

TITLE: Exercise Device

The present invention relates to an exercise device, and especially to an exercise device to develop skit fitness.

According to the present invention there is provided an exercise device comprising a body having a rectangular base with a face forming a foot support, opposing arcuate end faces extending from end edges of the base, and a curved face extending from one side edge of the base to the other side edge, in use a pair of devices can be placed on a floor with the base face upwards and the curved surface against the floor, and a person can stand with each foot on the base face foot support and roll the feet with the curved surface rolling on the floor.

Preferably the arcuate end faces and curved face having the same radius of curvature.

Preferably the height of each end face is different so that the base face foot support is at an angle to the floor when the curved surface is against the floor to simulate the average angle of a ski slope. Preferably the angle is between 10 and 20 degrees.

Preferably the body is formed of a foam.

Preferably the base face foot support includes a non-slip surface. The base face foot support may be formed from a polyurethane pad. The pad may be secured to a foam body.

An embodiment of the invention will now be described with reference to the accompanying drawings in which:

Figure 1 shows a perspective view of a device,

Figure 2 shows a side view of the device of Figure 1,

Figure 3 shows a person exercising on a pair of devices of Figure 1 rolling to the left, and

Figure 4 shows a person exercising on a pair of devices of Figure 1 rolling to the right.

Referring to Figures 1 and 2 there is shown an exercise device 1. Device 1 has a body 2 formed from high density foam with a non-slip polyurethane pad 3 laminated thereto.

The pad 3 on base 2 provides a rectangular base with a face 4 forming a foot support. Face 4 may be textured to improve its non-slip properties.

Base 2 has opposing arcuate end faces 2A,2B, each of equal radius of curvature "R" extending from end edges of the base, and a curved face 2C extending from one side edge of the base to the other side edge.

The height of each end face 2A,2B is different, shown as 10cm and 3cm respectively, so that the base face foot support is at an angle of around 10 degrees to the floor when the curved surface is against the floor to simulate the average angle of a ski slope "blue run".

In use a pair of devices can be placed on a floor with the base face upwards and the curved surface against the floor, and a person can stand with each foot on the base face foot support and roll the feet with the curved surface rolling on the floor from left to right as shown in Figure 3 and 4.

It is envisaged that pairs of devices would be sold for people to exercise on before they go skiing. If desired pairs could be sold in different shapes, e.g. some with 10 degree angles for less abled skiers and other with 20 degree angles (simulating a “red run”) for better skiers.

Each device may support printed information, e.g. to support advertising messages.

The invention may take a form different to that specifically described above.

Further modifications will be apparent to those skilled in the art without departing from the scope of the present invention.

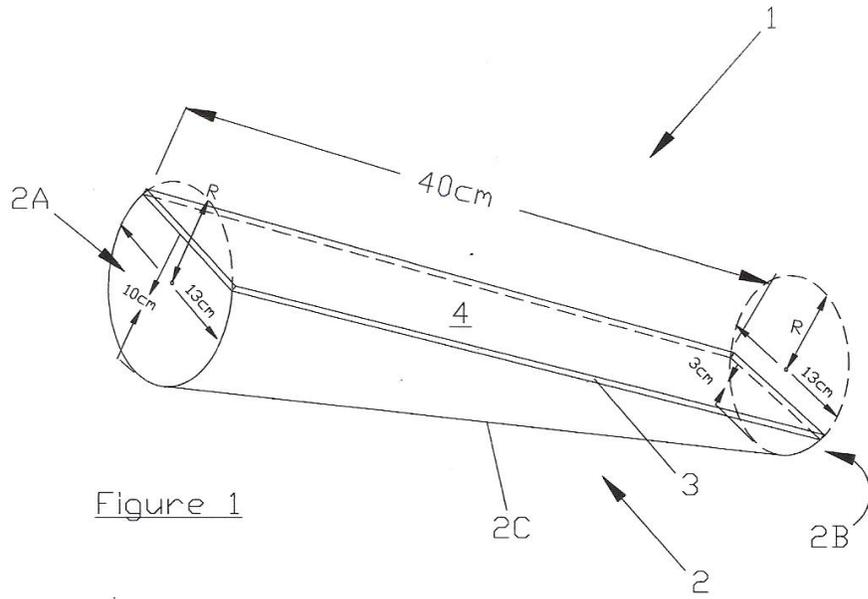


Figure 1

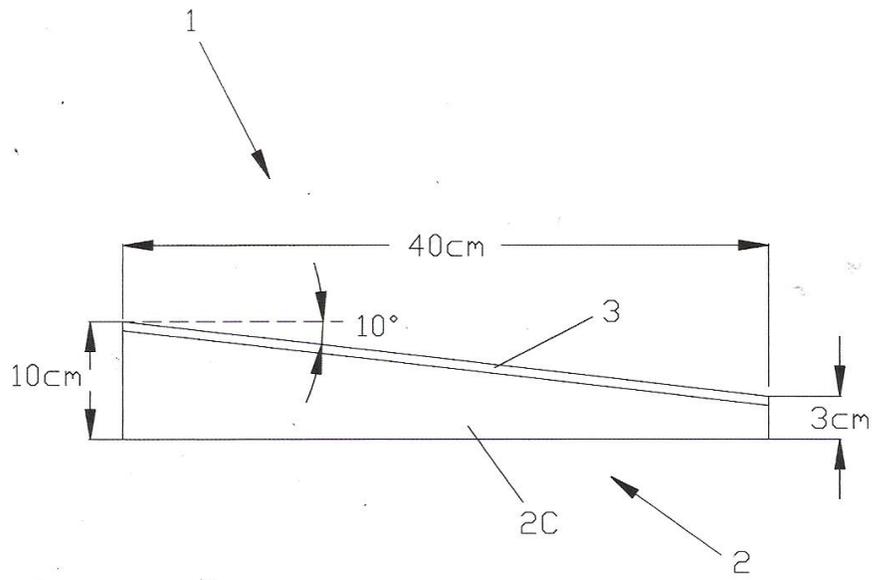


Figure 3

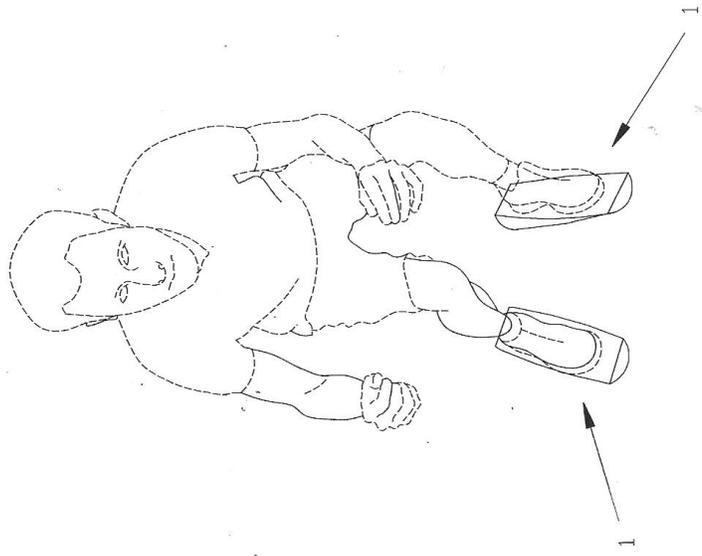


Figure 3

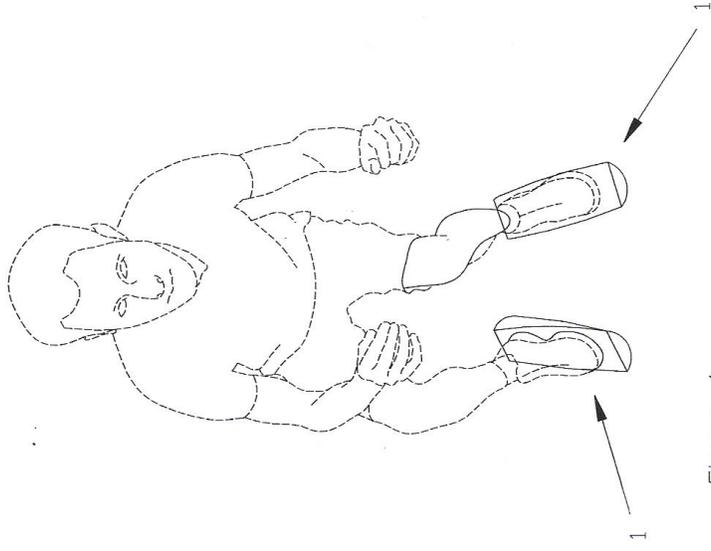


Figure 4