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(54) **EXERCISE DEVICE**

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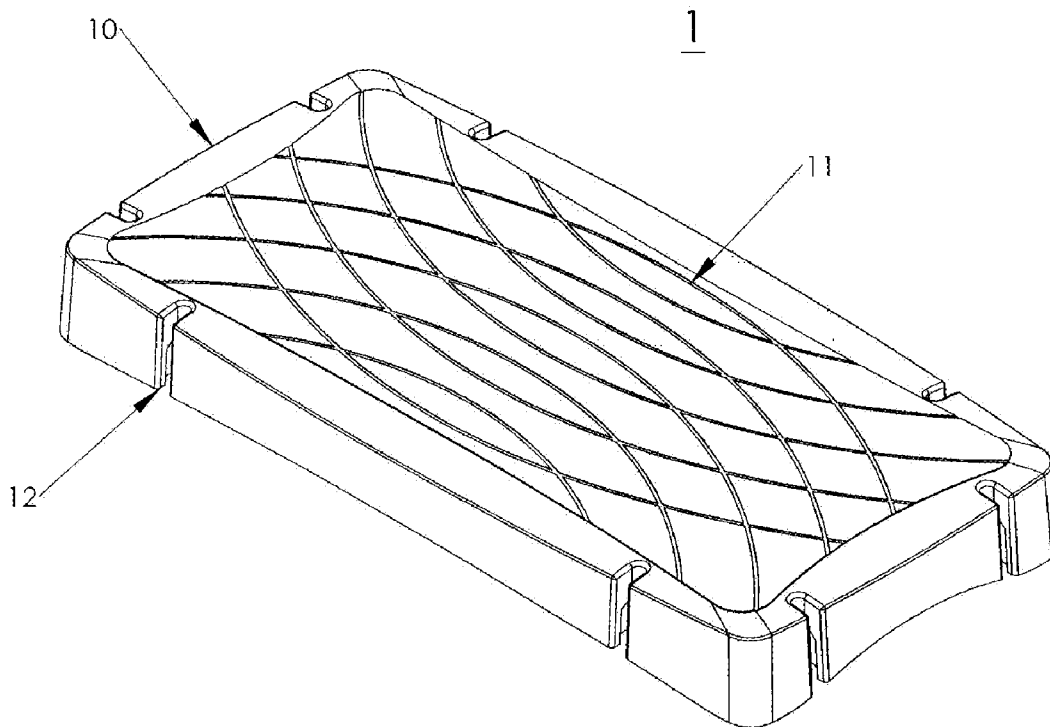
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CPC **A63B 22/16** (2013.01)

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(57) **ABSTRACT**

An exercise device having multiple components that are lightweight and easily storable is described and taught. The exercise device is a platform that may have a non-slip surface. The individual components may include fitness blocks, resistance bands, balance arches, and rollers. These components may be used singularly or in conjunction with one another. This allows a user to perform a number of exercises including strength training and resistance training along with other aerobic and anaerobic exercises. When not in use, these components store underneath the platform in designated recesses. In some cases, there is a lid or covering for any number of the recesses. The device, as a whole, is lightweight, portable and easily used in small spaces creating an ideal workout device.



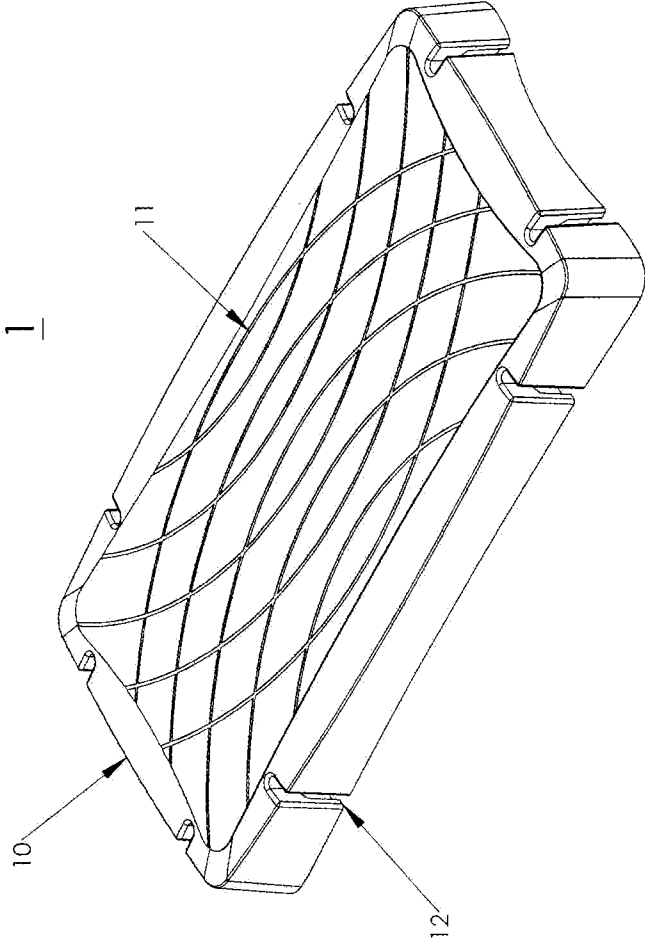


Fig. 1

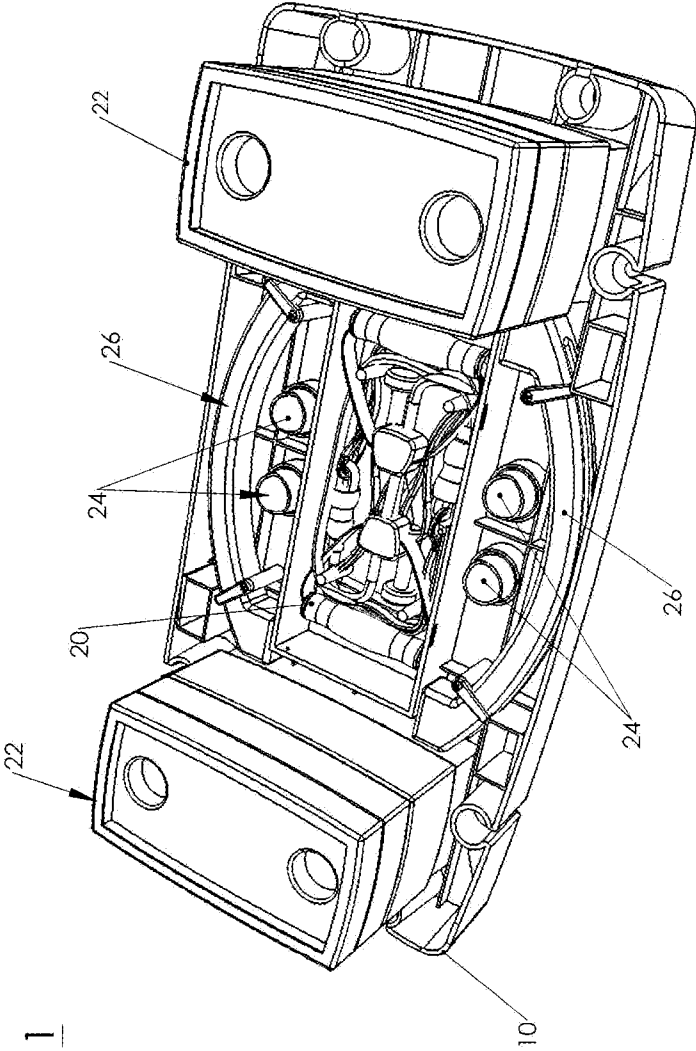


Fig. 2A

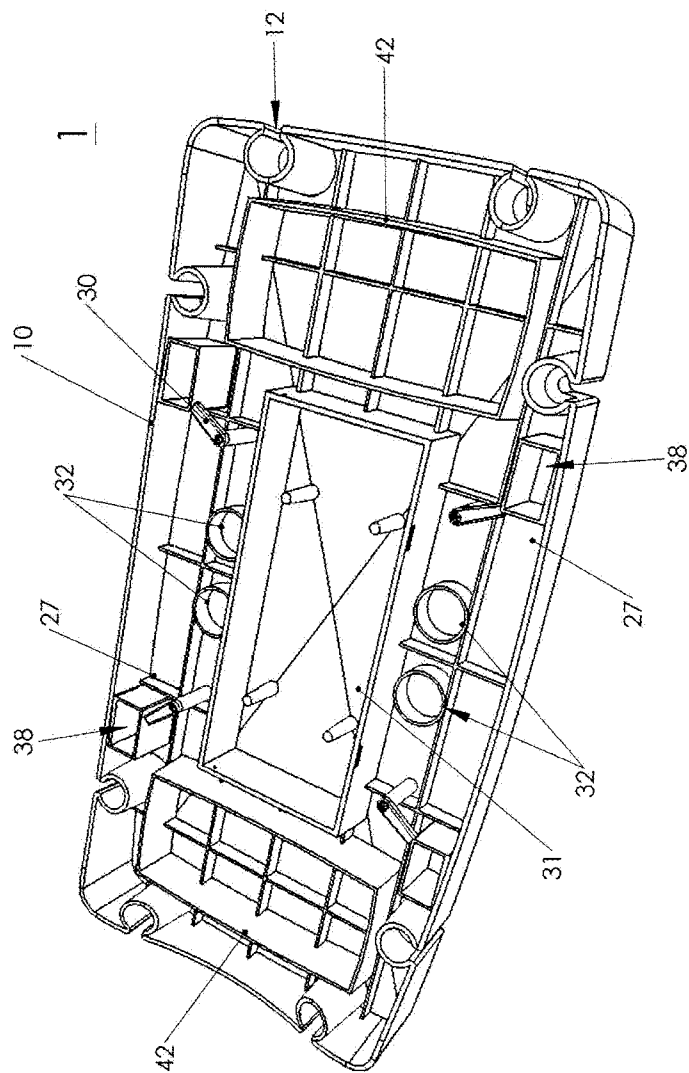


Fig. 2B

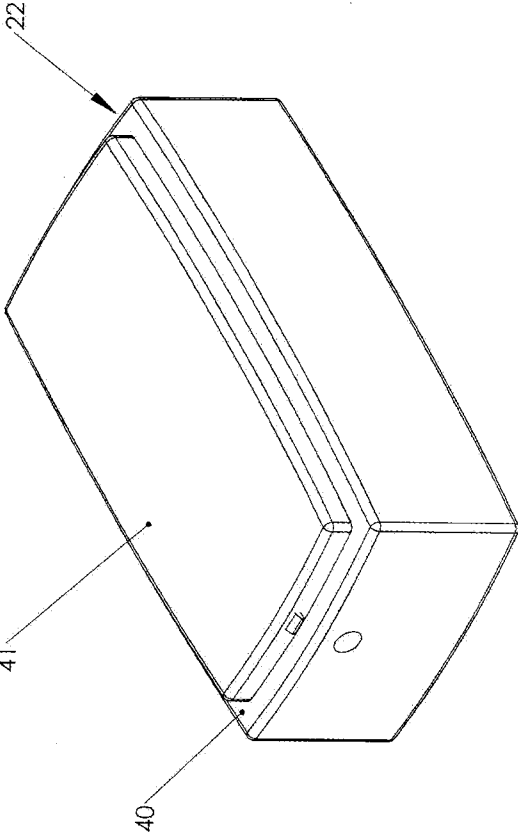


Fig. 3

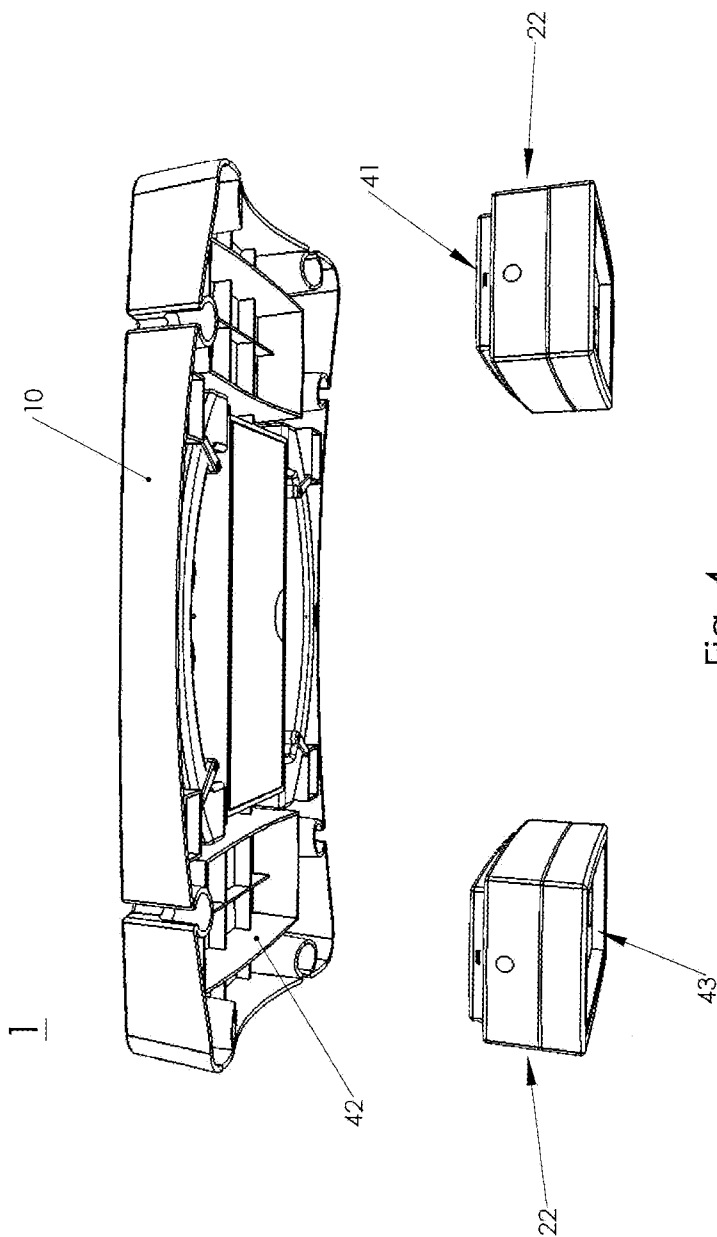


Fig. 4

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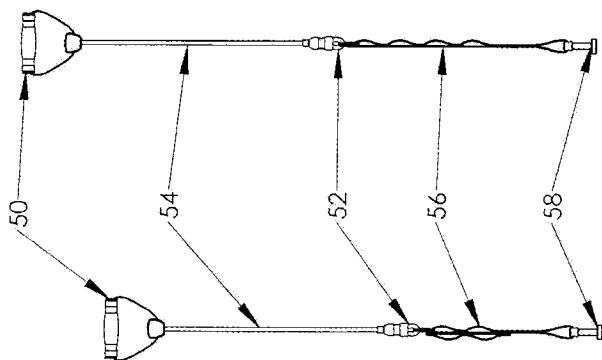


Fig. 5

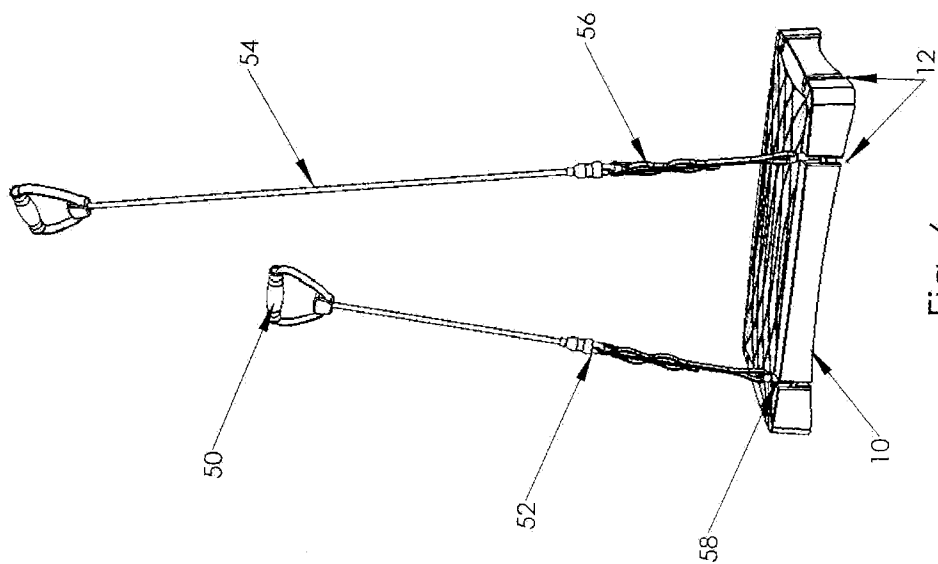


Fig. 6

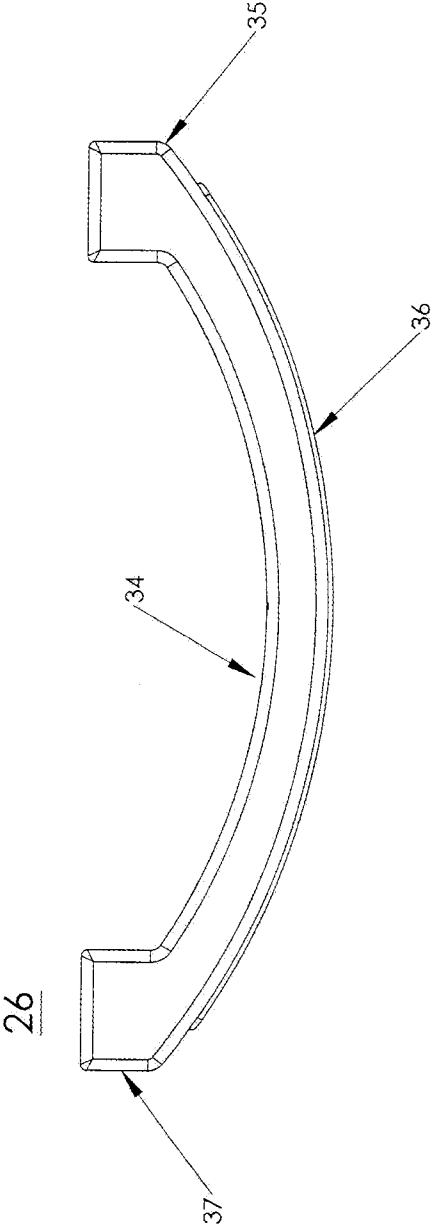


Fig. 7

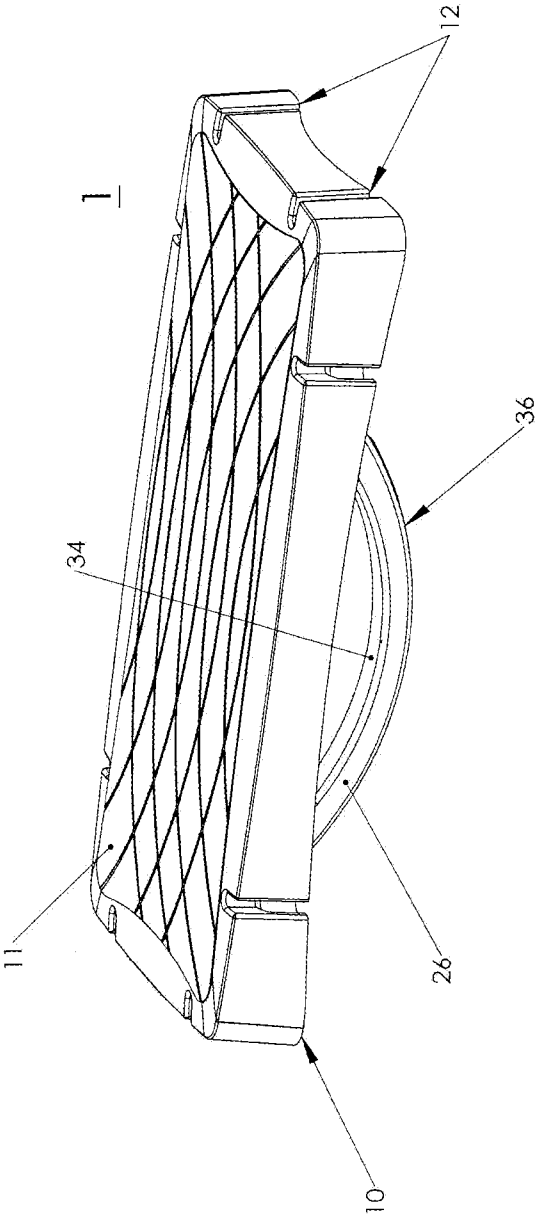


Fig. 8

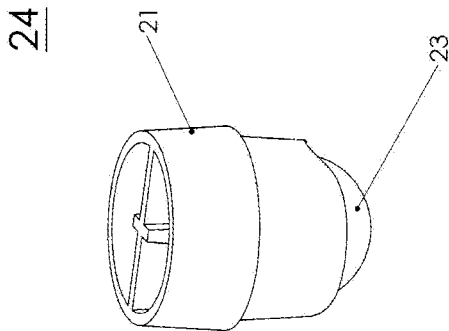


Fig. 9

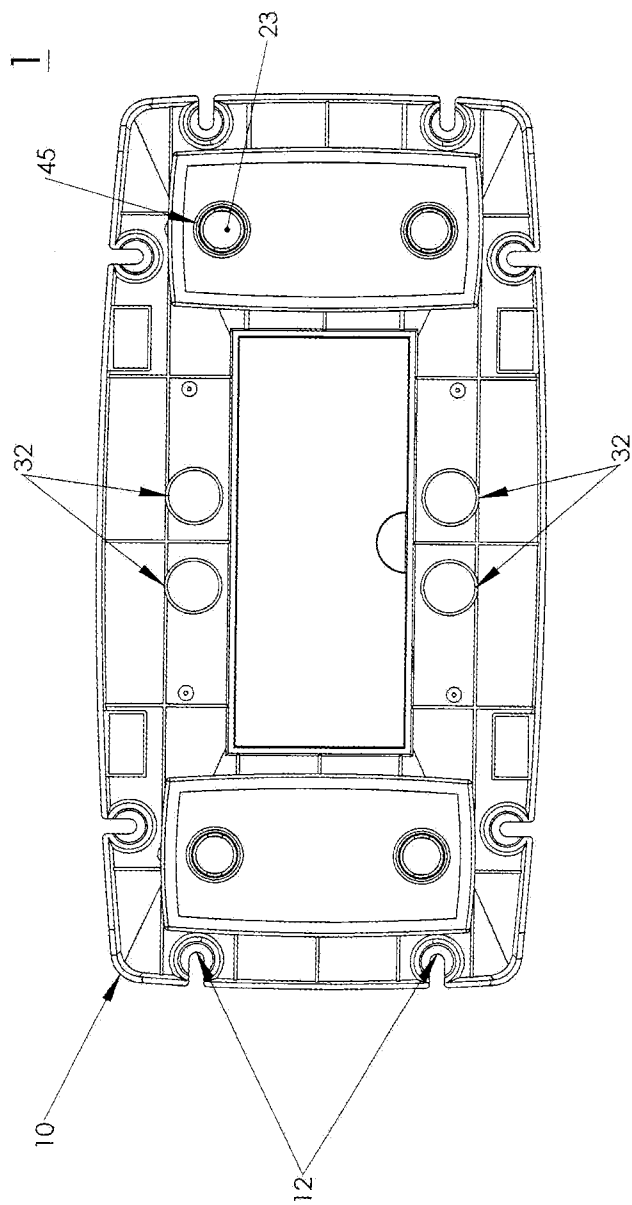


Fig. 10

EXERCISE DEVICE

CLAIM OF PRIORITY

[0001] This application claims priority to U.S. Application No. 61/671,255 filed Jul. 13, 2012 which is herein fully incorporated by reference.

FIELD OF THE INVENTION

[0002] The current invention relates to a multi-function device used for physical exercise. In particular, the current invention relates to an exercise device that may be used for different types of physical training such as flexibility exercises, strength training, stability & core exercises, aerobic exercises, and anaerobic exercises.

BACKGROUND OF THE INVENTION

[0003] Exercise equipment consists of a wide variety of equipment. It can be as simple as an inflatable ball, or as advanced as a treadmill employing the latest in technology. As a nation, our waistlines are expanding, putting a premium on cost effective, multi-purpose exercise equipment. In order to perform many different exercises, one must purchase numerous pieces of equipment. It is typical for a person to purchase individual weights, machines, resistance bands, balancing apparatus, and other forms of exercise equipment. Once purchased, the vast quantity of equipment can take up an overabundance of space. This leads to unsightly equipment being stored in places that are out of the way such as closets, basements, or garages. Unfortunately, this often leads to a decrease in equipment use. Another downside to current exercise equipment is the astronomical cost. Each individual component must generally be purchased separately. It is typical for a purchaser of a set of dumbbells to purchase two dumbbells in order to have a set, the purchaser paying for each individual dumbbell. Other times, a user will purchase a resistance band and need to purchase the bands and the handles separately. Thus, there is a need for a simple, cost effective solution to the aforementioned shortcomings. It is desirable to have a system that has all the basic components one may need in one easy to store and use apparatus. The current invention addresses these needs.

[0004] Various devices are known in the art. However, their structure and means of operation are substantially different from the present disclosure. The other inventions fail to solve all the problems taught by the present disclosure. At least one embodiment of this invention is presented in the drawings below and will be described in more detail herein.

SUMMARY OF THE INVENTION

[0005] The current invention discloses an exercise device having: a platform having a top side, a bottom side, and peripheral sides, wherein the exercise device has a height measured as the distance between the top side and a surface upon which the platform is placed. The platform has an anti-slip layer, preferably rubber, positioned on the top surface. The exercise device further has at least one fitness block being capable of being positioned beneath the bottom side of the platform, wherein there is at least one fitness block receiving recess residing on the bottom side of the platform, and the fitness block is capable of residing securely in the fitness block receiving recess, adjusting the height of the exercise device.

[0006] The exercise device has a number of fitness blocks, and there are two fitness block receiving recesses residing on the bottom side of the platform. Each of the fitness blocks are capable of residing securely in the fitness block receiving recess and adjusting the height of the exercise device as a whole. Each fitness block has an upper piece having a top surface and a lower piece having a bottom concave, wherein the upper piece is securely attached to and positioned upon the lower piece, and the bottom concave is capable of receiving an upper piece from another fitness block. The fitness blocks may further have at least one support cap, wherein each support cap is capable of being positioned beneath the fitness block, adjusting the height of the exercise device. The fitness blocks are preferably made of plastics and the support caps are made of plastics.

[0007] The exercise device further has at least one, and preferably two identical, balance arches with each balance arch having an arch section with a concave side, a protruding side, a first end and a second end, and two connecting sections attached to the first end and the second end. The exercise device has balance arch receiving recesses residing on the bottom side of the platform, wherein the connecting sections of the balance arches are capable of being securely positioned in the balance arch receiving recesses, allowing the concaving side to face the bottom side of the platform and the protruding side to face away from the bottom side, and adjusting the height of the exercise device and allowing the platform to rock on the surface upon which the exercise device is placed. In some instances the balance arches will not change the height of the exercise device. Each arch may also have an anti-slip layer attached thereto.

[0008] The exercise device also has at least one roller having a roller frame and a roller ball rotatably attached to the roller frame. The exercise device has roller receiving recesses residing on the bottom side of the platform, wherein the roller frames are capable of being securely positioned in the roller receiving recesses, making the roller balls to face the surface upon which the exercise device is placed, adjusting the height of the exercise device, and allowing the exercise device to slide on the surface with rotation of the roller balls. Additionally, there are roller receiving recesses residing on the support caps, where the roller frames are capable of being securely positioned in the roller receiving recesses, making the roller balls to face the surface upon which the exercise device is placed, adjusting the height of the exercise device, and allowing the exercise device to slide on the surface with rotation of the roller balls.

[0009] The exercise device also has at least one resistance band assembly. The resistance band assembly is made up of a resistance band having a top end and a bottom end, a handle attached to the top end, an adjustment strap attached to the bottom end, and an attachment member connected to the adjustment strap. Additionally, each resistance band may have a carabineer connecting the adjustment strap to the resistance band. The exercise device has a plurality of resistance band assembly attachment mechanisms on the platform, where each resistance band assembly attachment mechanism has the same structure. The resistance band assembly attachment mechanisms are resistance band assembly attachment recesses on the peripheral sides of the platform, and the attachment members are capable of securely attach the resistance band assembly to the resistance band assembly attachment recesses. The resistance band assembly attachment recesses extends from the top side to the bottom side of the

platform, and the attachment members are plugs that each have an elongated body and an enlarged head. The elongated bodies are placed in the resistance band assembly attachment recesses and the enlarged heads are stuck to the bottom side of the platform, securing the resistance band assembly to the platform. Each of the resistance bands adjustment straps are capable of being adjusted for length. Additionally, the resistance band assemblies can be secured in a resistance band assembly resting recess on the bottom of the exercise device. An optional cover helps to secure the resistance bands in place.

[0010] In general, the present invention succeeds in conferring the following, and others not mentioned, benefits and objectives.

[0011] It is an object of the present invention to provide an exercise device having numerous exercise equipment options.

[0012] It is an object of the present invention to provide an exercise device with easily interchangeable parts.

[0013] It is an object of the present invention to provide internal storage for the various components of the device.

[0014] It is an object of the present invention to provide a means for adjusting the height of the workout surface.

[0015] It is an object of the present invention to provide a full body workout.

[0016] It is an object of the present invention to provide an exercise device that is easily maneuverable.

[0017] It is an object of the present invention to provide an exercise device that can be stored easily.

[0018] It is an object of the present invention to provide an exercise device with multiple attachments.

[0019] It is an object of the present invention to provide a safe workout device.

BRIEF DESCRIPTION OF THE DRAWINGS

[0020] FIG. 1 is a perspective view of a preferred embodiment of the present invention.

[0021] FIG. 2A is a bottom view of a preferred embodiment of the present invention with component pieces in storage

[0022] FIG. 2B is a bottom view of a preferred embodiment of the present invention with component pieces removed from storage.

[0023] FIG. 3 is a perspective view of a fitness block component of the present invention.

[0024] FIG. 4 is an underside view of a preferred embodiment of the present invention demonstrating the implementation of the fitness blocks.

[0025] FIG. 5 is a side view of the resistance strap component of the present invention.

[0026] FIG. 6 is a side view of the present invention with the resistance straps in place.

[0027] FIG. 7 is a side view of a balance arch component of the present invention.

[0028] FIG. 8 is a perspective view of the present invention with the balance arches secured in place.

[0029] FIG. 9 is a perspective view of a roller assembly component of the present invention.

[0030] FIG. 10 is a bottom view of the present invention demonstrating the implementation of the roller assembly.

DETAILED DESCRIPTION

[0031] The preferred embodiments of the present invention will now be described with reference to the drawings. Identical

elements in the various figures are identified, as far as possible, with the same reference numerals. Reference will now be made in detail to embodiments of the present invention. Such embodiments are provided by way of explanation of the present invention, which is not intended to be limited thereto. In fact, those of ordinary skill in the art may appreciate upon reading the present specification and viewing the present drawings that various modifications and variations can be made thereto without deviating from the innovative concepts of the invention.

[0032] Referring to the drawings, FIG. 1 shows the exercise device 1 having a platform 10 that may be any shape and size. The preferred shape is a cuboid or a similar structure with a top view of a rectangle. However, other shapes are also acceptable as long as the basic functions of the exercise device 1 may be carried out. For example, the top view may be oval or square. The top of the platform 10 may also have an anti-slippery layer 11. This anti-slippery layer 11 is preferably rubber, but other comparable materials such as silicone may suffice. The size of the platform 10 may vary. With a rectangular top view, the length may be between 25.4 cm (10 inches) and 254 cm (100 inches), with the preferred range of 50.8-101.6 cm (20-40 inches); the width may be between 12.7 cm (5 inches) and 254 cm (100 inches), with the preferred range of 25.4-63.5 cm (10-25 inches). The height, as indicated above, is adjustable, with the preferred range of 2.54-127 cm (1-50 inches).

[0033] In FIGS. 2A and 2B, one can see the components stored in their respective areas in the exercise device 1 and subsequently removed from their storage positions. There is at least one fitness block receiving recess 42 and preferably two with each one being located approximately equal distance on each side of the midline of the exercise device 1. The fitness blocks 22 stack upon one another and fit securely into the fitness block receiving recess 42.

[0034] In order to accommodate the balance arches 26 when the arches are not in use, there are balance arch resting recesses residing 27 on the bottom side of the platform, the balance arches 26 are capable of being securely positioned in the balance arch resting recesses 27 without changing the height of the exercise device. When the balance arches 26 are in the balance arch resting recess 27, they are held in place by rotatable pegs 30. These rotatable pegs 30 are plastic arms that rotate to cover a portion of the balance arch 26 to prevent movement when not in use.

[0035] To accommodate the resistance band assemblies 20 when they are not in use, there is a resistance band assembly resting recess 31 residing on the bottom side of the platform 1, the resistance band assemblies 20 may be securely placed in the resistance band assembly resting recess 31. In addition, the exercise device 1 may include a storage cover (not shown) capable of covering the resistance band assembly resting recess 31.

[0036] The rollers 24 fit into roller receiving recesses 32. There should be at least as many roller recesses 32 as there are rollers 24. The roller frame 21 is adapted to fit within the roller receiving recess 32 while still permitting the roller 24 to be removed with ease.

[0037] FIG. 3 shows that the fitness blocks 22 have features that may permit the fitness blocks 22 to be stacked upon one another to adjust the height of the platform 10. To achieve this goal, the fitness block 22 may have an upper piece 40 having a top surface 41, a lower piece having a bottom concave 43 (see FIG. 4), wherein the upper piece 40 is securely attached

to and positioned upon the lower piece, and the bottom concave 43 is capable of receiving an upper piece 40 from another fitness block 22. Furthermore, the exercise device 1 may include a plurality of support caps 45 (see FIG. 10), wherein each support cap 45 is capable of being positioned beneath the fitness block 22, adjusting the height of the exercise device 1. The fitness block 22 may further have a non-slip surface (not shown) disposed around a bottom perimeter.

[0038] In FIG. 4 the exercise device 1 may include at least one fitness block 22 being capable of being positioned beneath the bottom side of the platform 10. There is at least one fitness block receiving recess 42 residing on the bottom side of the platform 10, and the fitness block 22 may reside securely in the fitness block receiving recess 42, adjusting the height of the exercise device 1. Preferably, there are a plurality of fitness blocks 22. There may be two fitness block receiving recesses 42 residing on the bottom side of the platform, and each fitness block 22 being capable of residing securely in the fitness block receiving recess 42 and adjusting the height of the exercise device 1. The fitness blocks 22 have a bottom concave 43 which allows the stacking of the fitness blocks 22. The upper piece 40 of one fitness block 22 fits into the bottom concave 43 of another fitness block 22. This will adjust the height of the platform 10, and by adjusting the height of the platform 10, the strenuousness of the exercise may be changed.

[0039] With regard to FIG. 5, if a user desires to strength train, the exercise device 1 may include at least one resistance band assembly 20 comprising a resistance band 54 having a top end and a bottom end, a handle 50 attached to the top end, an adjustment strap 56 attached to the bottom end, and an attachment member 58 connected to the adjustment strap 56. Preferably, there are a plurality of resistance band assemblies 20 having the same structure. For better connection, each resistance band assembly 20 may further comprise a carabineer 52 connecting the adjustment strap 56 to the resistance band 20. To fit different persons' physical features and for different exercise routines, the length of the adjustable strap 56 is capable of being adjusted. Additionally, it may be possible to change the resistance band 54 in order to decrease or increase the tension in the resistance band assembly 20.

[0040] In FIG. 6, in order to attach the resistance band assemblies 20, there are a plurality of resistance band assembly attachment recesses 12 on the platform 10, and each resistance band assembly attachment recess 12 has the same structure. In the preferred embodiment, the resistance band assembly attachment recesses 12 are on the peripheral sides of the platform 10, and the attachment members 58 are capable of securely attaching the resistance band assembly 20 to the resistance band assembly attachment recesses 12. More particularly, the resistance band assembly attachment recesses 12 extends from the top side to the bottom side of the platform 10, and the attachment members 58 are plugs each having an elongated body and an enlarged head, wherein the elongated bodies are placed in the resistance band assembly attachment recesses 12 and the enlarged heads are stuck to the bottom side of the platform 10, securing the resistance band assembly 20 to the platform 10.

[0041] In FIG. 7 aside from the platform 10, the exercise device 1 may include at least one balance arch 26, each balance arch 26 comprising an arch section with a concave side 34, a protruding side 36, a first end 35 and a second end

37, and two connecting sections attached to the first end and the second end. Preferably, there are two identical balance arches 26.

[0042] To use the balance arches 26 in an exercise, as in FIG. 8, there are balance arch receiving recesses 38 (see FIG. 2B) residing on the bottom side of the platform 10 so that the connecting sections of the balance arches 26 may be securely positioned in the balance arch receiving recesses 38, allowing the concaving side 34 to face the bottom side of the platform 10 and the protruding side 36 to face away from the bottom side, adjusting the height of the exercise device 1 and allowing the platform 10 to rock on the surface upon which the exercise device 1 is placed. When in use, the balance arches 26 may be locked into place by a slidable locking mechanism (not shown). In this instance, the mechanism has a spring that permits the slidable mechanism to hold the balance arch in place by interacting with a groove (not shown) in the balance arch 26. To prevent slipping, each balance arch 26 further comprises an anti-slipping layer (not shown) attached to the protruding side. A similar methodology may be applied to any of the components of the exercise device 1.

[0043] Referring to FIG. 9, aside from the platform 10, the exercise device 1 may include at least one roller 24 having a roller frame 21 and a roller ball 23 rotatably attached to the roller frame 21. Preferably, there are a plurality of rollers 24, which may make the platform 10 glidable on the floor. The roller balls 23 may have differing diameters in order to create multiple workout experiences.

[0044] Referring to FIG. 10, in order to attach the rollers 24, there are roller receiving recesses 32 residing on the bottom side of the platform 10. The roller frames 21 may be securely positioned in the roller receiving recesses 32, making the roller balls 23 face the surface upon which the exercise device 1 is placed, adjusting the height of the exercise device 1, and allowing the exercise device 1 to slide on the surface with rotation of the roller balls 23. Furthermore, there are roller receiving recesses 32 residing on the support caps 45, and the roller frames 21 may be securely positioned in the roller receiving recesses 32, making the roller balls 23 face the surface upon which the exercise device 1 is placed, adjusting the height of the exercise device 1, and allowing the exercise device 1 to slide on the surface with rotation of the roller balls 23.

[0045] The various components of the exercise device 1 may be made from the same or different materials, including but not limited to metal, wood, and hard plastics such as but not limited to polyvinyl chloride (PVC) or some combination thereof. Each component has its preferred material. For example, the preferred material for the fitness block 22 is plastic and for the support cap 45 is plastic. In some instances, dense foam may be used for the fitness blocks 22. The anti-slipping layer 11 is preferably made of rubber. The platform 10 itself may be made from plastic.

[0046] The components of the exercise device 1 may be used in different combinations. For example, the fitness blocks 22 may be used to adjust the height of the platform 10. The balance arches 26 may be used to make the platform 10 capable of rocking on the floor. The rollers 24 make the platform 10 capable of sliding. The resistance bands 20 may be used for strength training. However, it is also possible that the components may be used individually. For example, the platform 10 alone may assist a stepping exercise. The fitness blocks 22 and/or the support caps 45 may serve as support structures in a yoga routine.

[0047] The exercise device **1** disclosed in the current invention may be used for many kinds of exercising routines. The applications are almost limitless and it is impossible to summarize all. Here are several kinds of exercises that may serve as examples.

[0048] The most basic form of exercise that may use this device **1** is step aerobics where a person steps up and down the platform **10** following different rhythms, routines, and techniques. As indicated above, the height of the platform **10** may be adjusted.

[0049] The platform **10** and the fitness blocks **22**, may serve as assisting structures in a yoga routines. The user may stand, sit, or step on the platform **10** with or without the fitness blocks **22** or support caps **45**. Or the user may put his/her hand(s) on the platform **10** (or the fitness blocks **22** or support caps **45**) to support his/her body.

[0050] After the balance arches **26** are properly attached, the platform **10** is turned into a rocking board, making a whole set of exercises possible. A user may stand on the platform **10**, striving to keep balance. Or the user may playfully rock the platform **10** to exercise leg muscles.

[0051] The rollers **24** allow the platform **10** to slide on the floor, making the platform **10** a gliding board. The user may put his/her feet on the platform **10**, using the hands on the floor as the main support, and roll the platform **10** in any direction closer, further, or around the support, training strength and balance as the same time. In addition, since the rollers **24** may be attached to either the platform **10** itself when the platform is elevated, the user may choose how to make the gliding board version of the platform **10** more suitable for his/her exercise.

[0052] With the resistance band assemblies **20** properly attached, a series of strength training routines may be performed. For example, a user may place his feet on the platform **10** in a standing position, gripping the handles **50** with one in each hand. The user may start with hands extending down from his sides and stretches the resistance bands **20** up by bending his elbows and using his biceps. The motion stops when the lower arms are close to the biceps. The user may then release the stretching and return the handles **50** to the starting position.

[0053] As indicated above, the components of the exercise device **1** may be combined for the best results. Similarly, the exercising routines that may be performed with the current device **1** may be combined and optimized. For example, while exercising bicep muscles using the resistance bands **20**, the user may maintain a stepping exercise, performing both aerobic exercise and anaerobic exercises at the same time.

[0054] In addition to the versatility, the exercise device **1** disclosed in the current invention has the advantages of being light weight and portable, easy to produce and easy to use, compact, and durable. Most of the components may be put together when not in use. For example, the balance arches **26** may be kept in the balance arch resting recesses **27** on the bottom side of the platform **10**. The resistance band assemblies **20** may be kept in the resistance band assembly resting recess **31** on the bottom side as well.

[0055] Although this invention has been described with a certain degree of particularity, it is to be understood that the present disclosure has been made only by way of illustration and that numerous changes in the details of construction and arrangement of parts may be resorted to without departing from the spirit and the scope of the invention.

What is claimed is:

1: An exercise device, comprising:

a platform having a top side, a bottom side, and a peripheral sides, wherein

the exercise device has a height measured as the distance between the top side and a surface upon which the platform is placed.

2: The exercise device of claim **1**, further comprising at least one fitness block being capable of positioned beneath the bottom side of the platform, wherein

there is at least one fitness block receiving recess residing on the bottom side of the platform,

and the fitness block is capable of residing securely in the fitness block receiving recess, adjusting the height of the exercise device.

3: The exercise device of claim **2**, wherein

there are a plurality of fitness blocks,

there are two fitness block receiving recesses residing on the bottom side of the platform,

and each fitness block being capable of residing securely in the fitness block receiving recess and adjusting the height of the exercise device.

4: The exercise device of claim **3**, wherein each fitness block comprises

an upper piece having a top surface

a lower piece having a bottom concave, wherein

the upper piece is securely attached to and positioned upon the lower piece,

and the bottom concave is capable of receiving an upper piece from another fitness block.

5: The exercise device of claim **4**, further comprising

at least one support cap, wherein

each support cap is capable of being positioned beneath the fitness block,

adjusting the height of the exercise device.

6: The exercise device of claim **5**, wherein

there are a plurality of identical support caps.

7: The exercise device of claim **6**, wherein

the fitness blocks are made of plastics

and the support caps are made of plastics.

8: The exercise device of claim **1**, further comprising

at least one balance arch, each balance arch comprising

an arch section with a concave side, a protruding side, a first end and a second end; and

two connecting sections attached to the first end and the second end.

9: The exercise device of claim **8**, wherein

there are two identical balance arches.

10: The exercise device of claim **9**, wherein

there are balance arch receiving recesses residing on the bottom side of the platform,

the connecting sections of the balance arches are capable of being securely positioned in the balance arch receiving recesses,

allowing the concaving side to face the bottom side of the platform and the protruding side to face away from the bottom side, adjusting the height of the exercise device and allowing the platform to rock on the surface upon which the exercise device is placed.

11: The exercise device of claim **10**, wherein

there are balance arch resting recesses residing on the bottom side of the platform,

the balance arches are capable of being securely positioned in the balance arch resting recesses without changing the height of the exercise device.

12: The exercise device of claim **10**, wherein each balance arch further comprises an anti-slipping layer attached to the protruding side.

13: The exercise device of claim **1**, further comprising at least one roller having a roller frame and a roller ball rotatably attached to the roller frame.

14: The exercise device of claim **13**, wherein there are a plurality of rollers.

15: The exercise device of claim **14**, wherein there are roller receiving recesses residing on the bottom side of the platform,

the roller frames are capable of being securely positioned in the roller receiving recesses, making the roller balls to face the surface upon which the exercise device is placed,

adjusting the height of the exercise device, and allowing the exercise device to slide on the surface with rotation of the roller balls.

16: The exercise device of claim **14**, wherein the device comprises at least one support cap capable of being positioned beneath the fitness black and roller receiving recesses residing on the support caps,

the roller frames are capable of being securely positioned in the roller receiving recesses, making the roller balls to face the surface upon which the exercise device is placed,

adjusting the height of the exercise device, and allowing the exercise device to slide on the surface with rotation of the roller balls.

17: The exercise device of claim **1**, further comprising at least one resistance band assembly comprising a resistance band having a top end and a bottom end, a handle attached to the top end, an adjustment strap attached to the bottom end, and an attachment member connected to the adjustment strap.

18: The exercise device of claim **17**, wherein there is a plurality of resistance band assemblies having an identical structure.

19: The exercise device of claim **18**, wherein each resistance band assembly further comprising a carabineer connecting the adjustment strap to the resistance band.

20: The exercise device of claim **19**, wherein there is a plurality of identical resistance band assembly attachment mechanisms on the platform.

21: The exercise device of claim **20**, wherein the resistance band assembly attachment mechanisms are resistance band assembly attachment recesses on the peripheral sides of the platform, and the attachment members are capable of securely attach the resistance band assembly to the resistance band assembly attachment recesses.

22: The exercise device of claim **21**, wherein the resistance band assembly attachment recesses extends from the top side to the bottom side of the platform, and the attachment members are plugs each having an elongated body and an enlarged head, wherein the elongated bodies are placed in the resistance band assembly attachment recesses and the enlarged heads are stuck to the bottom side of the platform, securing the resistance band assembly to the platform.

23: The exercise device of claim **18**, wherein the length of the adjustable strap is capable of being adjusted.

24: The exercise device of claim **18**, wherein there is a resistance band assembly resting recess residing on the bottom side of the platform, the resistance band assemblies are capable of being securely positioned in the resistance band assembly resting recess.

25: The exercise device of claim **24**, further comprising a storage cover capable of covering the resistance band assembly resting recess.

26: The exercise device of claim **1**, further comprising an anti-slippery layer positioned above the top side of the platform.

27: The exercise device of claim **26**, wherein an anti-slippery layer is made of rubber.

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