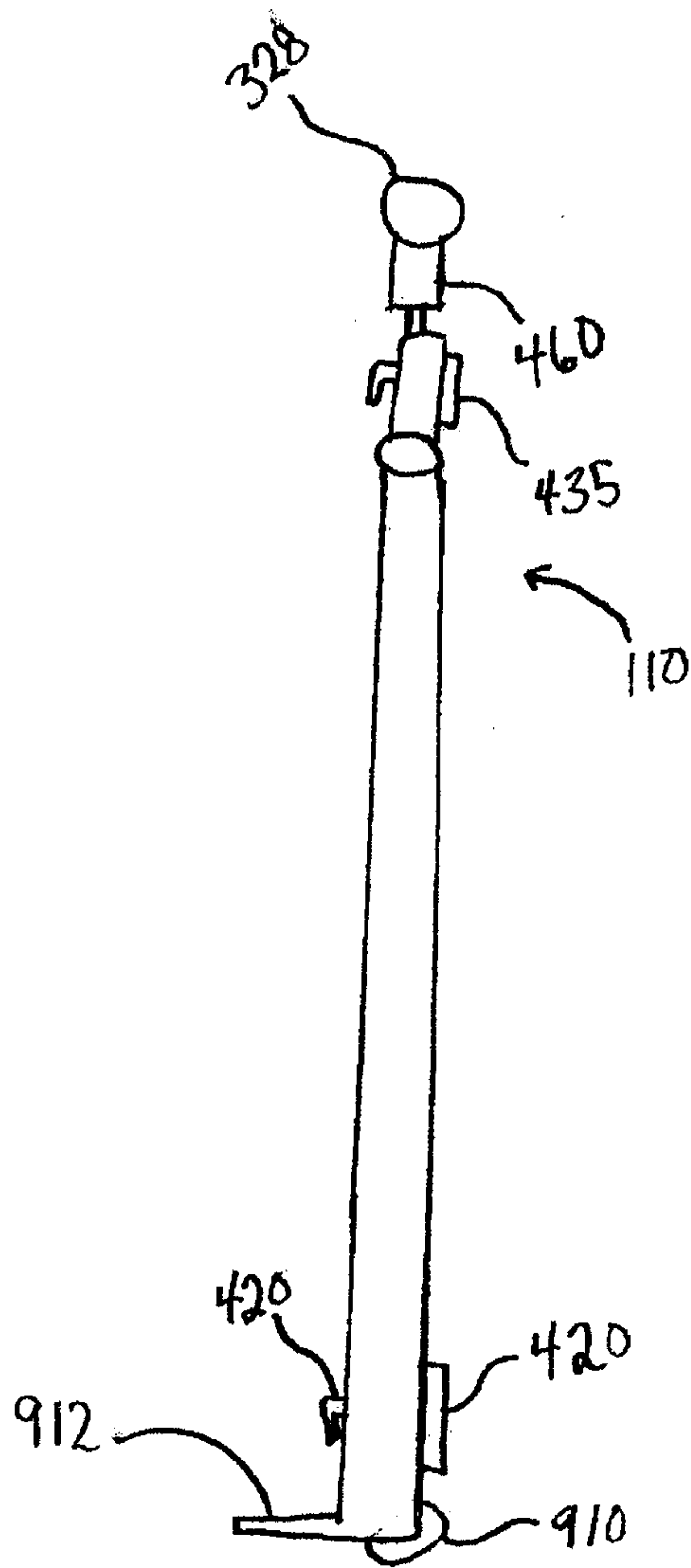


Fig. 12

