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(54) **EXERCISER VEST**

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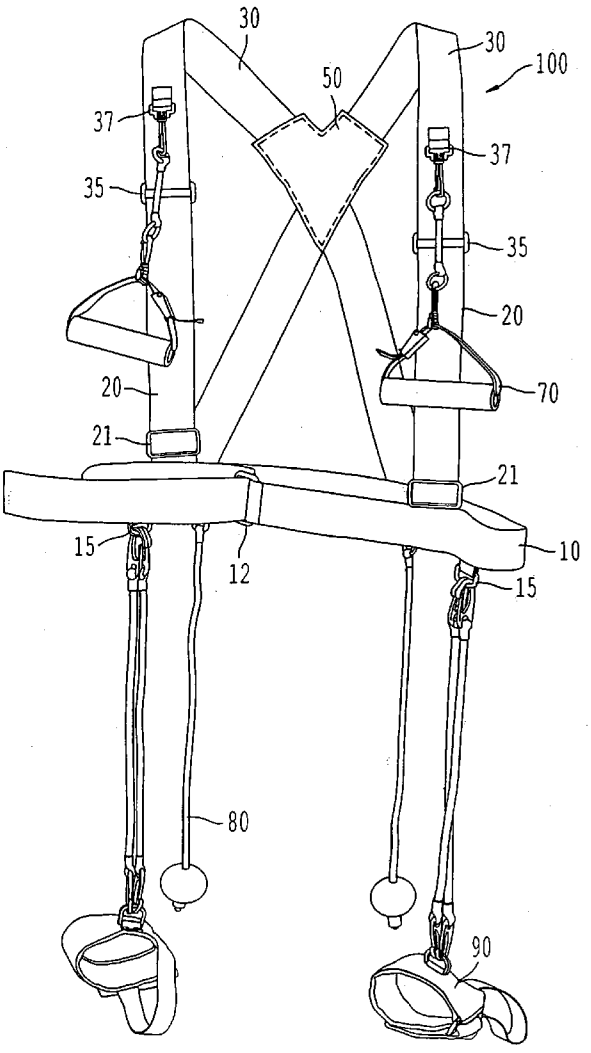
(52) **U.S. Cl.** **482/124**; 482/121

(57) **ABSTRACT**

An exerciser vest includes a lower strap configured to encircle a portion of a user of the exerciser vest. A left shoulder strap is connected to a front side portion and a back side portion of the lower strap, the left shoulder strap configured to be disposed on a left side shoulder of the user. A right shoulder strap is connected to the front and back portions of the lower strap, the right shoulder strap configured to be disposed on a right side shoulder of the user. An exercise implement is removably connected to one of the lower, left shoulder, and right shoulder straps. The left and right shoulder straps cross with one another on a back of the user. At least one of the left and right shoulder straps includes an elastic portion configured to increase an overall length of the left or right shoulder strap in response to movement of the user.



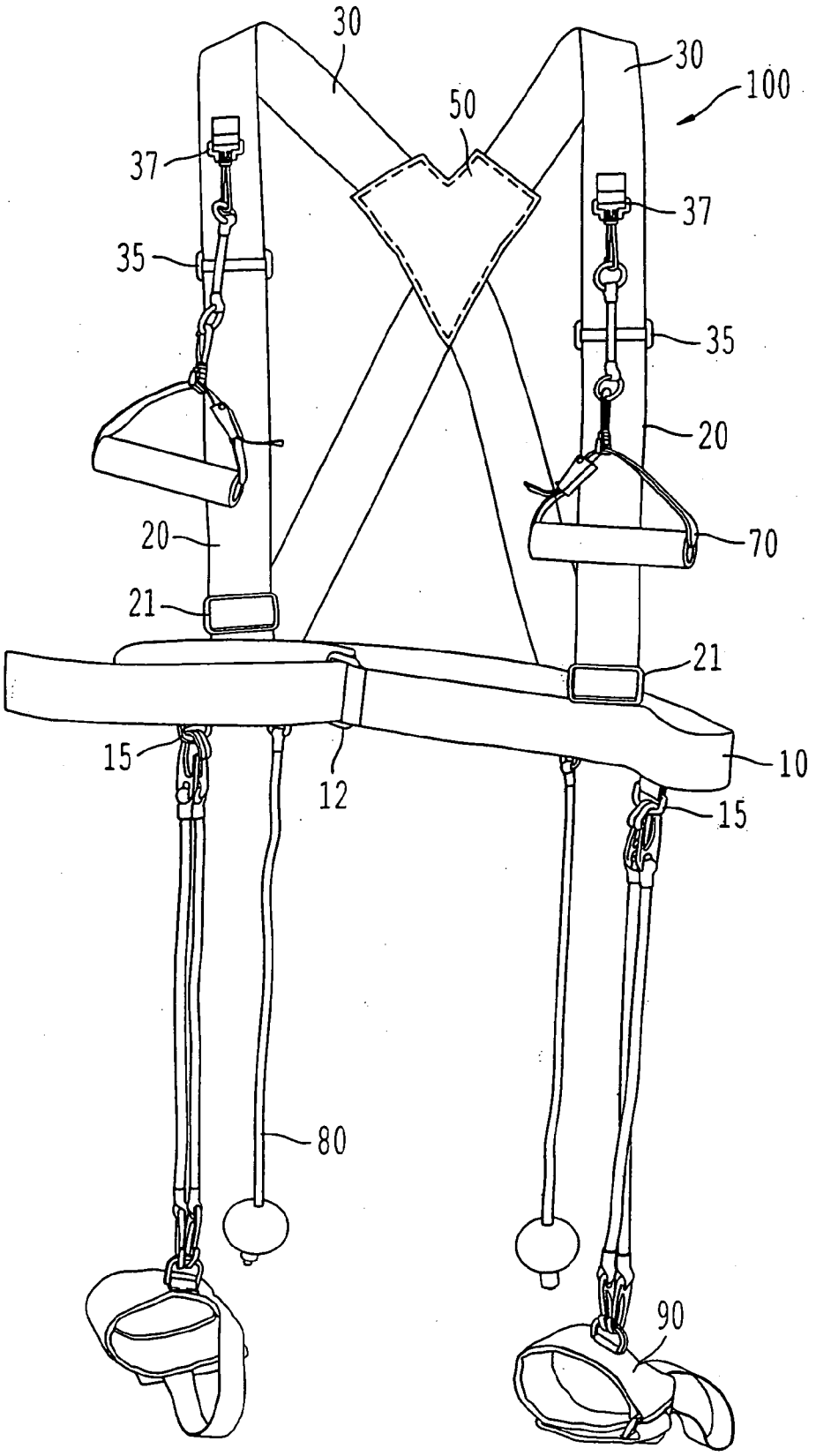


FIG. 1

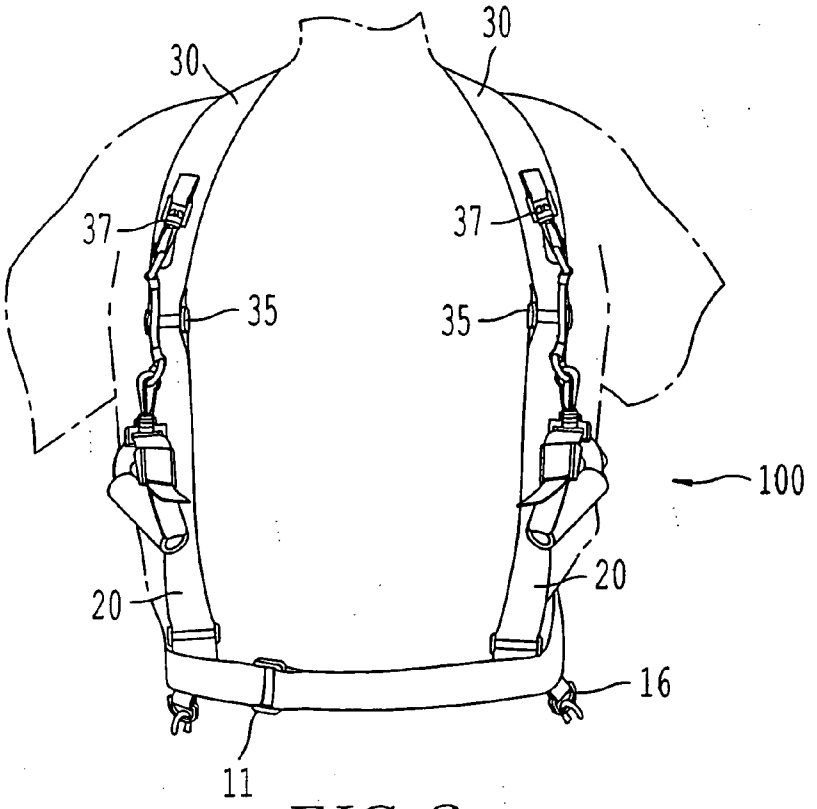


FIG. 2

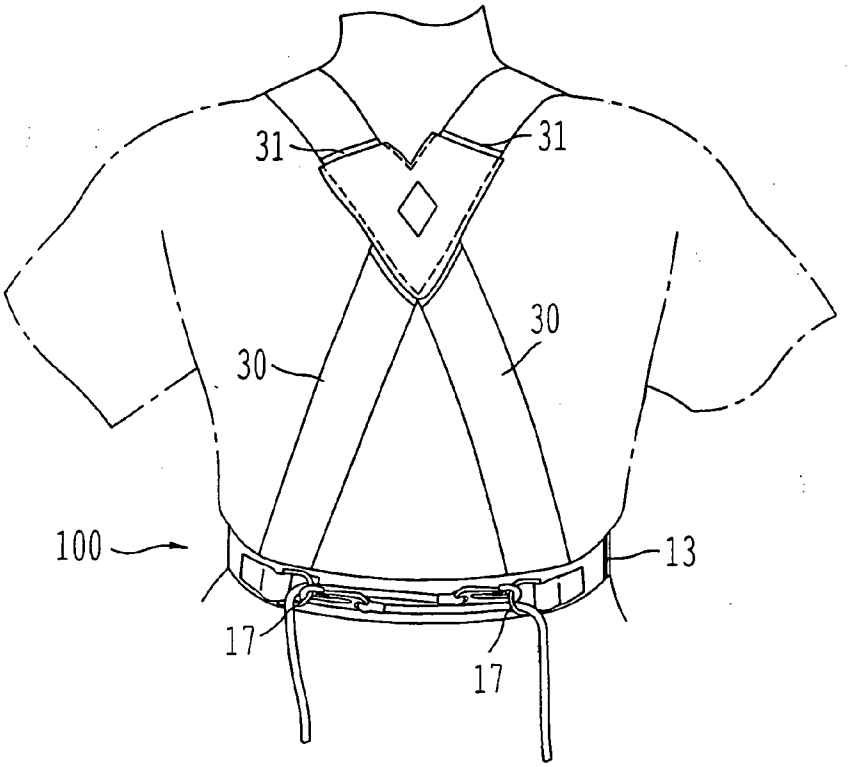


FIG. 3

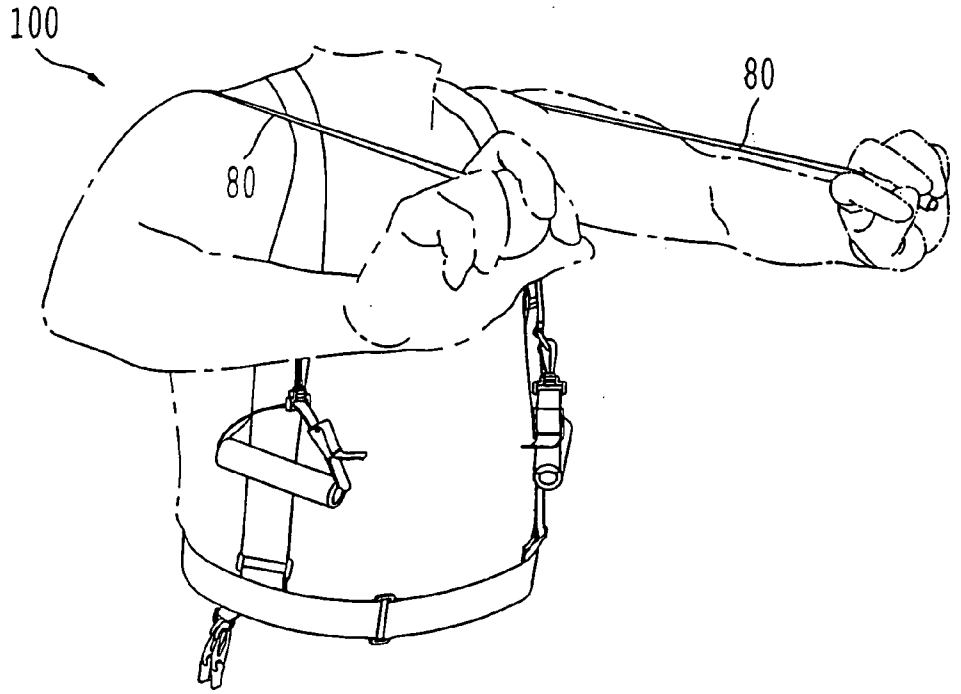


FIG. 4

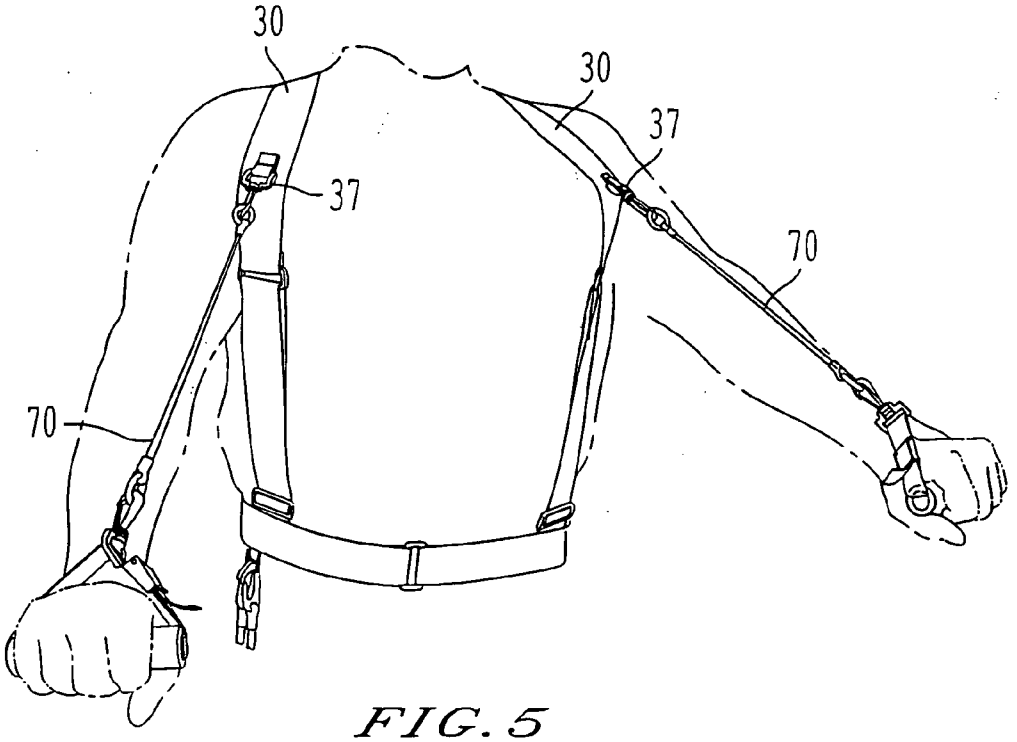


FIG. 5

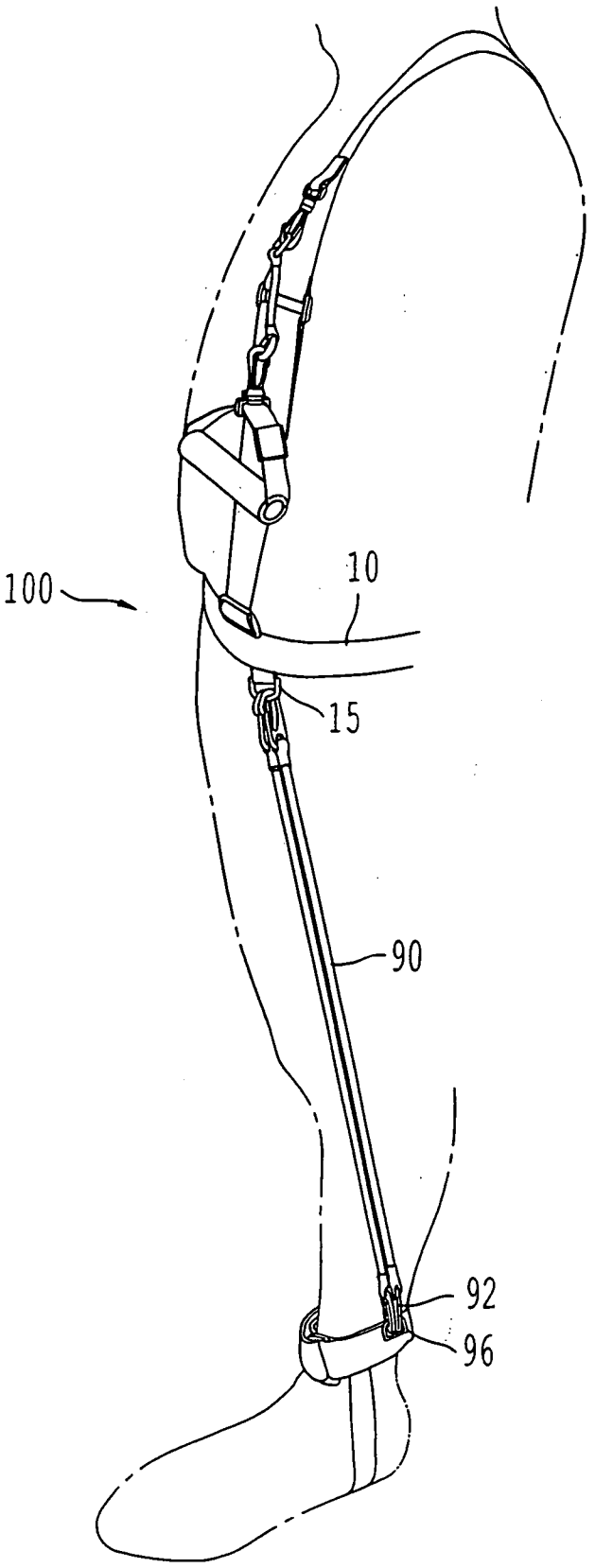


FIG. 6

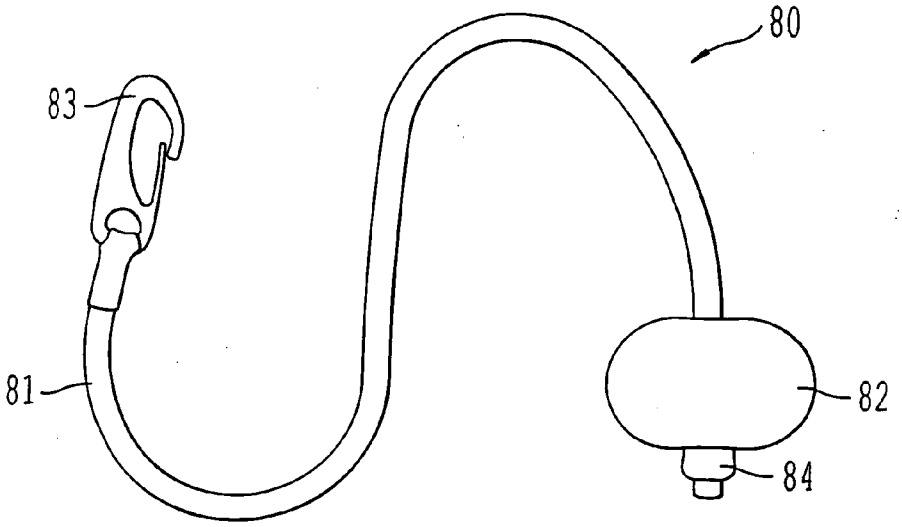


FIG. 7

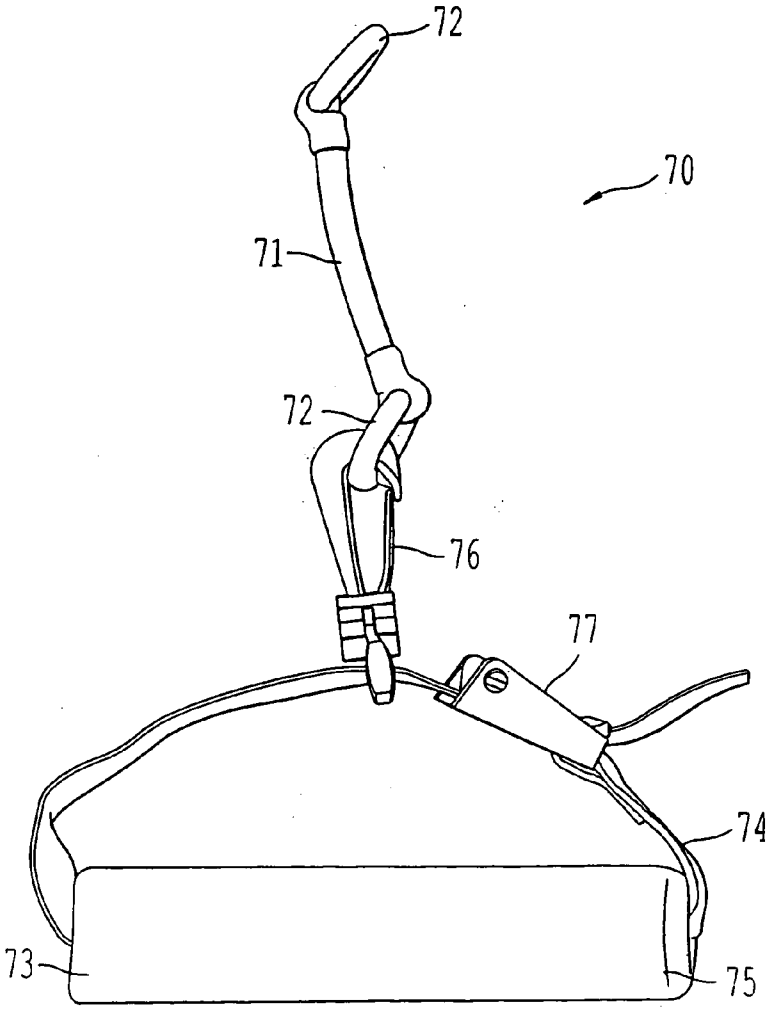


FIG. 8

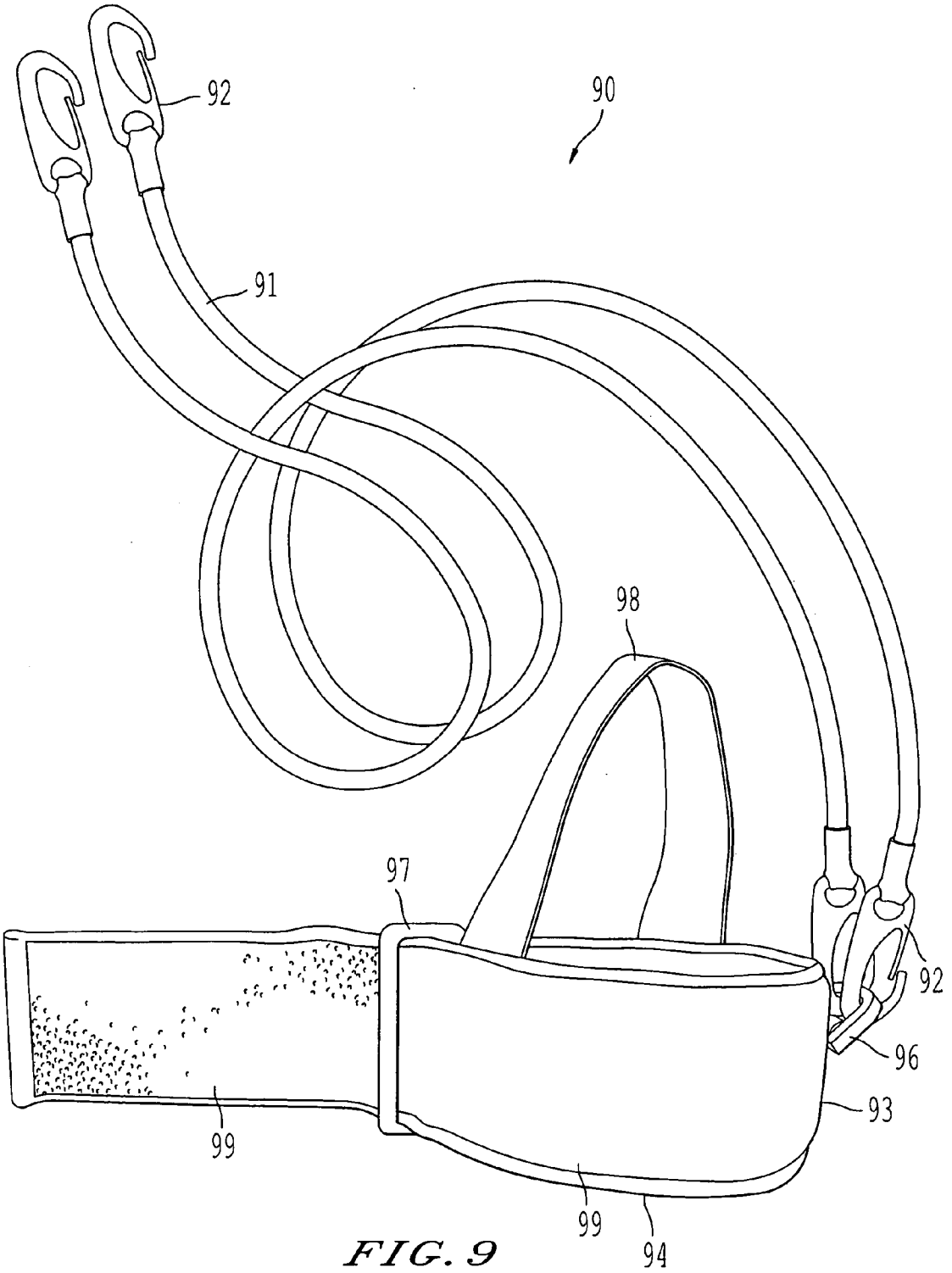


FIG. 9

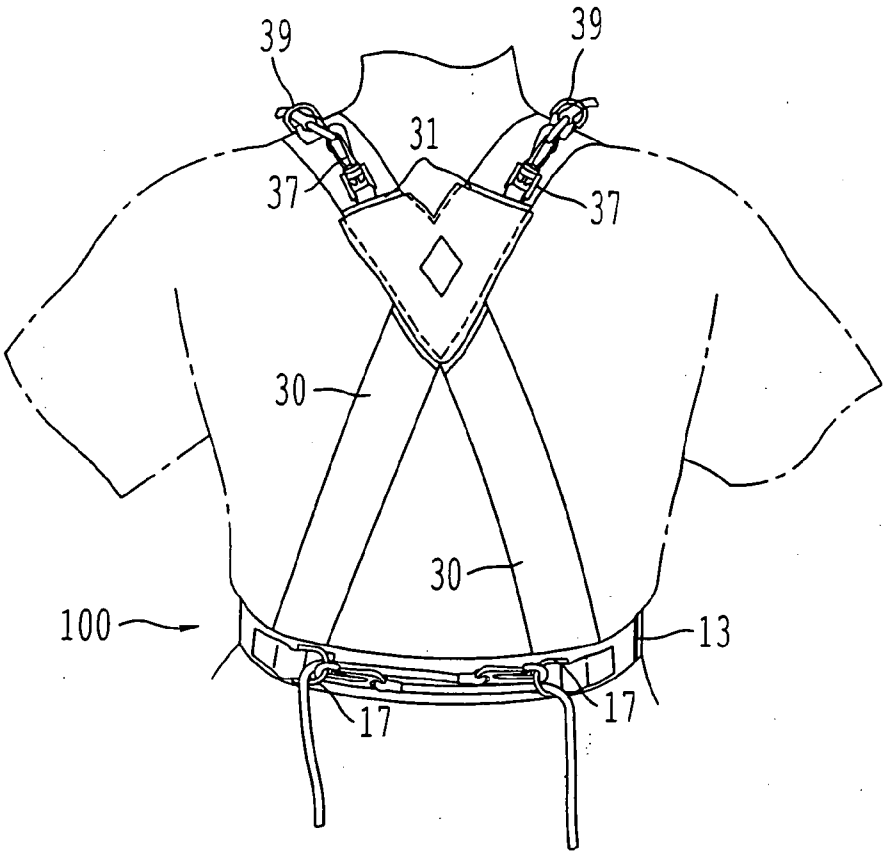


FIG. 10

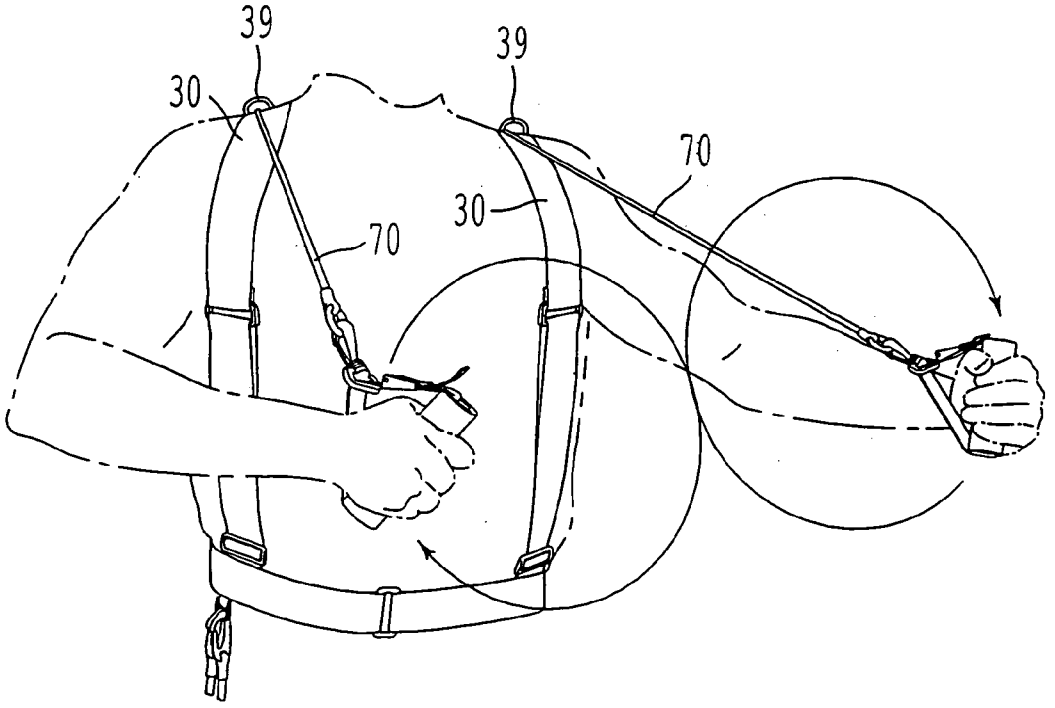


FIG. 11

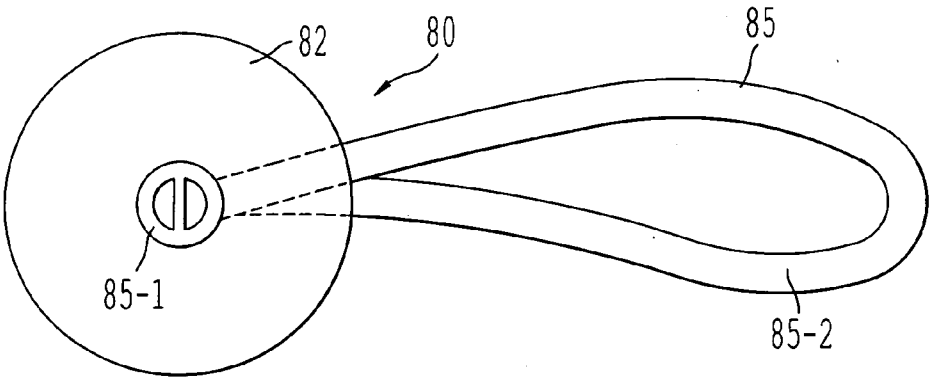


FIG. 12

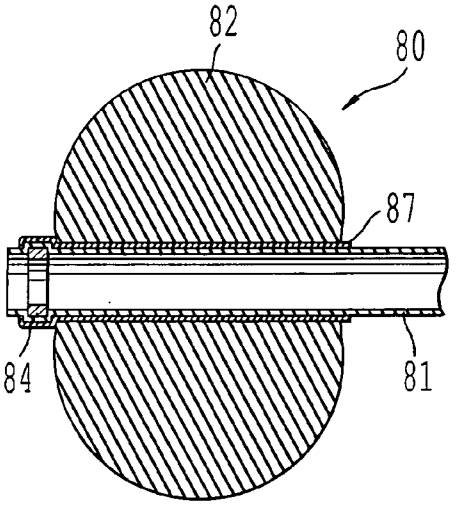


FIG. 13

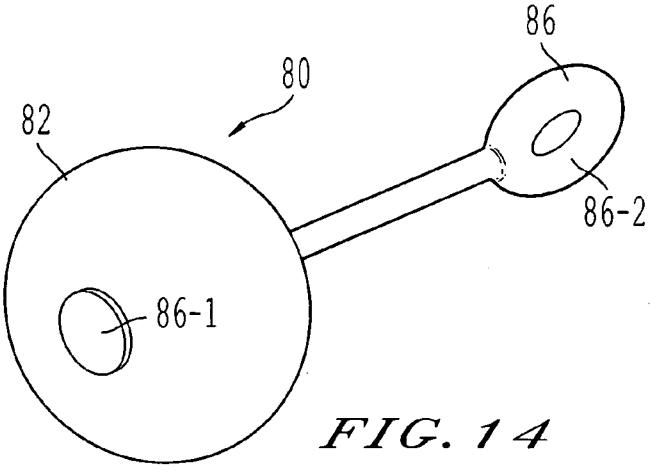


FIG. 14

EXERCISER VEST

BACKGROUND

[0001] The following U.S. Pat. Nos. disclose conventional exercise device: U.S. Pat. No. 5,820,533 to Goldman; U.S. Pat. No. 6,007,463 to Wells et al.; U.S. Pat. No. 5,813,955 to Gutkowski et al.; U.S. Pat. No. 6,244,994 to Tilberis; U.S. Pat. No. 5,916,070 to Donohue; U.S. Pat. No. 5,792,034 to Kozlovsky; U.S. Pat. No. 5,518,481 to Darkwah; U.S. Pat. No. 5,433,688 to Davies; U.S. Pat. No. 5,234,395 to Miller et al.; and U.S. Pat. No. 650,656 to Raabe, the disclosures of which are incorporated by reference herein in their entirety. These conventional exercise devices suffer from numerous disadvantages, however, such as an inability to provide proper exercise for the user, as well as failing to act as a weight bearing member through an entire range of movement during exercise. Thus, it is desirable to provide an exercise device that overcomes such disadvantages, and that can act as a weight bearing member through a larger range (e.g., an entire range) of movement during exercise.

SUMMARY OF THE INVENTION

[0002] An object of the present invention is to remedy the above discussed deficiencies, or other deficiencies. The present invention provides an exerciser including a lower strap configured to encircle a portion of a user of the exerciser vest. A left shoulder strap is connected to a front side portion and a back side portion of the lower strap, the left shoulder strap configured to be disposed on a left side shoulder of the user. A right shoulder strap is connected to the front and back portions of the lower strap, the right shoulder strap configured to be disposed on a right side shoulder of the user. An exercise implement is removably connected to one of the lower, left shoulder, and right shoulder straps. The left and right shoulder straps cross with one another on a back of the user. At least one of the left and right shoulder straps includes an elastic portion configured to increase an overall length of the left or right shoulder strap in response to movement of the user.

[0003] The present invention further provides a method of performing an exercise with an exerciser vest including a lower strap encircling a portion of a user, left and right shoulder straps connected to a front side portion and a back side portion of the lower strap and disposed on left and right side shoulders of the user, the left and right shoulder straps crossing with one another on a back of the user, and at least one of the left and right shoulder straps including an elastic portion increasing in length in response to movement of the user. The method includes removable attaching an exercise implement to the exerciser vest, and applying a resistance to a movement of the body of the user with the exercise implement.

BRIEF DESCRIPTION OF THE DRAWINGS

[0004] An appreciation of the invention and attendant advantages thereof will be readily obtained as the same become better understood by reference to the following description when considered in connection with the accompanying drawings, wherein:

[0005] **FIG. 1** shows a front view of an exerciser vest.

[0006] **FIG. 2** shows a front view of the exerciser vest, with an upper torso of a user of the exerciser vest indicated by phantom lines.

[0007] **FIG. 3** shows a back view of the exerciser vest, with the upper torso indicated by phantom lines.

[0008] **FIG. 4** shows an embodiment of an exercise implement connected to the exerciser vest grasped in the hand of the user.

[0009] **FIG. 5** shows another embodiment of an exercise implement connected to the exerciser vest grasped in the hand of the user.

[0010] **FIG. 6** shows still another embodiment of an exercise implement connected to the exerciser vest disposed around the ankle of the user.

[0011] **FIG. 7** shows a detail view of the exercise implement of **FIG. 4**.

[0012] **FIG. 8** shows a detail view of the exercise implement of **FIG. 5**.

[0013] **FIG. 9** shows a detail view of the exercise implement of **FIG. 6**.

[0014] **FIG. 10** shows a back view of another embodiment of the exerciser vest, with the upper torso indicated by phantom lines.

[0015] **FIG. 11** shows a front view of the embodiment of the exerciser vest of **FIG. 10**.

[0016] **FIG. 12** shows an isometric view of another embodiment of the exercise implement of **FIG. 7**.

[0017] **FIG. 13** shows a detail cross-sectional view of another embodiment of the exercise implement of **FIG. 7**.

[0018] **FIG. 14** shows an isometric view of another embodiment of the exercise implement of **FIG. 7**.

DETAILED DESCRIPTION

[0019] Referring now to the drawings, wherein like reference numerals designate identical or corresponding parts throughout the several views, an exemplary embodiment of an exerciser vest **100** is shown and described.

[0020] As shown in the drawings, the exerciser vest **100** can include, among other components, a waist strap **10** configured to encircle the waist of the user when the exerciser vest **100** is worn on the upper torso of the user, one or more front straps **20** connected to a front of the waist strap **10** and extending from the waist toward the shoulders of the user, one or more back straps **30** connected to a back of the waist strap **10** and extending from the waist and over the shoulders of the user to connect to the one or more front straps **20**, a back support **50** disposed on the one or more back straps **30**, and exercise implements **70**, **80**, and/or **90** configured to be connected to the exerciser vest **100**. One or more of the exercise implements **70**, **80**, and **90**, can be used to exercise one or more muscles or muscle groups when the exerciser vest **100** is worn.

[0021] In a preferred embodiment of the invention, as discussed below, components of the exerciser vest **100** generally can be manufactured from webbing materials, such as two (2) inch width polypropylene webbing materials having a rated tensile strength of 800 lbs-force, and/or one (1) inch width polypropylene webbing materials, both available from American Cord & Webbing of Woonsocket, R.I. The webbing materials can generally be secured by thread,

such as super heavy duty 100% nylon thread. The webbing materials generally can be cut to desired lengths, and generally can be heat sealed to prevent fraying and/or unraveling of cut ends of the webbing materials.

[0022] In a preferred embodiment of the invention, the exerciser vest **100** generally can be adjustable to fit users having a variety of differing waist sizes and/or heights. In a more preferred embodiment, however, the exerciser vest **100** can be adjustable to fit users having a relatively limited range of waist sizes and/or heights, such that the vest exerciser **100** can satisfactorily fit the upper torso of the particular user. The exerciser vest **100** can be adjustable to fit both a male and a female, or alternatively can be configured to fit either a male or a female.

[0023] As shown in the figures, the waist strap **10** can be configured to encircle the waist of the user. The waist strap **10** can be adjustable to achieve a satisfactory fit around the waist of the particular user. In a preferred embodiment of the invention, the waist strap **10** can be manufactured from the two (2) inch width webbing material.

[0024] Adjustment of the waist strap **10** can be achieved by the use of one or more fasteners **11**. The fasteners **11** can include a first fastener **12** and a second fastener **13**. The first fastener **12** can be configured to permit adjustment of a length of the waist strap **10**, and the second fastener **13** can be configured to removably retain an end of the length-adjusted waist strap **10**.

[0025] The first fastener **12** can be attached to an end portion of the waist strap **10**. An end of the waist strap **10** can be disposed through the first fastener **12** to surround a side of the first fastener **12**. In a preferred embodiment, the end of the waist strap **10** can be folded back onto itself, and sewed and/or heat sealed, such that the end is substantially irremovable disposed around the side of the first fastener **12**. Another end of the waist strap **10** can be disposed through the first fastener **12** after the waist strap **10** encircles the waist of the user, such that the length of the waist strap **10** between ends of the first fastener **12** can be adjusted. In a preferred embodiment of the invention, the first fastener **12** can include a loop type fastener, such as a two (2) inch length fastener, having a rated tensile strength of 800 lbs-force and manufactured from a high strength plastic (such as DELRIN), available from American Cord & Webbing.

[0026] As discussed above, the second fastener **13** can be configured to removably retain the end of the length-adjusted waist strap **10** (i.e., after the waist strap **10** is disposed through the first fastener **12**). The second fastener **13** can be attached to an exterior and/or an interior of the waist strap **10**. In a preferred embodiment of the invention, the second fastener **13** can include a hook and loop type fastener (i.e., a VELCRO type fastener).

[0027] The waist strap **10** can further include one or more implement fasteners **15**. The implement fasteners **15** can be configured to permit removable or irremovable attachment of the exercise implements **70**, **80**, and/or **90** (discussed below). In a preferred embodiment of the invention, the implement fasteners **15** can be configured to permit removable attachment of the exercise implements.

[0028] The implement fasteners **15** can be disposed at a variety of positions on the waist strap **10**, such that the exercise implements **70**, **80**, and/or **90** can be connected to the exerciser vest **100**. The implement fasteners **15** can include one or more front fasteners **16**, and/or can include one or more back fasteners **17**. The front fasteners **16** can include a pair of front fasteners **16**, and/or the back fasteners **17** can include a pair of back fasteners **17**. In a preferred embodiment, the implement fasteners **15** can be connected to the waist strap **10** by the one (1) inch width webbing material. Also in a preferred embodiment, the implement fasteners **15** can include D ring type fasteners, such as a one (1) inch length, one and three eighths (1⅜) inch width, and three sixteenths (3⁄16) inch overall thickness fastener, having a rated tensile strength of 800 lbs-force and manufactured from a high strength plastic (such as DELRIN), available from American Cord & Webbing.

[0029] Optionally, a wear prevention portion can be used with the waist strap **10** and can be configured to prevent degradation of the waist strap **10** through movement of the waist strap **10** relative to the back of the user of the exerciser vest **100**. The wear prevention portion can be in the form of an insert disposed between (i) a liner configured to be disposed adjacent and/or in contact with the back and/or waist of the user of the exerciser vest **100** and (ii) a surface of the waist strap **10**. In a preferred embodiment, the wear prevention portion can include a relatively thick plastic insert, and can extend over some length of the waist strap **10**.

[0030] The one or more front straps **20** can be connected to the front of the waist strap **10** and can be configured to extend from the waist toward the shoulders of the user. The front straps **20** can include two front straps **20**, and each of the front straps **20** can extend about parallel to one another and can be configured to extend toward opposite shoulders of the user. In a preferred embodiment of the invention, the front straps **20** can be manufactured from the two (2) inch width webbing material.

[0031] Each of the front straps **20** can include a fastener **21** configured to permit adjustment of a length of the front strap **20**. An end of the front strap **20** can be disposed through the fastener **21** to surround a side of the fastener **21** after the end of the front strap is disposed through the fastener of the back strap **30** (discussed below). In a preferred embodiment, the end of the front strap **20** can be folded back onto itself, and sewed and/or heat sealed, such that the end is substantially irremovably disposed around the side of the fastener **21**. In a preferred embodiment of the invention, the fastener **21** can include a single bar buckle, such as a one and one quarter (1¼) inch length, two and three eighths (2⅜) inch width, and five sixteenths (5⁄16) inch overall thickness fastener, having a rated tensile strength of 800 lbs-force and manufactured from a high strength plastic (such as DELRIN), available from American Cord & Webbing.

[0032] The one or more back straps **30** can be connected to the back of the waist strap **10** and can extend from the waist over shoulders of the user, and can be configured to connect to the one or more front straps **20** by way of a fastener (discussed below). In a preferred embodiment, the one or more back straps **30** can include two back straps **30** configured to be disposed over opposite shoulders of the user, and each of the back straps **30** can be configured to be connected to a different one of the two front straps **20**. As stated above, the back straps **30**, with the front straps **20**, can be used to permit adjustment of the lengths of the front straps **20**. The back straps **30** can be disposed to cross over

one another (e.g., to form an X-shape), and can be configured such that these crossed portions of the back straps **30** are so-located to provide stability to the contralateral spinal muscle via the cortical spinal tract of the user. In a preferred embodiment of the invention, the back straps **30** can be manufactured from the two (2) inch width webbing material.

[**0033**] Each of the back straps **30** can include an elastic portion **31**. The elastic portions **31** can be disposed at a variety of positions on the back straps **30** to permit the back strap **30** to elongate or stretch in response to use of the exercise implements attached to the exerciser vest **100**, and/or in response to other movements of the user. The back straps **30** can include a pair of elastic portions **31** disposed on the crossed portions of the back straps **30**, and one of the elastic portions **31** can be disposed on each of the back straps **30**. In a preferred embodiment of the invention, the elastic portions **31** can be manufactured from a high strength, professional grade elastic material configured to stretch about 60% of an original length of the elastic portion **31** under normal use conditions of the exerciser vest **100**. Also in a preferred embodiment, lengths of the elastic portions can correspond to a size of the exerciser vest **100**.

[**0034**] Adjustment of the front and back straps **20** and **30** can be achieved by the use of one or more fasteners **35**. Each of the fasteners **35** can be attached to an end portion of the back strap **30**. An end of the back strap **30** can be disposed through the fastener **35** to surround a side of the fastener **35**. In a preferred embodiment, the end of the back strap **30** can be folded back onto itself, and sewed and/or heat sealed, such that the end is substantially irremovable disposed around the side of the fastener **35**. In a preferred embodiment of the invention, the fastener **35** can include a loop type fastener, such as a two (2) inch length fastener, having a rated tensile strength of 800 lbs-force and manufactured from a high strength plastic (such as DELRIN), available from American Cord & Webbing.

[**0035**] Each of the back straps **30** can include an implement fastener **37**. The implement fasteners **37** can be disposed at a variety of positions on the back strap **30**, such that the exercise implements **70**, **80**, and/or **90** can be connected to the exerciser vest **100**. In a preferred embodiment, the implement fasteners **37** can be connected to the back strap **30** by the one (1) inch width webbing material. Also in a preferred embodiment, the fasteners **37** can include snap swivel hook type fasteners, such as a two and five eighths (2⅝) inch length and two and one half (2½) inch width fastener, with a hook size (effective area) of one quarter (¼) inch by five sixteenths (5/16) inch having a rated tensile strength of 800 lbs-force and manufactured from a high strength plastic (such as DELRIN), available from American Cord & Webbing.

[**0036**] The drawings show multiple embodiments of the exerciser vest **100** including the implement fasteners **37** that can be disposed at various positions on the back straps **30**. In an embodiment of the invention, the implement fasteners **37** can be disposed on the portions of the back straps **30** that have been passed over the shoulders of the wearer of the exerciser vest **100** (i.e., on a front side of the exerciser vest **100**).

[**0037**] In another embodiment of the invention, the implement fasteners **37** can be disposed on the portions of the back straps **30** that are not passed over the shoulders of the wearer (i.e., on a back side of the exerciser vest **100**). The implement fasteners **37** can be disposed adjacent, on, or apart from the back support **50** or the elastic portions **31**.

[**0038**] In this embodiment of the invention, the exerciser vest **100** can include implement fasteners **39** disposed at a variety of positions on the back straps **30**, and can include a pair of implement fasteners **39** disposed adjacent, on, or apart from the portions of the back straps **30** that can pass over the shoulders of the wearer of the exerciser vest **100**. In a preferred embodiment, the implement fasteners **39** can be connected to the back strap **30** by the one (1) inch width webbing material. Also in a preferred embodiment, the implement fasteners **39** can include D ring type fasteners, such as a one (1) inch length, one and three eighths (1⅜) inch width, and three sixteenths (3/16) inch overall thickness fastener, having a rated tensile strength of 800 lbs-force and manufactured from a high strength plastic (such as DELRIN), available from American Cord & Webbing.

[**0039**] The back support **50** can be disposed on the one or more back straps **30** to support the T7 area of the spine, to support posture, and/or to cushion the spine of the user of the exerciser vest **100**. The back support **50** can be disposed over the crossed portions of the back straps **30**. The back support **50** can have a shape configured to be comfortably disposed between the shoulder blades of the user of the exerciser vest **100**, such as a V-shape. In a preferred embodiment of the invention, the back support **50** can be manufactured from a closed cell synthetic rubber material (e.g., NEOPRENE) laminated on both sides with a fine stretchable nylon, and the synthetic rubber material can surround a high density foam disposed in a webbing pouch. Although the drawings show preferred embodiments of the back support **50**, it is to be understood that the back support **50** can be of a variety of forms, as long as the back support **50** can prevent an undesired shift of the exerciser vest **100** during wear or use thereof.

[**0040**] Generally, exercise implements, such as specific preferred exercise implements **70**, **80**, and **90**, which can be configured to be connected (either removably or irremovably) to the exerciser vest **100**, can be used to exercise one or more muscles or muscle groups when the exerciser vest **100** is worn on the upper torso of the user. Thus, it is to be understood that although the figures show preferred embodiments of the exercise implements (e.g., implements **70**, **80**, and **90**), the exerciser vest **100** can be used with any type of exercise implement permitting exercising of one or more muscles or muscle groups by the user of the exerciser vest **100**. Further, it is to be understood that one or more of each of the exercise implements **70**, **80**, and/or **90** can be connected to the exerciser vest **100** simultaneously or at different times, such that the user of the exerciser vest **100** can exercise a plurality of muscle groups, a plurality of muscles in a same muscle group, and/or a muscle with a variety of motions, while wearing the exerciser vest **100**.

[**0041**] As shown in the figures, the exercise implement **70** can include at least one extensible member **71** and a grip member **73** configured to be gripped by the hand of the user. The extensible member **71** can be configured to elastically lengthen in response to an application of a tensile force by the user on the exercise implement **70**. One or more extensible member **71** can be used with the grip member **73**. Properties of the extensible member **71** can be determined

such that the elastic lengthening occurs in response to a desired force. In a preferred embodiment of the invention, the extensible member **71** can be manufactured from a natural rubber latex, and can be in the form of a tube having a one sixteenth (1/16) inch inner diameter and a four (4) inch length or a seven (7) inch length, with the following outer diameters: one eight (1/8) inch to provide a relatively light level of resistance; three sixteenth (3/16) inch to provide a relatively moderate level of resistance; and one quarter (1/4) inch to provide a relatively large level of resistance, all available from Primeline Industries of Akron, Ohio. The four (4) inch length extensible member **71** can be used when the exercise implement **70** is connected to the implement fastener **37** disposed on the front side of the exerciser vest **100**, and the seven (7) inch length extensible member **71** can be used when the exercise implement **70** is connected to the implement fastener **37** disposed on the back side of the exerciser vest **100**, and the extensible member **71** can be disposed through the implement fastener **39**.

[**0042**] Both ends of the extensible member **71** can include fasteners **72** configured to connect to one or both of the exerciser vest **100** and the grip member **73**. The fasteners **72** can be configured to connect (removably or irremovably) to the exerciser vest **100**, and in particular can be configured to removably connect to the implement fasteners of the waist strap **10** and/or the back straps **30**. In a preferred embodiment of the invention, the fastener **72** can be in the form of flexible O-ring type fasteners available from American Cord & Webbing.

[**0043**] The grip member **73** can be configured to be gripped by the user of the exerciser vest **100**. The grip member **73** can be adjustable in length, such that the user of the exerciser vest **100** can obtain one or more varying grips on the grip member **73**.

[**0044**] The grip member **73** can include a length adjustable member **74** and a grip portion **75** configured to freely move along the length adjustable member **74**. In a preferred embodiment of the invention, the length adjustable member **74** can include the one (1) inch width polypropylene webbing material. The adjustable member **74** can include an end that is fixed or attached to the adjustable member **74** (e.g., by sewing), or can include a free end.

[**0045**] The grip portion **75** can be configured to be directly gripped by the user of the exerciser vest **100**. The grip portion **75** can include an interior portion, which can be in the form of a hollow cylinder configured to freely move along a length of the length adjustable member **74**. The grip portion **75** can include an exterior portion configured to be directly gripped by the user. The exterior portion can be in the form of a hollow cylinder disposed on the interior portion of the grip portion **75**. In a preferred embodiment, the interior portion can include a relatively hard plastic material, and the exterior portion can include an elastic material (e.g., an elastomeric foam).

[**0046**] The grip member **73** can include a fastener **76** configured to connect to the extensible member **71**, and more particularly can be configured to connect to the fastener **72** of the extensible member **71**. In a preferred embodiment of the invention, the fastener **76** can be in the form of a snap swivel hook type fasteners, such as a two and five eighths (2 5/8) inch length and two and one half (2½) inch width fastener, with a hook size (effective area) of one quarter (¼) inch by five sixteenths (5/16) inch having a rated tensile strength of 800 lbs-force and manufactured from a high strength plastic (such as DELRIN), available from American Cord & Webbing.

[**0047**] A fastener **77** can be used to permit adjustment of the length of the length adjustable member **74**. In a preferred embodiment, the fastener **77** can include a cam buckle type fastener available from American Cord & Webbing. Although the figures show preferred embodiment of an adjustable exercise implement **70**, it is to be understood that the exercise implement **70** can be in a non-adjustable form.

[**0048**] As shown in **FIGS. 1, 4**, and **17**, the exercise implement **80** can include an extensible member **81** and a grip member **82** configured to be gripped by the hand of the user. The extensible member **81** can be configured to elastically lengthen in response to an application of a tensile force on the exercise implement **80** by the user. One or more extensible members **81** can be used with the grip member **82**. Properties of the extensible member **81** can be determined such that the elastic lengthening occurs in response to a desired force. In a preferred embodiment of the invention, the extensible member **81** can be manufactured from a natural rubber latex, and can be in the form of a tube having a one sixteenth (1/16) inch inner diameter and an eighteen and one half (18½) inch length, with the following outer diameters: one eight (1/8) inch to provide a relatively light level of resistance; three sixteenth (3/16) inch to provide a relatively moderate level of resistance; and one quarter (¼) inch to provide a relatively large level of resistance, all available from Primeline Industries.

[**0049**] One end of the extensible member **81** can include a fastener **83** configured to connect to the exerciser vest **100**. The fastener **83** can be configured to connect (removable or irremovably) to the exerciser vest **100**, and in particular can be configured to removably connect to the implement fasteners of the waist strap **10** and/or the back straps **30**. In a preferred embodiment of the invention, the fastener **83** can be in the form of a snap hook type fastener having a rated tensile strength of 800 lbs-force manufactured from a high strength plastic (e.g., DELRIN), available from American Cord & Webbing.

[**0050**] The grip member **82** can be configured to be directly gripped by the hand of the user of the exerciser vest **100**. The grip member **82** can be manufactured from an elastically deformable plastic material, such that the grip member **82** can be elastically deformed by the hand of the user. The grip member **82** can include a through hole sized such that the extensible member **81** can be disposed therethrough, and can be disposed on the extensible member **81** at an end opposite the fastener **83**. The grip member **82** can have a shape configured to be easily grasped, manipulated, and/or held by a variety of differently sized hands, such as a generally spherical shape, a truncated spherical shape having about parallel bases, or an oblate spheroid.

[**0051**] A retaining member **84** can be configured to prevent removal of the grip member **82** from the extensible member **81** during normal use of the exerciser vest **100**. The retaining member **84** can include a cylinder disposed within an inner diameter of the extensible member **81**, such that the outer diameter of the extensible member **81** can be increased and removal of the grip member **82** can be precluded. The retaining member **84** can be configured so as to be substan-

tially non-deformable during normal use of the exerciser vest **100**. Although the drawings show preferred embodiments of the exercise implement **80**, it is to be understood that the exercise implement **80** can include additional components, such that the grip member **82** can be removable connected (e.g., through cooperating fasteners) to the extensible member **81**.

[**0052**] **FIGS. 12-14** show embodiments of the exercise implement **80**. As shown in **FIG. 12**, the exercise implement **80** can include a connecting loop **85** disposed in the through hole of the grip member **82**. The connecting loop **85** can include a first end portion **85-1** configured to prevent removal of the grip member **82** from the connecting loop **85** and a second end portion **85-2** configured to connect the exercise implement **80** to the extensible member **81**. The connecting loop **85** can be disposed within the grip member **82**, such that the grip member **82** does not separate from the connecting loop **85** during use of the exercise implement **80** under normal conditions. The connecting loop **85** can be manufactured from a cord, such a plastic fiber cord, and the first end portion **85-1** of the connecting loop **85** can include a knot and/or a button-type fastener. In a preferred embodiment of the invention, the plastic fiber cord can include NYLON. A variety of connectors can be used to connect the extensible member **81** to the second end portion **85-2** of the connecting loop **85**, such as through the use of an additional fastener **83**.

[**0053**] As shown in **FIG. 13**, the exercise implement **80** can include a sleeve **87** disposed within the through hole of the grip member **82**, to thereby isolate the extensible member **81** from the grip member **82**. Isolation can be advantageous when chemical compositions of one or more of the components of the exercise implement **80**, such as the extensible member **81** and the grip member **82**, can degrade a strength of the exercise implement **80** when the components contact one another. In a preferred embodiment of the invention, the sleeve **87** can be formed from a shrink-wrap material.

[**0054**] As shown in **FIG. 14**, the exercise implement **80** can include a connecting clip **86** disposed in the through hole of the grip member **82**. The connecting clip **86** can include a first end portion **86-1** configured to prevent removal of the grip member **82** from the connecting clip **86** and a second end portion **86-2** configured to connect the exercise implement **80** to the extensible member **81**. The connecting clip **86** can be disposed within the grip member **82**, such that the grip member **82** does not separate from the connecting clip **86** during use of the exercise implement **80** under normal conditions. The connecting clip **86** can be manufactured from a plastic material. In a preferred embodiment of the invention, the plastic material can include NYLON. A variety of connectors can be used to connect the extensible member **81** to the second end portion **86-2** of the connecting clip **86**, such as through the use of an additional fastener **83**.

[**0055**] The exercise implement **90** can include an extensible member **91** and an attachment member **93** configured to be disposed around the ankle of the user. The extensible member **91** can be configured to elastically lengthen in response to an application of a tensile force by the user on the exercise implement **90**. One or more of the extensible members **91** can be used with the attachment member **93**. Properties of the extensible member **91** can be determined such that the elastic lengthening occurs in response to a desired force. In a preferred embodiment of the invention, the extensible member **91** can be manufactured from a natural rubber latex, and can be in the form of a tube having a one sixteenth (1/16) inch inner diameter and a thirteen and a half (13.5) to a sixteen and a half (16.5) inch length, with the following outer diameters: one eight (1/8) inch to provide a relatively light level of resistance; three sixteenth (3/16) inch to provide a relatively moderate level of resistance; and one quarter (1/4) inch to provide a relatively large level of resistance, all available from Primeline Industries.

[**0056**] Both end of the extensible member **91** can include fasteners **92** configured to connect to one or both of the exerciser vest **100** and the attachment member **93**. The fasteners **92** can be configured to connect (removably or irremovably) to the exerciser vest **100**, and in particular can be configured to removably connect to the implement fasteners of the waist strap **10** and/or the back straps **30**. In a preferred embodiment of the invention, the fastener **92** can be in the form of a snap hook type fastener having a rated tensile strength of 800 lbs-force manufactured from a high strength plastic (e.g., DELRIN), available from American Cord & Webbing.

[**0057**] The attachment member **93** can be configured to be disposed around the ankle of the user of the exerciser vest **100**. The attachment member **93** can be adjustable in length, such that the attachment member **93** can achieve a comfortable fit on the ankle of the user.

[**0058**] The attachment member **93** can include a length adjustable member **94** adjustable to fit around the ankle of the user. In a preferred embodiment, the length adjustable member **94** can include the two (2) inch width polypropylene webbing material.

[**0059**] The attachment member **93** can include a fastener **96** configured to connect to the extensible member **91**, and more particularly can be configured to connect to the fastener **92** of the extensible member **91**. The fastener **96** can be disposed at a variety of positions on the attachment member **93**. In a preferred embodiment, the fastener **96** can be connected to the attachment member **93** by the one (1) inch width webbing material. Also in a preferred embodiment, the fastener **96** can include a D ring type fastener, such as a one (1) inch length, one and three eighths (1 3/8) inch width, and three sixteenths (3/16) inch overall thickness fastener, having a rated tensile strength of 800 lbs-force and manufactured from a high strength plastic (such as DELRIN), available from American Cord & Webbing.

[**0060**] Optionally, a wear prevention portion can be used with the length adjustable member **94** and can be configured to prevent degradation of the length adjustable member **94** through movement of the length adjustable member **94** relative to the ankle of the user of the attachment member **93**. The wear prevention portion can be in the form of an insert disposed between (i) a liner configured to be disposed adjacent and/or in contact with the ankle of the user and (ii) a surface of the length adjustable member **94**. The wear prevention portion can be disposed behind the fastener **96**. In a preferred embodiment, the wear prevention portion can include a relatively thick plastic insert.

[**0061**] A fastener **97** can be used to permit adjustment of the length of the length adjustable member **94**. In a preferred

embodiment, the fastener **97** can include a loop type fastener, such as a two (2) inch length fastener, having a rated tensile strength of 800 lbs-force and manufactured from a high strength plastic (such as DELRIN), available from American Cord & Webbing.

[**0062**] The attachment member **93** can include a support portion **98**. The support portion **98** can be configured to support the arch of the foot of the user when the attachment member **93** is disposed around the ankle of the user. In a preferred embodiment of the invention, the support portion **98** can include a high strength, professional grade elastic material configured to stretch 60% of the original length of the elastic material under normal use.

[**0063**] In a preferred embodiment of the invention, an interior portion of the attachment member **93** (e.g., a face of the attachment member **93** configured to contact and/or to be adjacent the ankle of the user) can be lined with a closed cell synthetic rubber material (e.g., NEOPRENE) laminated on both sides with a fine stretchable nylon.

[**0064**] An exterior portion of the attachment member **93** (e.g., a face of the attachment member **93** opposite to the interior portion) can include a fastener **99** configured to removably retain the free end of the attachment member **93** after the length adjustment of the attachment member **93**. In a preferred embodiment of the invention, the fastener **99** can include a hook and loop type fastener (i.e., a VELCRO type fastener).

[**0065**] It is to be understood that any of the above exercise implements, or any other type of exercise implements, can be attached to the exercised vest **100**, including to the implement fasteners of the waist strap **10** and the back straps **30**, so long as the user can exercise one or more muscles or muscle groups with the exercise implements when the exerciser vest **100** is worn by the user, including on the upper torso of the user. Further, it is to be understood that components of the exercise implements **70**, **80**, and **90** can be duplicated, combined with and/or substituted for one another, including but not limited to the extensible members **71**, **81**, and **91**, and/or the grip member **73**, the grip member **82**, and attachment member **93**, such that the resulting exercise implements can be used with the exerciser vest **100**.

[**0066**] Exemplary configurations of the exercise implements, methods of attachment of the exercise implements to the exerciser vest **100**, and method of exercising with the exercise implements, are now described.

[**0067**] Upper Body Exercises

[**0068**] Two exercise implements **70** or **80** can be connected to the implement fasteners of the back straps **30**, such that one exercise implement is connected to each of the back straps **30**. Specifically, the grip member **73** (**82**) to be grasped in the right hand of the user can be connected through the extensible member to a right side implement fastener of a right side back strap **30**, and the other grip member **73** (**82**) to be grasped in the left hand of the user can be connected through the extensible member to a left side implement fastener of a left side back strap **30**.

[**0069**] The user can align both palms facing one another, can grasp the grip members, and can simultaneously or alternately extend each of the arms while moving the arms along a path (e.g., an about circular path). The user can maintain tension in the extensible members and can keep the elbow at least partially bent throughout the exercise. The movements can be performed for predetermined time intervals (e.g., for about 15 to about 20 minutes) and/or at varying rates (e.g., slow and fast rates), based on the ability of the user.

[**0070**] Chest Exercises

[**0071**] Chest Press Exercise

[**0072**] To perform a chest press exercise two exercise implements **70** or **80** can be connected to the implement fasteners of the back of the waist strap **10**. Specifically, the grip member **73** (**82**) to be grasped in the right hand of the user can be connected through the extensible member to a left side back implement fastener of the waist strap **10**, and the other grip member **73** (**82**) to be grasped in the left hand of the user can be connected through the extensible member to a right side back implement fastener. Further, the extensible member connected to the grip member **73** (**82**) to be grasped in the right hand can be disposed through the right side back implement fastener of the waist strap **10**, and the extensible member connected to the grip member **73** (**82**) to be grasped in the left hand can be disposed through the left side back implement fastener of the waist strap **10**, such that the extensible members can cross over one another.

[**0073**] The user can align both palms facing down, can grasp the respective grip members of the exercise implements, and can move between a position in which both hands are touching or adjacent the chest of the user and a position where the arms are extended straight ahead of the user and about parallel to the ground. The arms can then be returned to their initial position. Movement between the positions can take about three (3) seconds. The exercise can be repeated as desired. The position where the arms are extended can be maintained for about ten (10) seconds. The user can exhale when the arms are being extended, and can inhale when the arms are being returned.

[**0074**] Inclined Chest Press Exercise

[**0075**] To perform an inclined chest press exercise two exercise implements **70** or **80** can be connected to the implement fasteners of the back of the waist strap **10**. Specifically, the grip member **73** (**82**) to be grasped in the right hand of the user can be connected through the extensible member to a left side back implement fastener of the waist strap **10**, and the other grip member **73** (**82**) to be grasped in the left hand of the user can be connected through the extensible member to a right side back implement fastener. Further, the extensible member connected to the grip member **73** (**82**) to be grasped in the right hand can be disposed through the right side back implement fastener of the waist strap **10**, and the extensible member connected to the grip member **73** (**82**) to be grasped in the left hand can be disposed through the left side back implement fastener of the waist strap **10**, such that the extensible members can cross over one another.

[**0076**] The user can align both palms facing down, can grasp the respective grip members of the exercise implements, and can move between a position in which both hands are touching or adjacent the chest of the user and a position where the arms are extended straight ahead and at an angle (e.g., about 135 degrees) to the ground. The arms can then be returned to their initial position. Movement

between the positions can take about three (3) seconds. The exercise can be repeated as desired. The position where the arms are extended can be maintained for about ten (10) seconds. The user can exhale when the arms are being extended, and can inhale when the arms are being returned.

[0077] Chest Fly Exercise

[0078] To perform a chest fly exercise two exercise implements **70** or **80** can be connected to the implement fasteners of the back of the waist strap **10**. Specifically, the grip member **73** (**82**) to be grasped in the right hand of the user can be connected through the extensible member to a left side back implement fastener of the waist strap **10**, and the other grip member **73** (**82**) to be grasped in the left hand of the user can be connected through the extensible member to a right side back implement fastener. Further, the extensible member connected to the grip member **73** (**82**) to be grasped in the right hand can be disposed through the right side back implement fastener of the waist strap **10**, and the extensible member connected to the grip member **73** (**82**) to be grasped in the left hand can be disposed through the left side back implement fastener of the waist strap **10**, such that the extensible members can cross over one another.

[0079] The user can align both palms facing one another, can grasp the respective grip members of the exercise implements, and can move between a position in which the arm is extended straight out to the side of the user and a position where the straight extended arm is brought across the middle of the torso toward the opposite shoulder. The arm can then be returned to the initial position. Movement between the positions can take about three (3) seconds. The exercise can be repeated as desired. The position where the arm is brought across the torso can be maintained for about ten (10) seconds. The user can exhale when the arms are being brought across the torso, and can inhale when the arms are being returned.

[0080] Shoulder Exercises

[0081] Shoulder Press Exercise

[0082] To perform a shoulder press exercise two exercise implements **70** or **80** can be connected to the implement fasteners of the back of the waist strap **10**. Specifically, the grip member **73** (**82**) to be grasped in the right hand of the user can be connected through the extensible member to a left side back implement fastener of the waist strap **10**, and the other grip member **73** (**82**) to be grasped in the left hand of the user can be connected through the extensible member to a right side back implement fastener. Further, the extensible member connected to the grip member **73** (**82**) to be grasped in the right hand can be disposed through the right side back implement fastener of the waist strap **10**, and the extensible member connected to the grip member **73** (**82**) to be grasped in the left hand can be disposed through the left side back implement fastener of the waist strap **10**, such that the extensible members can cross over one another.

[0083] The user can align both palms facing forward, can grasp the respective grip members of the exercise implements, and can move between a position in which both hands are touching or adjacent the chest of the user and a position where the arms are extended straight above the head. The arms can then be returned to their initial position. Movement between the positions can take about three (3) seconds. The exercise can be repeated as desired. The position where the arms are extended can be maintained for about ten (10) seconds. The user can exhale when the arms are being extended, and can inhale when the arms are being returned.

[0084] Anterior Shoulder Muscle Exercise

[0085] To perform an anterior shoulder muscle exercise two exercise implements **70** or **80** can be connected to the implement fasteners of the back of the waist strap **10**. Specifically, the grip member **73** (**82**) to be grasped in the right hand of the user can be connected through the extensible member to a left side back implement fastener of the waist strap **10**, and the other grip member **73** (**82**) to be grasped in the left hand of the user can be connected through the extensible member to a right side back implement fastener. Further, the extensible member connected to the grip member **73** (**82**) to be grasped in the right hand can be disposed through the right side back implement fastener of the waist strap **10**, and the extensible member connected to the grip member **73** (**82**) to be grasped in the left hand can be disposed through the left side back implement fastener of the waist strap **10**, such that the extensible members can cross over one another.

[0086] The user can align both palms facing back, can grasp the respective grip members of the exercise implements, and can move between a position in which the elbows are straight and both hands are down at the sides of the user and a position where the straight arms are extended straight out in front at an angle (e.g., about 135 degrees) to the ground. The arms can then be returned to their initial position. Movement between the positions can take about three (3) seconds. The exercise can be repeated as desired. The position where the arms are extended can be maintained for about ten (10) seconds. The user can exhale when the arms are being extended, and can inhale when the arms are being returned.

[0087] Lateral Shoulder Muscle Exercise

[0088] To perform a lateral shoulder muscle exercise two exercise implements **70** or **80** can be connected to the implement fasteners of the back of the waist strap **10**. Specifically, the grip member **73** (**82**) to be grasped in the right hand of the user can be connected through the extensible member to a left side back implement fastener of the waist strap **10**, and the other grip member **73** (**82**) to be grasped in the left hand of the user can be connected through the extensible member to a right side back implement fastener. Further, the extensible member connected to the grip member **73** (**82**) to be grasped in the right hand can be disposed through the right side back implement fastener of the waist strap **10**, and the extensible member connected to the grip member **73** (**82**) to be grasped in the left hand can be disposed through the left side back implement fastener of the waist strap **10**, such that the extensible members can cross over one another.

[0089] The user can align both palms facing one another, can grasp the respective grip members of the exercise implements, and can move between a position in which the elbows are straight and both hands are down at the sides of the user and a position where the straight arms are extended straight out to the sides at an angle (e.g., about 135 degrees) to the ground. The arms can then be returned to their initial position. Movement between the positions can take about

three (3) seconds. The exercise can be repeated as desired. The position where the arms are extended can be maintained for about ten (10) seconds. The user can exhale when the arms are being extended, and can inhale when the arms are being returned.

[0090] Arm and Lateral Muscle Exercises

[0091] Triceps Muscle Exercises

[0092] To perform a triceps muscle exercises two exercise implements **70** or **80** can be connected to the implement fasteners of the back of the waist strap **10**. Specifically, the grip member **73** (**82**) to be grasped in the right hand of the user can be connected through the extensible member to a left side back implement fastener of the waist strap **10**, and the other grip member **73** (**82**) to be grasped in the left hand of the user can be connected through the extensible member to a right side back implement fastener. Further, the extensible member connected to the grip member **73** (**82**) to be grasped in the right hand can be disposed through the right side back implement fastener of the waist strap **10**, and the extensible member connected to the grip member **73** (**82**) to be grasped in the left hand can be disposed through the left side back implement fastener of the waist strap **10**, such that the extensible members can cross over one another.

[0093] To perform a first triceps muscle exercise, the user can align both palms facing forward, can grasp the respective grip members of the exercise implements, and can move between a position in which the hands are adjacent one another behind the neck of the user and a position where the arms are extended straight above the head of the user. The arms can then be returned to their initial position. Movement between the positions can take about three (3) seconds. The exercise can be repeated as desired. The position where the arms are extended can be maintained for about ten (10) seconds. The user can exhale when the arms are being extended, and can inhale when the arms are being returned.

[0094] To perform a second triceps muscle exercise, the user can move between a position in which the arms are out to the sides and the elbows are bent so that the hands of the user hang down and face backwards and a position where the elbows are straightened while the arms remain at the side. The arms can then be returned to their initial position. Movement between the positions can take about three (3) seconds. The exercise can be repeated as desired. The position where the elbows are straightened can be maintained for about ten (10) seconds. The user can exhale when the elbows are being straightened, and can inhale when the arms are being returned.

[0095] Bicep Muscle Exercise

[0096] To perform a bicep muscle exercise two exercise implements **70** or **80** can be connected to the implement fasteners of the back of the waist strap **10**. Specifically, the grip member **73** (**82**) to be grasped in the right hand of the user can be connected through the extensible member to a left side back implement fastener of the waist strap **10**, and the other grip member **73** (**82**) to be grasped in the left hand of the user can be connected through the extensible member to a right side back implement fastener. Further, the extensible member connected to the grip member **73** (**82**) to be grasped in the right hand can be disposed through the right side back implement fastener of the waist strap **10**, and the extensible member connected to the grip member **73** (**82**) to be grasped in the left hand can be disposed through the left side back implement fastener of the waist strap **10**, such that the extensible members can cross over one another.

[0097] The user can align both palms facing one another, can grasp the respective grip members of the exercise implements, and can move between a position in which the straightened arms are out to the side of the user and a position in which the elbows are bent and the arms are brought across the body while the palms are turned up. The arms can then be returned to their initial position. Movement between the positions can take about three (3) seconds. The exercise can be repeated as desired. The position where the arms are brought across the body can be maintained for about ten (10) seconds. The user can exhale when the arms are being brought across the body, and can inhale when the arms are being returned.

[0098] Latissimus Dorsi Muscle Exercise

[0099] To perform a latissimus dorsi muscle exercise two exercise implements **70** or **80** can be connected to the implement fasteners of the back of the waist strap **10**. Specifically, the grip member **73** (**82**) to be grasped in the right hand of the user can be connected through the extensible member to a left side back implement fastener of the waist strap **10**, and the other grip member **73** (**82**) to be grasped in the left hand of the user can be connected through the extensible member to a right side back implement fastener. Further, the extensible member connected to the grip member **73** (**82**) to be grasped in the right hand can be disposed through the right side back implement fastener of the waist strap **10**, and the extensible member connected to the grip member **73** (**82**) to be grasped in the left hand can be disposed through the left side back implement fastener of the waist strap **10**, such that the extensible members can cross over one another.

[0100] The user can align both palms facing back, can grasp the respective grip members of the exercise implements, and can move between a position in which the hands are placed behind the back of the user adjacent the back side implement fasteners of the waist strap **10** and a position where the arms are straightened and extended away from the back of the user. The arms can then be returned to their initial position. Movement between the positions can take about three (3) seconds. The exercise can be repeated as desired. The position where the arms are straightened can be maintained for about ten (10) seconds. The user can exhale when the arms are being straightened, and can inhale when the arms are being returned.

[0101] Lower Body Exercises

[0102] Gluteus Muscle Exercise

[0103] To perform a gluteus muscle exercise one or two exercise implements **90** can be connected to the implement fasteners of the front of the waist strap **10**. Specifically, the exercise implement **90** to be disposed on the right ankle of the user can be connected through the extensible member to a left side front implement fastener and the exercise implement **90** to be disposed on the left ankle of the user can be connected through the extensible member to a right side front implement fastener on the waist strap **10** across the front of the body of the user.

[0104] The user can be supported (e.g., by a table, bench, bar, or the like), and can move between a position in which

the knee is bent such that the lower leg does not contact the ground (e.g., such that the lower leg extends about parallel to the ground) and a position where the leg is straightened and extended straight back from the body of the user, while the torso of the user leans forward. The leg can then be returned to the initial position. Movement between the positions can take about three (3) seconds. The exercise can be repeated as desired. The position where the leg is extended can be maintained for about ten (10) seconds. The user can exhale when the leg is being extended, and can inhale when the leg is being returned.

[0105] Leg Abduction Exercise

[0106] To perform a leg abduction exercise one or two exercise implements **90** can be connected to the implement fasteners of the front of the waist strap **10**. Specifically, the exercise implement **90** to be disposed on the right ankle of the user can be connected through the extensible member to a left side front implement fastener and the exercise implement **90** to be disposed on the left ankle of the user can be connected through the extensible member to a right side front implement fastener on the waist strap **10** around the back of the body of the user.

[0107] The user can be supported (e.g., by a table, bench, bar, or the like), and can move between a position in which the leg contacts the ground and a position where the leg is swung out and extended to the side of the user. The leg can then be returned to the initial position. Movement between the positions can take about three (3) seconds. The exercise can be repeated as desired. The position where the leg is extended can be maintained for about ten (10) seconds. The user can exhale when the leg is being extended, and can inhale when the leg is being returned.

[0108] Leg Extension Exercise

[0109] To perform a leg extension exercise one or two exercise implements **90** can be connected to the implement fasteners of the front of the waist strap **10**. Specifically, the exercise implement **90** to be disposed on the right ankle of the user can be connected through the extensible member to a left side back implement fastener and the exercise implement **90** to be disposed on the left ankle of the user can be connected through the extensible member to a right side back implement fastener on the waist strap **10** around the back of the body of the user.

[0110] The user can be supported (e.g., by a table, bench, bar, or the like), and can move between a position in which the leg does not contact the ground and the knee is bent and a position where the leg is extended straight forward by straightening the knee. Movement between the positions can take about three (3) seconds. The exercise can be repeated as desired. The position where the leg is extended can be maintained for about ten (10) seconds. The user can exhale when the leg is being extended, and can inhale when the leg is being returned.

[0111] Squat Thrust Exercise

[0112] To perform a squat thrust exercise two exercise implements **90** can be connected to the implement fasteners of the front of the waist strap **10**. Specifically, the exercise implement **90** to be disposed on the right ankle of the user can be connected through the extensible member to a right side front implement fastener on the waist strap **10**, and the exercise implement **90** to be disposed on the left ankle of the user can be connected through the extensible member to a left side front implement fastener on the waist strap **10**.

[0113] The user can be supported (e.g., by a table, bench, bar, or the like), and can move between a position in which the legs are about straight and contact the ground and a position where both knees are bent and the upper legs are about parallel to the ground. Movement between the positions can take about three (3) seconds. The exercise can be repeated as desired. The user can exhale when the leg is being extended, and can inhale when the leg is being bent.

[0114] It is to be understood that the foregoing description of exercises is not exhaustive, and that the exerciser vest **100** can be used to perform a variety of exercises, including variations of the above exercises, as well as other exercises. Further, it is to be understood that the above exercises can be performed in accordance with the disclosure of the enclosed Attachment, and/or that additional exercises disclosed in the Attachment can be performed with the exerciser vest **100**. It is to be further understood that desired components of the exerciser vest **100** can be combined with other desired components of the exerciser vest **100**, while other components of the exerciser vest **100** can be omitted. For example as shown in the Attachment, components of the exercise implements **70**, **80** and/or **90** can be used with and connected to one another, without use of or connection to the waist, front, and back straps.

[0115] Numerous modifications and variations of the present invention are possible in light of the above teachings. It is therefore understood that the invention may be practiced otherwise than as specifically described herein. In particular, it is understood that the present invention may be practiced by adoption of aspects of the present invention without adoption of the invention as a whole.

1. An exerciser vest, comprising:

a lower strap configured to encircle a portion of a user of the exerciser vest;

a left shoulder strap connected to a front side portion and a back side portion of the lower strap, the left shoulder strap configured to be disposed on a left side shoulder of the user;

a right shoulder strap connected to the front and back portions of the lower strap, the right shoulder strap configured to be disposed on a right side shoulder of the user; and

an exercise implement removably connected to one of the lower, left shoulder, and right shoulder straps,

wherein the left and right shoulder straps cross with one another on a back of the user, and

wherein at least one of the left and right shoulder straps includes an elastic portion configured to increase an overall length of the left or right shoulder strap in response to movement of the user.

2. The exerciser vest according to claim 1, wherein the left shoulder strap includes a left elastic portion and the right

shoulder strap includes a right elastic portion, and the left and right elastic portions are configured to increase overall lengths of the left and right shoulder straps.

3. The exerciser vest according to claim 1, wherein the elastic portion begins where the left and right shoulder straps cross and extends toward the shoulders of the user.

4. The exerciser vest according to claim 1, wherein the left shoulder strap includes a left elastic portion and the right shoulder strap includes a right elastic portion, and the left and right elastic portions begin where the left and right shoulder straps cross and extend toward the left and right side shoulders.

5. The exerciser vest according to claim 1, wherein the left and right shoulder straps form a crossed portion configured to support the back of the user.

6. The exerciser vest according to claim 5, wherein the crossed portion is configured to support a spine of the user.

7. The exerciser vest according to claim 6, wherein the crossed portion is configured to be disposed between shoulder blades of the user.

8. The exerciser vest according to claim 5, further comprising:

a V-shaped covering disposed on the crossed portion and contacting the back of the user, the V-shaped covering configured to support the back of the user.

9. The exerciser vest according to claim 8, wherein the V-shaped covering comprises a deformable material.

10. The exerciser vest according to claim 1, wherein the lower strap comprises an insert configured to be disposed adjacent the back of the user and to prevent movement of the lower strap relative to the back of the user during movement of the user.

11. The exerciser vest according to claim 10, wherein the insert comprises a plate.

12. The exerciser vest according to claim 11, wherein the lower strap comprises a waist strap configured to encircle a waist of the user.

13. The exerciser vest according to claim 1, wherein the exercise implement is configured to be grasped by a hand of the user.

14. The exerciser vest according to claim 1, wherein the exercise implement is configured to be disposed about an ankle of the user.

15. The exerciser vest according to claim 1, wherein the exercise implement comprises:

a grip member configured to be gripped by the user; and

an extensible member configured to connect the grip member and the one of the lower, left shoulder, and right shoulder straps, the extensible member configured to increase in length in response to movement of the grip member.

16. The exerciser vest according to claim 15, wherein the grip member comprises an elastomeric member.

17. The exerciser vest according to claim 15, wherein the grip member comprises an at least partially spherical member configured to be gripped by a hand of the user.

18. The exerciser vest according to claim 17, wherein the exercise implement comprises a retaining member configured to be disposed between an end of the extensible member and the grip member to prevent removal of the grip member from the extensible member.

19. The exerciser vest according to claim 1, wherein the exercise implement comprises:

a grip member configured to be gripped by the user;

a connecting member including a mid portion disposed through a void in the grip member, a stop portion configured to prevent removal of the grip member from the connecting member, and a connection portion configured to prevent removal of the grip member from the connecting member and configured to permit removable attachment of the exercise implement to the one of the lower, left shoulder, and right shoulder straps.

20. The exerciser vest according to claim 19, wherein the exercise implement comprises an extensible member configured to connect the connection portion and the one of the lower, left shoulder, and right shoulder straps, the extensible member configured to increase in length in response to movement of the grip member.

21. The exerciser vest according to claim 20, wherein the mid portion comprises an about cylindrical member disposed between the stop portion and the connection portion, and the connection portion comprises an about toroidal shape.

22. The exerciser vest according to claim 21, wherein the mid portion, stop portion, and connection portion are unitary with each other.

23. The exerciser vest according to claim 1, wherein the exercise implement comprises:

an attachment member configured to be disposed on an ankle of the user; and

an extensible member configured to connect the attachment member and the one of the lower, left shoulder, and right shoulder straps, the extensible member configured to increase in length in response to movement of the attachment member.

24. The exerciser vest according to claim 23, wherein the attachment member comprises:

a length adjustable member configured to be disposed on the ankle of the user; and

a support portion connecting to the length adjustable member and configured to be disposed adjacent an arch of a foot of the user.

25. The exerciser vest according to claim 1, further comprising:

a first fastener disposed on one of the lower, left shoulder, and right shoulder straps;

a second fastener disposed on the exercise implement; and

an extensible member connecting the first and second fasteners, the extensible member configured to increase in length when the exercise implement is moved.

26. A method of performing an exercise with an exerciser vest including a lower strap encircling a portion of a user, left and right shoulder straps connected to a front side portion and a back side portion of the lower strap and disposed on left and right side shoulders of the user, the left and right shoulder straps crossing with one another on a back of the user, and at least one of the left and right shoulder straps including an elastic portion increasing in length in response to movement of the user, the method comprising:

removable attaching an exercise implement to the exerciser vest; and

applying a resistance to a movement of the body of the user with the exercise implement.

27. The method according to claim 26, further comprising:

grasping the exercise implement in the hand of the user.

28. The method according to claim 26, further comprising:

removably connecting the exercise implement to a portion of the body of the user.

29. The method according to claim 28, wherein removably connecting comprises removably connecting the exercise implement about an ankle of the user.

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