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(54) **FUNCTIONAL FITNESS GARMENT**

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(57) **ABSTRACT**

A fitness garment that includes any of the following structures. An exercise vest having a plurality of vest attachments, each of the plurality of vest attachments being configured to couple to an external force structure. A wrist strap having a plurality of wrist strap attachments, each of the plurality of wrist strap attachments being configured to couple to the external force structure. Exercise pants having a plurality of pants attachments, each of the plurality of pants attachments being configured to receive the external force structure. An ankle strap having a plurality of ankle strap attachments, each of the plurality of ankle strap attachments being configured to couple to the external force structure. In addition, the external force structure may be used to couple any of the structures to each other.

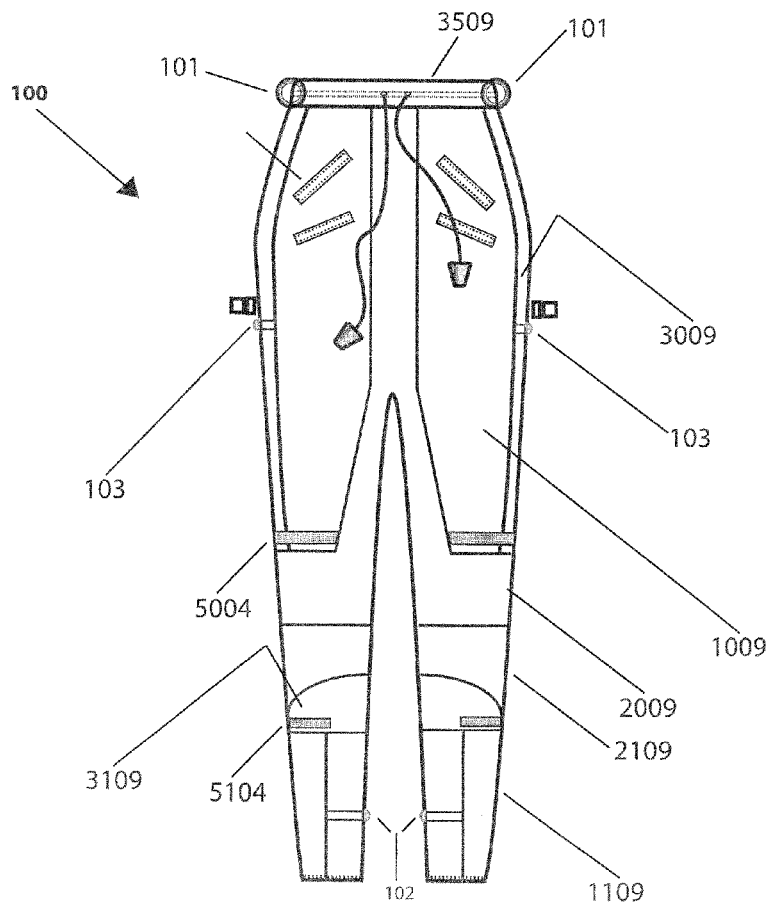


Fig 2.

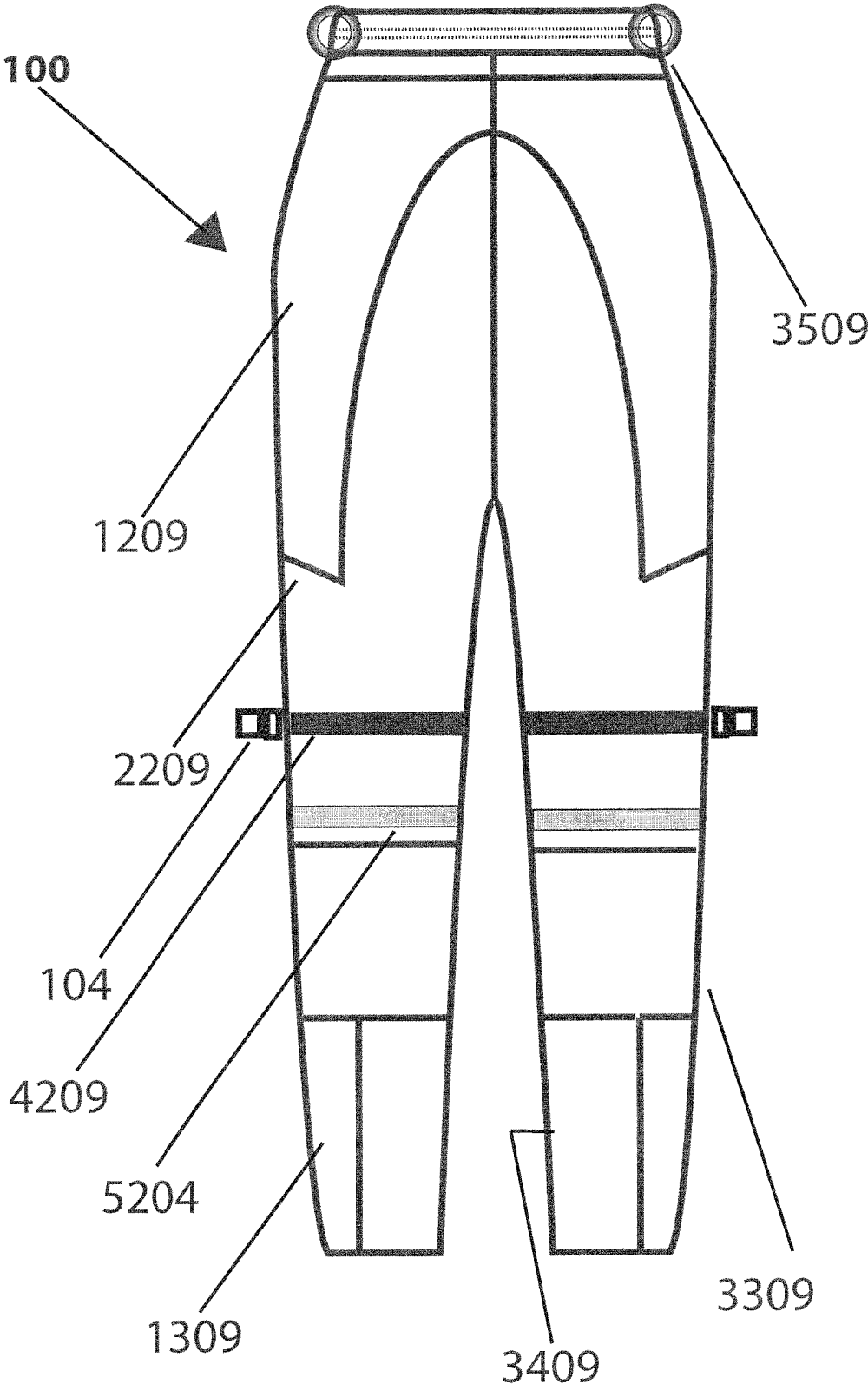
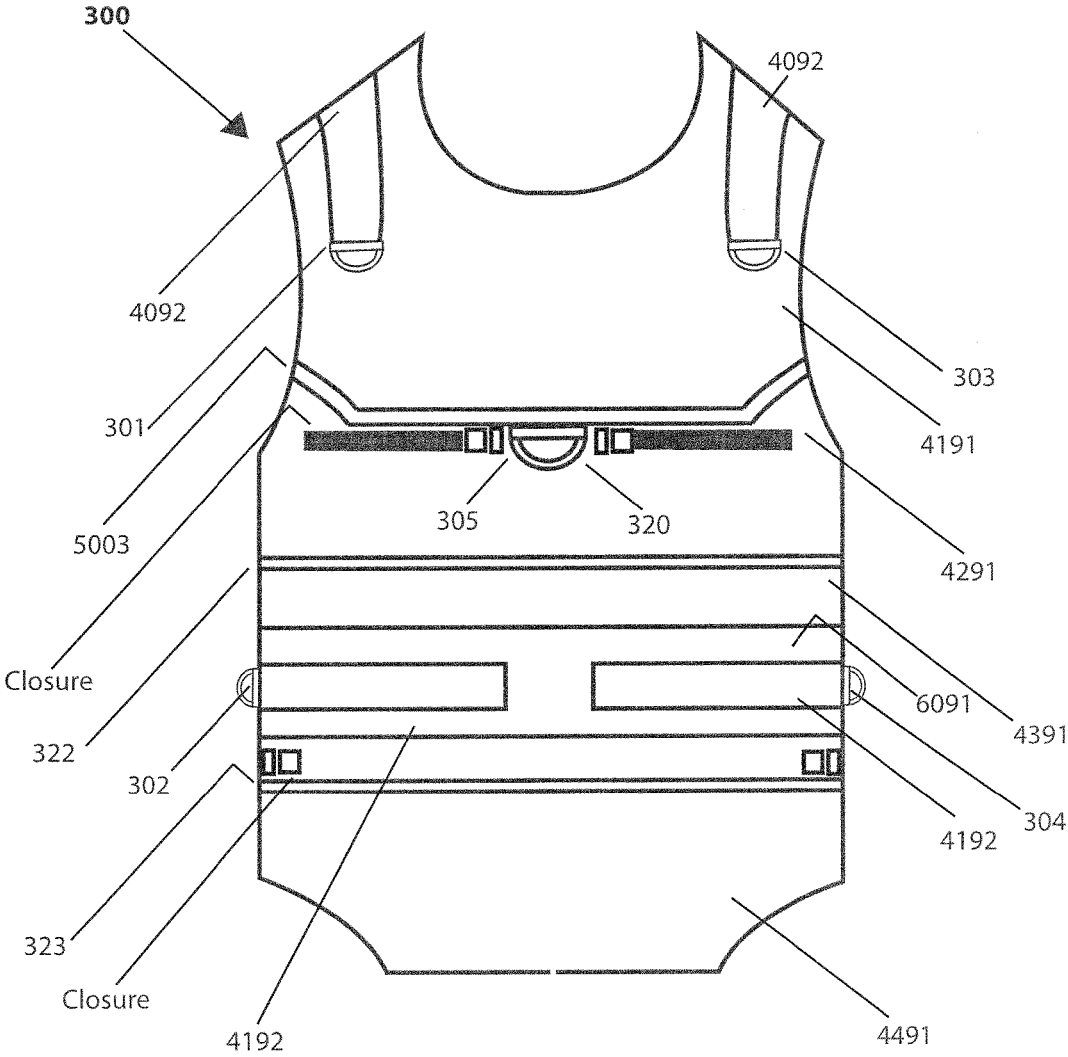
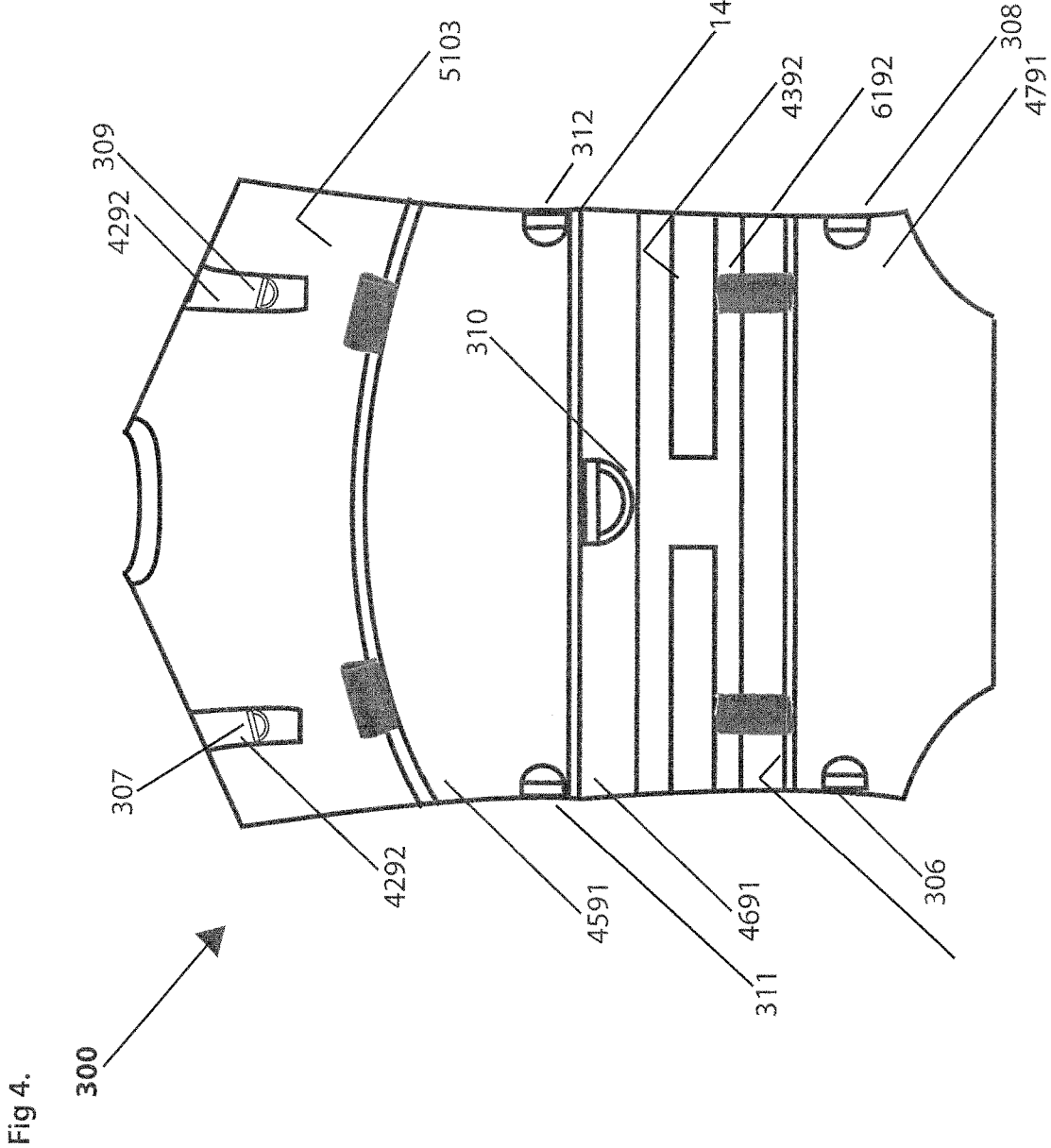
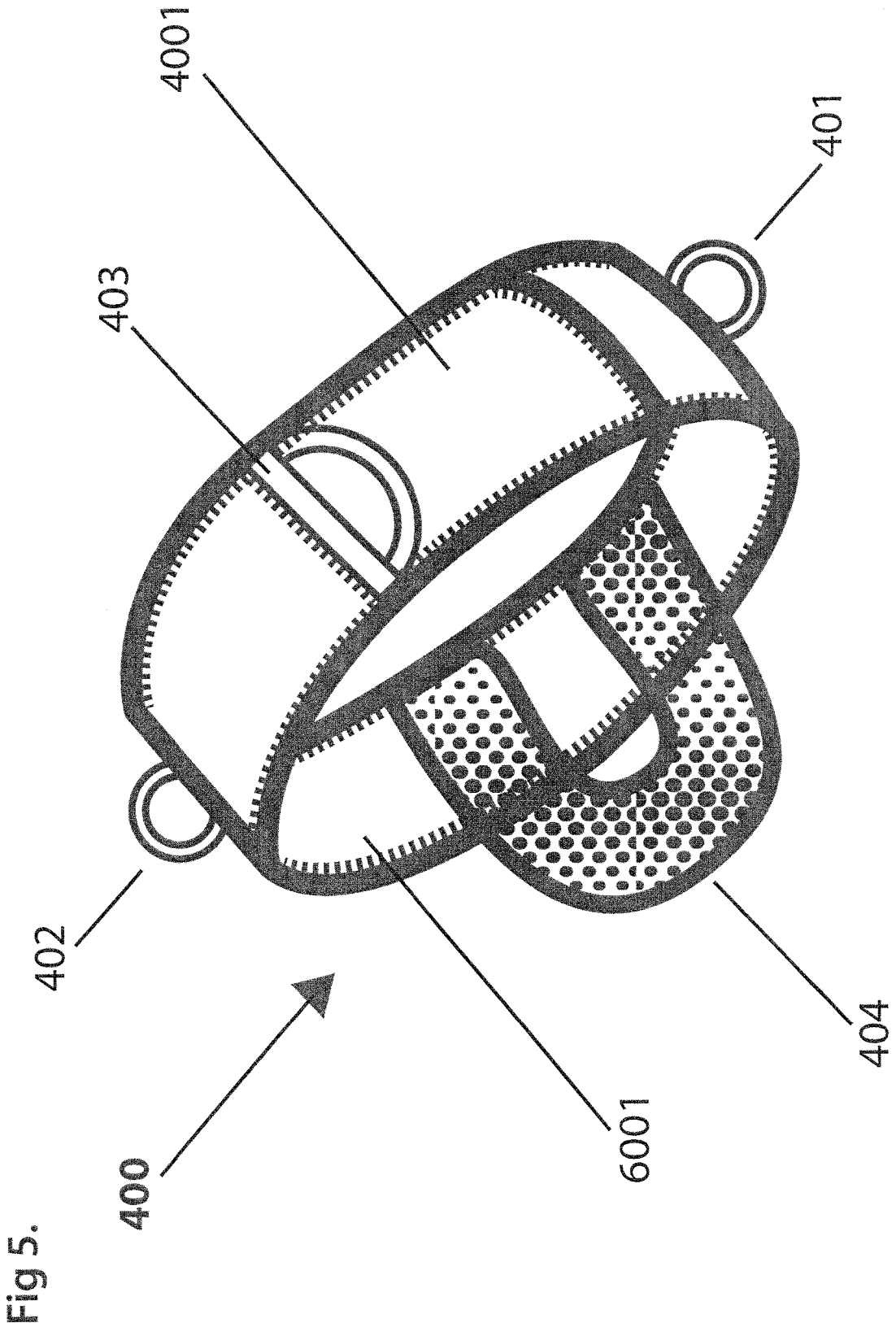


Fig 3.







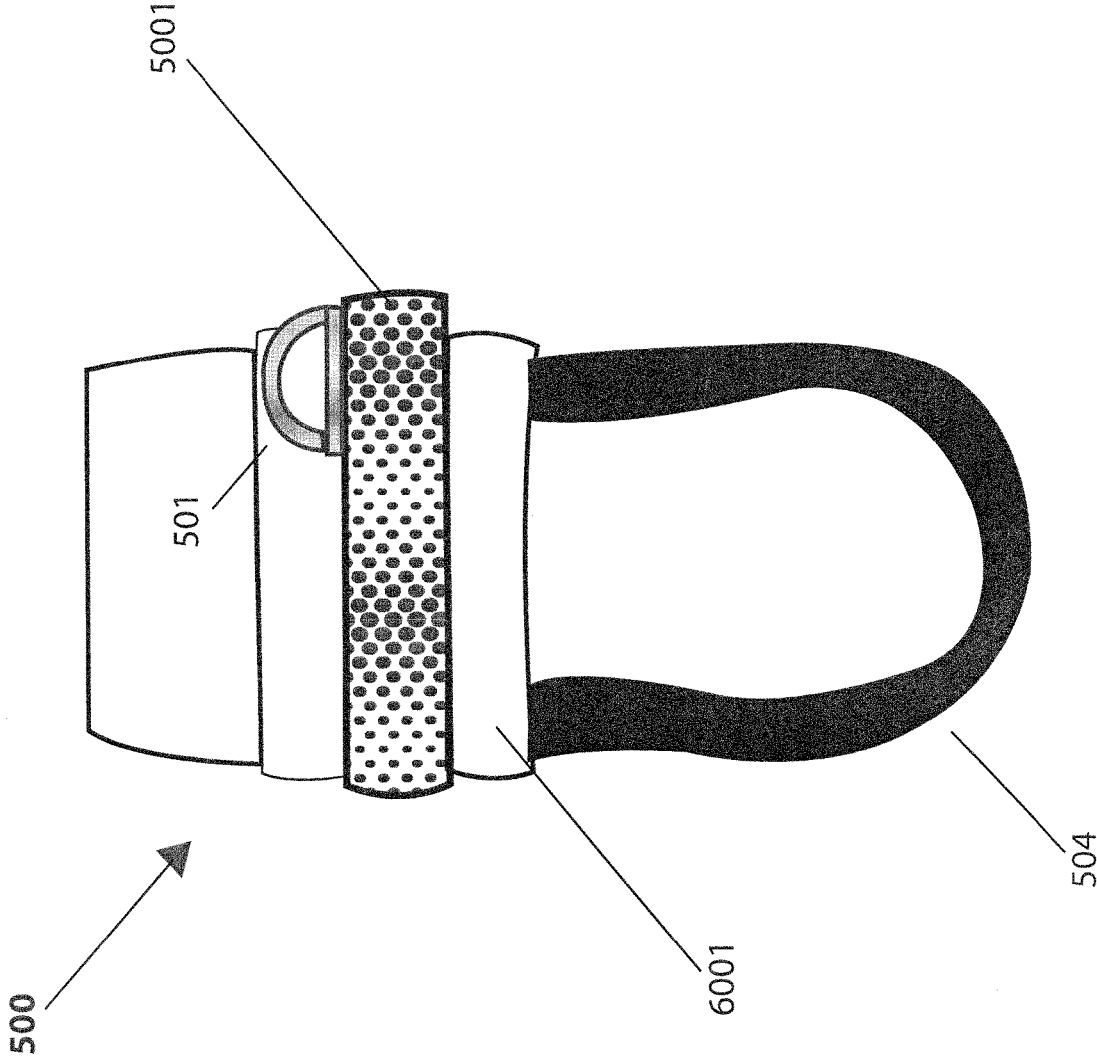


Fig 6.

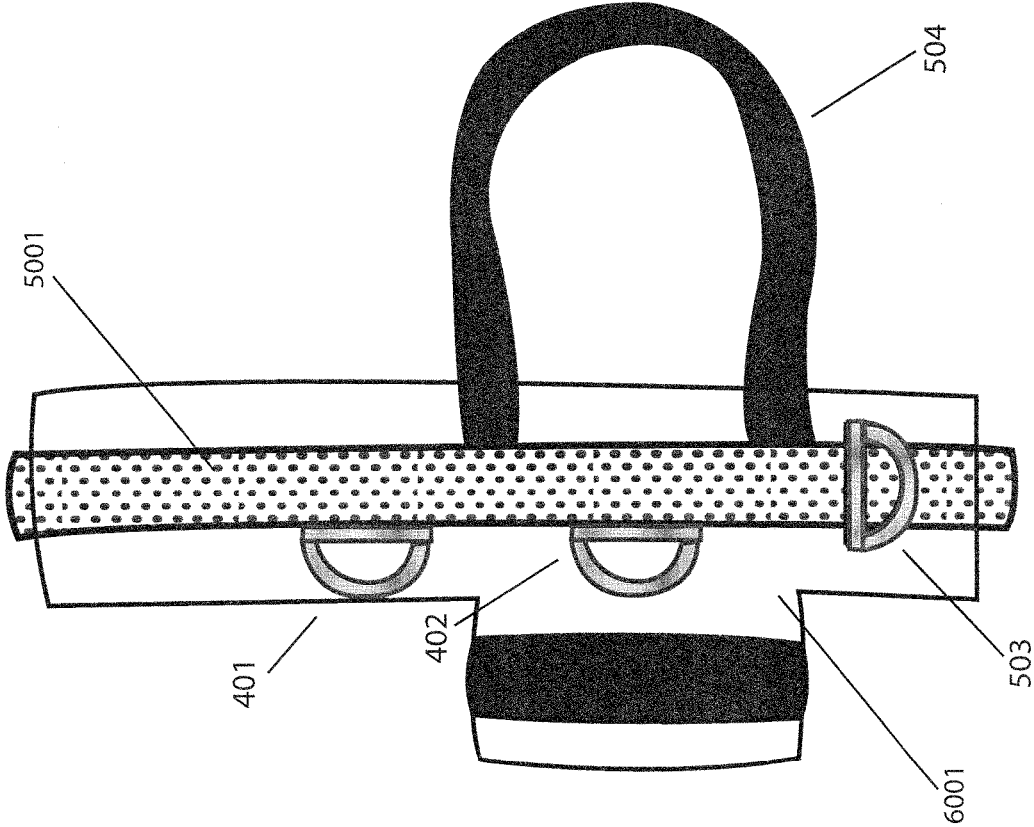


Fig 7.

FUNCTIONAL FITNESS GARMENT

PRIORITY/INCORPORATION BY REFERENCE

[0001] This application claims priority to U.S. Provisional Application 62/527,942 entitled “Functional Fitness Garment,” filed on Jun. 30, 2017, the entirety of which is incorporated herein by reference.

FIELD

[0002] The exemplary embodiments are related to the field of fitness. More particularly, the exemplary embodiments relate to active wear used for physical fitness.

BACKGROUND

[0003] Conventional active wear pieces, sweat pants, weight vests, compression shirts are made solely for comfort and do not provide any further functionality. In the field of athletics, external resistance is often used during training to enhance the level of performance. Typically, resistance bands, light weights and other external forces are used to add this external stimulus. At times, this type of training is restricted because some fitness practitioners lack the equipment to carry out the programs or they do not have access to the proper facilities.

SUMMARY

[0004] The exemplary embodiments describe a fitness garment having one or more of an exercise vest, a wrist strap, exercise pants and an ankle strap. The exemplary exercise vest has a plurality of vest attachments, each of the plurality of vest attachments being configured to couple to an external force structure.

[0005] The exemplary wrist strap has a plurality of wrist strap attachments, each of the plurality of wrist strap attachments being configured to couple to the external force structure, wherein the fitness garment is configured to couple one of the vest attachments to one of the wrist strap attachments via the external force structure, couple one of the vest attachments to a further structure via the external force structure or couple one of the wrist strap attachments to the further structure via the external force structure.

[0006] The exemplary exercise pants have a plurality of pants attachments, each of the plurality of pants attachments being configured to receive the external force structure, wherein the fitness garment is further configured to couple one of the pants attachments to one of the wrist strap attachments via the external force structure or couple one of the pants attachments to the further structure via the external force structure.

[0007] The exemplary ankle strap has a plurality of ankle strap attachments, each of the plurality of ankle strap attachments being configured to couple to the external force structure, wherein the fitness garment is configured to couple one of the vest attachments or one of the wrist strap attachments to one of the ankle strap attachments via the external force structure.

[0008] In a further exemplary embodiment, exercise pants are described. The exercise pants include a waistband having a first plurality of attachments, each configured to be in an area of a user's hip when worn, wherein each of the first plurality of attachments is configured to receive an external force structure, a calf portion having a second plurality of attachments, each configured to be in an area of a medial

aspect of the user's tibia when worn, wherein each of the second plurality of attachments is configured to receive the external force structure and a thigh portion having a third plurality of attachments, each configured to be in an area at or near a mid-point of the user's Iliotibial band when worn, wherein each of the third plurality of attachments is configured to receive the external force structure.

BRIEF DESCRIPTION OF THE DRAWINGS

[0009] FIG. 1 is a front view of functional exercise pants according to various exemplary embodiments.

[0010] FIG. 2 is a back view of functional exercise pants according to various exemplary embodiments.

[0011] FIG. 3 is a front view of a functional exercise vest according to various exemplary embodiments.

[0012] FIG. 4 is a back view of a functional exercise vest according to various exemplary embodiments.

[0013] FIG. 5 is a perspective view of a functional wrist strap according to various exemplary embodiments.

[0014] FIG. 6 is a front view of functional ankle strap according to various exemplary embodiments.

[0015] FIG. 7 is a back view of functional ankle strap according to various exemplary embodiments.

DETAILED DESCRIPTION

[0016] The exemplary embodiments may be further understood with reference to the following description and the appended drawings, wherein like elements are referred to with the same reference numerals. The exemplary embodiments describe functional exercise pants, a functional exercise vest, a functional wrist strap, a functional ankle strap and methods for use by a user to enhance the user's level of performance through added resistance. However, it will be understood by those skilled in the art that a functional exercise pants, a functional exercise vest, a functional wrist strap, a functional ankle strap and the methods described herein are not all inclusive and several variations are possible by implementing the exemplary embodiments in accordance with the functionalities and principles described herein.

[0017] It is noted that throughout this description, the terms external force structure, external resistance component, resistance and force are used to describe structural components that may be connected or coupled to the exercise pants, exercise vest, wrist strap and/or ankle strap to provide a resistance. Typically, this structural component may be described as an exercise band or a resistance band and is constructed of elastic or rubber latex. They may also be referred to as tubes or other similar nomenclature. There may also be alternative structural components that perform the same functionality as the resistance bands (e.g., weights, sandbags, dumbbells, kettle balls or other weighty items) and the terms above are also meant to cover these alternatives.

[0018] FIG. 1 is a front view of functional exercise pants 100 according to various exemplary embodiments. The exercise pants 100 have a plurality of attachments. In this example, the attachments 101 comprise clips located in the area of the waistband of the exercise pants 100. The attachments 101 may be used to support external resistance from either direction, front or back. The attachments 101 may be constructed of metal or any other suitable material having the strength to perform the functionalities described herein.

The attachments **101** should be constructed in such a shape that would allow the attachments to perform the functionalities described herein. In this example, the attachments **101** are placed near the hip joints of a user when the user is wearing the exercise pants **101**. A first attachment **101** is located near the left hip joint and a second attachment **101** is located near the right hip joint, where the muscles of the hip joint have dual responsibilities working together to provide power for the hip to move in all directions. This part of the hip stabilizes the entire lower extremity during standing, walking and other weight bearing activities. It should also be noted that while the exemplary embodiments show the attachments **101** in the general area of the hips as described above, additional attachments **101** may be included in the area of the waistband in different locations.

[0019] As described above, the attachments **101** may be clips, rings, loops (including secure cloth or textile loops) or any other structural component that allows an external resistance component to be attached thereto. The attachments **101** may be continuous (e.g., a continuous unbroken ring) or may also include a sealable opening allowing the external resistance component to be attached and detached through the sealable opening. Where the attachments **101** are continuous, it is assumed that the external resistance component will have a sealable opening that may be used to attach or detach from the attachments **101**.

[0020] The attachments **101** may be coupled to the waistband of the exercise pants **100** in any manner that allows the attachments **101** to be secure and not rip off or otherwise tear the exercise pants **100** when the external resistance component is attached and the user is performing various exercises. In one exemplary embodiment, the attachments **101** are coupled to the exercise pants **100** through the use of a sturdy textile material that overlays a portion of the attachment **101** and that is then sewn to the exercise pants using a secure stitching method. In another example, the waistband of the exercise pants may include a belt and the attachments **101** may be secured to the belt. Other methods of coupling rings and clips to garments may also be used. In addition, the attachments **101** may be removeably coupled to the exercise pants **100** such that the attachments **101** may be moved to different locations on the exercise pants **100** as needed for different exercises or that the attachments **101** may be removed for washing of the exercise pants **100**.

[0021] A second plurality of attachments **102** are located in an area of the exercise pants **100** that correspond to the medial aspect of the user's tibia when the exercise pants **100** are worn by a user. This placement of the attachments **102** generally corresponds to a location that is at or near the top of the soleus muscle of the user to support external resistance from either direction, front or back. Similar to the attachments **101**, the attachments **102** may be constructed of metal or any other suitable material having the strength to perform the functionalities described herein. The attachments **102** may be the same type of attachments as described above for attachments **101** or may be a different type. For example, the attachments **101** may be continuous metal rings, while the attachments **102** may be a sturdy plastic clip having a resealable opening. Also, the attachments **102** may be coupled to the exercise pants **100** in the same manners as described above for the attachments **101**.

[0022] In an example of use, the attachments **102** may be connected to one another (e.g., using a resistance band) for strengthening of the Iliotibial band and development of the

Gluteus Maximus. This may also provide added resistance for various exercises including front and lateral leg raises to strengthen the hip abductors, hamstrings, quadriceps, rectus abdominis, and various smaller muscle groups. The aforementioned exercises may be performed standing or supine. The placement of attachments **102** also allows for seated variations of the hip abduction exercise. In addition to connecting the attachments **102** to each other, external resistance may be applied to provide resistance for hip adduction and other exercises as well.

[0023] A third plurality of attachments **103** are placed at or near the mid-point of the Iliotibial band for the enhancement of upper body exercises to help strengthen the back as well as the shoulders. Again, the attachments **103** may have a physical structure and be coupled to the exercise pants **100** similar to the attachments **101** and **102** described above. The attachments **103** may also be used to perform calf raises and strengthen the calf muscles by connecting the attachments **103** to the floor or to a structure or object capable of performing the activity described by way of a resistance band or otherwise.

[0024] The above described attachments **101-103** show examples of various locations of the exercise pants **100** where the attachments **101-103** may be placed. However, it should be understood that the exercise pants **100** are not required to have all the attachments **101-103** and that the exercise pants **100** may also have additional attachments in other locations. These additional locations may correspond to specialized exercises that are used for different sports.

[0025] Some examples of using the attachments **101-103** were provided above. However, in general, the attachments **101-103** may be connected via a resistance band to a wall, pole, floor, column, or other stationary object capable of withstanding the pulling force exerted when the user is performing an exercise. Further, the attachments **101-103** may be used to secure weights, sandbags, dumbbells, kettle balls or other weighty items for added resistance when the user is walking, running, jumping, or otherwise performing activities which include engagement of any number of leg muscles.

[0026] The 4-digit reference numbers as shown in FIG. 1 represents exemplary fabrics that may be used to construct the exercise pants **100**. For example, the 1000 series may represent the predominant make-up of the exercise pants **100**, which may be nylon. For example, the nylon may be used to construct the exercise pants **100** in the area **1009** of the middle to lateral part of the thighs, and in the area **1109** directly under the knees and on the lateral part of the shin. The 2000 series may represent standard knit, which is placed in the area **2109** of both knee joints and in the area **2009** near the medial part of the thighs. The 3000 series represents a light version of rib knit that is placed in the area **3509** of the waistband, the area **3009** of the lateral part of the thigh, the area **3109** near the top of the shin and the medial part of the calves. The 5000 series represents reflective fabric that may be placed in an area **5004** slightly above the knee and the area **5104** directly below the knee.

[0027] As described above, the attachments **101-103** may be coupled to the exercise pants **100** in various manners. In this example, it may be considered that the attachments **101-103** are continuous rings that are attached via canvas straps to the exercise pants **100**. Given the stress and forces expected to be put on the attachments **101-103** from the external resistance components, the stitching that is used to

attach the canvas straps may be doubled or may be a secure form of stitching that is able to withstand the resistance. The 4000 series represents the canvas straps. Specifically, canvas straps 4009 may be placed on the waistband and sewn on to the rib knit to support the attachments 101. Canvas straps 4109 may be sewn to the rib knit area 3009 to support the attachments 102 and canvas straps 4309 may be sewn to the rib knit area 3209 to support the attachments and 103. In another example, the straps 4009, 4109 and 4309 may be padded to provide extra cushioning and comfort for the user by decreasing any painful sensation experienced when working against resistance.

[0028] It is noted that the above use of different materials in different areas of the exercise pants 100 is only exemplary. Other combinations of material, stitching, and placement may be possible to perform the activities described herein.

[0029] In further detail, still referring to FIG. 1 the exercise pants 100 may comprise pockets 110 and 111. In this example, there are four pockets and the upper pockets 110 fall deeper than the lower pockets 111. The lower pockets 111 may be used for smaller items and the upper pockets 110 may be used for functional exercise. The larger upper pockets 10 may accept weights to provide added resistance when the user is mobile. For example, the user may be walking, jogging, running, sprinting, jumping, performing squats or lunges, or other activities engaging muscles that will benefit from the added resistance. It should be noted that the use of upper and lower designations is only exemplary and the orientation of the pockets may be changed.

[0030] Referring now to FIG. 2, a back view of the exercise pants 100 of FIG. 1 is shown. The clips 104 represents the closure for an external strap 4209 that is adjustable to the user's leg. In one exemplary embodiment, it is envisioned that the exercise pants 100 may be used by multiple users. For example, a trainer may own the exercise pants 100 and may provide the exercise pants 100 to multiple clients. In this case, the exercise pants 100 may have to fit various users. The clips 104 and external straps 4209 may be used to adjust the exercise pants 100 to the different user's legs. In addition, while not shown in FIG. 2, there may be similar straps and attachments located in the shin area to further adjust the exercise pants to a user's leg.

[0031] In further detail, still referring to the exercise pants 100 of FIG. 2, the 1000 series may represent nylon that is placed in an area 1209 on the upper lateral part of the leg and an area 1309 on the lateral part of the calf. The 2000 series may represent the standard knit which is the predominant make-up of the back of the exercise pants 100 in the area 2209. The 3000 series may represent the rib knit in the back of the exercise pants 100, placed at the area 3409 on the medial part of the calf, the area 3309 in the back of the knees as well as area 3509 of the waistband. The 4000 series represents the canvas straps 4209 that is adjustable to the user's leg as described above. The 5000 series represents the reflective fabric that is placed in the area 5204 at the bottom of the hamstrings.

[0032] FIG. 3 is a front view of a functional exercise vest 300 according to various exemplary embodiments. The exercise vest 300 comprises attachments 301 and 303, which, when worn by a user, are attached at or near the upper part of the anterior deltoid to support external resistance from the front. Similar to the attachments described above for the exercise pants 100, the attachments 301 and 303 of the exercise vest 300 may be constructed of metal or any

other suitable material having the strength and shape to perform the functionalities described herein. In addition, the attachments 301 and 303 may be coupled to the exercise vest 300 in the same manner as described above for the exercise pants 100. The attachments 301 and 303 are placed on both of the shoulder joints where the user would be using stabilizer muscles in the posterior aspect of the shoulder joint, upper back as well as the core when external resistance is applied.

[0033] The exercise vest 300 further comprises attachments 302 and 304 placed at or near the midpoint of the torso where the user would engage the stabilizer muscles in the thoracic area of the back. The vest 300 further comprises an attachment 305 that is placed at the center of the torso, also referred to as the sternum. The user will be able to apply the most external force to this point being that they will be able to engage various muscle groups based on the positioning. The clips 320 represents the closure for an external strap that is adjustable to the user's torso. The stitching 322 and 323 represent stitches that make the exercise vest 300 more durable.

[0034] Again, the 4-digit reference numbers as shown in FIG. 3 represent exemplary fabrics that may be used to construct the exercise vest 300. The 4000 series represents canvas, which may be the primary fabric used to construct the exercise vest 300. The canvas material is the fabric that is used for the supporting straps on the exercise vest 300 that support the attachments 301-305. There is canvas placed in the area 4092 of the two shoulder joints to support the attachments 301 and 303. There is canvas placed in the area 4192 to support the attachments 303 and 304. There is also canvas in the areas 4291 and 4391 near the center of the torso and in area 4491 near the bottom of the exercise vest 300. The 5000 series represents reflective fabric placed in the area 5003 near the center front of the garment near the attachment 305. The 6000 series represents padding. The exercise vest 300 may be lined with padding and there may be padding placed at area 6091 near the midpoint of the torso to provide padding under the area 4192 near the attachments 302 and 304.

[0035] Referring now to FIG. 4, there is shown a back view of the exercise vest 300 of FIG. 3. The attachments 307 and 309 are placed at or near the posterior of the shoulder joint. The attachments 306 and 308 are placed at or near the lumbar triangle, which is perpendicular to the internal and external oblique. The attachments 311 and 312 are located slightly higher than the attachments 306 and 308. The attachment 310 is located in the center of the back of the user. A user may connect attachments 306-312 to an object such as a "proowler," or any other object capable of bearing weight and being pulled by the user to strengthen the upper and lower body as well as increase endurance. The attachments 306-312 are not described in further detail as they may be similar to the attachments described above with reference to FIGS. 1-3. Again, the exercise vest 300 is not required to include all the attachments described herein and there may also be additional attachments provided in different areas.

[0036] In further detail, still referring to the exercise vest 300 of FIG. 4, the 4000 series represents the canvas. Similar to the coupling described above, the attachments 306-312 may be sewn into these canvas areas to support the attachments 306-312 when external force is applied. Specifically, the area 4292 is the area to which the attachments 307 and

309 are coupled. The canvas area **4292** may be an extension of the canvas area **4092** shown on the front of the exercise vest **300** or may be a separate area. The canvas area **4392** may be extension of the canvas area **4192** on the front and may be used to support the attachments **302** and **304** that were described with reference to FIG. 3. The canvas area **4591** supports the attachments **311** and **312**, the canvas area **4791** supports the attachments **306** and **308** and the canvas area **4691** supports the attachment **310**.

[0037] The 5000 series represents reflective material that is placed in the area **5103** on the upper back part of the exercise vest **300**. The 6000 series represents padding placed at area **6192** on the lower extremities of the exercise vest **300** and may be a continuation of the padding **6091** described with reference to FIG. 3. The canvas **4392** that supports attachments **302** and **304** may be sewn into padding **6192**. Again, it should be noted that the described fabrics are only exemplary and other types of fabrics may be used.

[0038] The exercise vest **300** may also comprise compartments that are similar to the pockets **110** and **11** described above for the exercise pants **100**. These pockets may be used to store items of the user or to house weights and other external forces for resistance. The exercise vest **300** may also include wearable technology (e.g., heartbeat sensors, accelerometers, temperature sensors, etc.) that can provide data for the user's workout. The wearable technology may also include features such as Bluetooth transmission and/or receiver functionality (e.g., a Bluetooth transceiver) allowing the data from the wearable technology to be output to another device, such as, a smartphone, a tablet computer, a wearable device (e.g., watch) a desktop computer, etc., or be uploaded to a website or cloud server that the user or the user's trainer may view the data at a later time. In addition, the wearable technology may also receive download data from these devices and/or applications to provide indications to the user. In one example, the wearable device may be audio output device such as an earbud or a speaker that indicates various commands to the user, e.g., 5 more reps, workout routines, slow down, stop, motivational phrases, etc. In another example, the wearable technology may include haptic feedback functionality that provides the user with haptic feedback that indicates certain commands to the user.

[0039] FIG. 5 is a perspective view of functional wrist strap **400** according to various exemplary embodiments. The wrist strap **400** comprises an attachment **401** that is placed at or near the distal aspect of the ulna (medial part of the forearm while supinated). The attachment **401** shows a ring placed near the ulna when the wrist strap **400** is worn by the user. When the attachment **401** is connected to an external resistance component, the user may engage the deltoid, latissimus dorsi and the core when exercising. The attachment **402** is placed at or near the medial aspect of the limb where the user would be working against the force of their core as well as the contradicting force of their opposing limbs. The attachment **403** is placed in the middle of the attachments **401** and **402**. The thumb catch **404** may comprise an elastic strap that goes around the thumb of the user. This may provide comfort to the user and allows the wrist band **400** to be placed in the correct orientation on the user's wrist.

[0040] The 4 digit reference numbers as shown in FIG. 5 represents exemplary fabrics that may be used to construct the wrist strap **400**. The 4000 series represents canvas, which

is the main material from which the wrist strap **400** is constructed. The canvas material **4001** is the fabric that is used for supporting the attachments straps on the wrist band **400**. The 6000 series represents padding. The wrist strap is lined with padding **6001** so that the user does not feel any strain while external force is being applied. The attachments **401-403** and their coupling to the wrist strap **400** is not described in further detail as they may be similar to the attachments described above with reference to FIGS. 1-4.

[0041] The attachments **401-403** may be connected to the attachments **101** or **103** of the exercise pants **100**. For example, the attachments **401-403** may be connected to the attachment **101** by way of a resistance band to perform lateral shoulder raises, strengthening the lateral deltoids, smaller muscle groups, and stabilizer muscles. To increase exercise intensity, the use may attach the attachments **401-403** to the attachment **103**, effectively increasing the tension on the resistance band and providing for greater range of motion for the exercise. Using the same attachment complex involves the user standing upright and performing upright rows to strengthen trapezius, rhomboids, biceps brachii, and various smaller and stabilizer muscle groups.

[0042] The attachments **401-403** may also be connected to the attachment **305** of the exercise vest **300** so that the user may "shadow box" with added resistance, ultimately increasing punching speed and power as well as strengthening the triceps, anterior and posterior deltoids, pectoralis major and minor, and various smaller muscle groups. A variation may be performed by connecting the attachments **401-403** to an external structure (e.g. a wall, wall hook, pole, etc.) to increase resistance and range of motion.

[0043] FIG. 6 is a front view of functional ankle strap **500** according to various exemplary embodiments. In addition to the above described components, the functional fitness garment may also comprise an ankle strap **500** having a similar attachment scheme as described above for the wrist strap **400** that may be used to connect external resistances. The front view of the ankle strap **500** is shown as when the ankle strap **500** is attached to the user's leg (e.g., in a closed position). The ankle strap **500** may include a first attachment **501** that is located on the inner part of the leg, above the inner ankle when the ankle strap **500** is worn by the user. The ankle strap may further include fabric and padding **6001** that is configured to engage with the user's leg when the ankle strap **500** is worn. The ankle strap may also include a velcro system **5001** (or other similar coupling mechanism) to lock the ankle strap **500** to the user's leg. Finally, the ankle strap may also include a stirrup portion **504** that goes around the user's heel to aid in holding the ankle strap **500** in place.

[0044] FIG. 7 is a back view of functional ankle strap **500** according to various exemplary embodiments. The back view of the ankle strap **500** is shown before the ankle strap **500** is attached to the user's leg (e.g., in an open position). The first attachment **501** that will be located on the inner part of the leg, above the inner ankle when the ankle strap **500** is worn by the user is shown. A second attachment **502** is located on the rear of the ankle strap **500** above the heel. A third attachment **503** that is coupled to the velcro system **5001** is also shown. All three exemplary attachments **501-503** may be used to attach external forces.

[0045] The aforementioned attachments **501-503** may be connected to other parts of the exercise garment to perform exercises to strengthen various leg and back muscles. For example, connecting the ankle strap to FIG. 3 attachments **1**

and 3 (or 5 alone) provides the user with a way to perform a modified “deadlift” exercise, strengthening the erector spinae, various core muscles, hamstrings, gluteus maximus, quadriceps, and various stabilizer muscles and smaller muscle groups. As apparent to someone skilled in the art, the number of attachments and their locations are only exemplary; attachments can be added in other areas and other numbers of attachments can be used. The above provided some exemplary muscles that can be exercised and some exemplary exercises, but there may be more.

[0046] It should be noted that the exemplary embodiments are also ideal to use with augmented reality (A/R) and/or virtual reality (V/R) technology. For example, a user may have a device that includes A/R functionality such as a smartphone and the A/R device may place obstacles in the room (e.g., stairs, obstructions, etc.) that the user has to move, avoid, etc. while wearing some or all of the above described equipment (e.g., vest, pants, wrist strap, ankle strap). As the user navigates the room with obstacles, the exemplary equipment may provide the resistance and feedback for the actions associated with navigating the obstacles. In an example, where the user has a device that includes V/R functionality, the user may be placed in a situation such as boxing in Madison Square Garden against an opponent. Again, the exemplary equipment may provide the resistance and feedback associated with the user boxing an opponent that the user sees in the V/R world. In each of these examples, it can be seen that these types of A/R or V/R experiences may aid in the motivation of the user while training because the user is not just staring at a wall while exercising, but playing a game or trying to accomplish a goal.

[0047] Exemplary material for constructing the exemplary embodiments was described above. From these examples, it should be understood that the exemplary exercise equipment is lightweight, easily foldable and will take up a minimal amount of space when folded or rolled. This means that users can easily take the exemplary exercise equipment with them when they travel, to and from the gym at work, home, etc. The material is also washable so that the user can take the exemplary exercise equipment home on a periodic basis (e.g., daily, weekly, monthly depending on the amount of use) to machine wash to keep the exemplary exercise equipment clean and free from germs and bacteria. In another exemplary embodiment, the material used to construct the exemplary exercise equipment may have antibacterial properties, either by itself or a hypoallergenic additive.

[0048] In addition, the exemplary exercise equipment may also be supplied with a carrying case or bag specifically designed to hold the exemplary exercise equipment. For example, a gym bag may include a separate section to hold the exemplary exercise equipment. In this manner, the user may always have the exemplary exercise equipment in their gym bag and there may be another section that holds the user’s workout clothing so that the user does not accidentally take the exemplary exercise equipment out of the bag when removing the used workout clothing.

[0049] It will also be apparent to those skilled in the art that various modifications may be made in the present disclosure, without departing from the spirit or scope of the disclosure. Thus, it is intended that the present disclosure

cover the modifications and variations of this disclosure provided they come within the scope of the appended claims and their equivalents.

What is claimed:

1. A fitness garment, comprising:
 - an exercise vest comprising a plurality of vest attachments, each of the plurality of vest attachments being configured to couple to an external force structure; and
 - a wrist strap comprising a plurality of wrist strap attachments, each of the plurality of wrist strap attachments being configured to couple to the external force structure, wherein the fitness garment is configured to couple one of the vest attachments to one of the wrist strap attachments via the external force structure, couple one of the vest attachments to a further structure via the external force structure or couple one of the wrist strap attachments to the further structure via the external force structure.
2. The fitness garment of claim 1, further comprising:
 - exercise pants comprising a plurality of pants attachments, each of the plurality of pants attachments being configured to receive the external force structure, wherein the fitness garment is further configured to couple one of the pants attachments to one of the wrist strap attachments via the external force structure or couple one of the pants attachments to the further structure via the external force structure.
3. The fitness garment of claim 2, wherein the pants attachments are positioned on the exercise pants such that when on a user the pants attachments are at or near one of a hip joint, a top of the soleus muscle or a mid-point of the Iliotibial band.
4. The fitness garment of claim 2, wherein the exercise pants further comprise an external strap that is configured to adjust to a user’s leg.
5. The fitness garment of claim 1, wherein the vest attachments and wrist strap attachments are one of metal clips or metal rings.
6. The fitness garment of claim 1, wherein the vest attachments are positioned on the exercise vest such that when on a user the vest attachments are at or near one of an anterior of a shoulder joint, a posterior of the shoulder joint, a midpoint of the torso, the sternum or a lumbar triangle.
7. The fitness garment of claim 1, wherein the exercise vest further comprises a compartment configured to house weights or other external forces for resistance.
8. The fitness garment of claim 1, wherein the exercise vest further comprises wearable technology configured to provide data for a user’s workout.
9. The fitness garment of claim 8, wherein the wearable technology comprises one of a heartbeat sensor, an accelerometer, or a temperature sensor.
10. The fitness garment of claim 8, further comprising a Bluetooth transceiver configured to transmit the data to a further device.
11. The fitness garment of claim 1, wherein the wrist strap attachments are positioned on the wrist strap such that when on a user the wrist strap attachments are at or near one of a distal aspect of the ulna, a distal aspect of the radius a middle of the wrist.
12. The fitness garment of claim 1, wherein the wrist strap further comprises an elastic strap configured to receive a thumb of the user.

13. The fitness garment of claim **1**, further comprising: an ankle strap comprising a plurality of ankle strap attachments, each of the plurality of ankle strap attachments being configured to couple to the external force structure, wherein the fitness garment is configured to couple one of the vest attachments or one of the wrist strap attachments to one of the ankle strap attachments via the external force structure.

14. The fitness garment of claim **13**, wherein the ankle strap attachments are positioned on the ankle strap such that when on a user the ankle strap attachments are at or near one of above a heel of the user or on an inner part of a leg above an inner ankle.

15. The fitness garment of claim **1**, wherein the exercise vest comprises one of nylon material, standard knit material, rib knit material, reflective fabric or canvas material.

16. Exercise pants comprising:

- a waistband comprising a first plurality of attachments, each configured to be in an area of a user's hip when worn, wherein each of the first plurality of attachments is configured to receive an external force structure;
- a calf portion comprising a second plurality of attachments, each configured to be in an area of a medial

aspect of the user's tibia when worn, wherein each of the second plurality of attachments is configured to receive the external force structure; and

- a thigh portion comprising a third plurality of attachments, each configured to be in an area at or near a mid-point of the user's Iliotibial band when worn, wherein each of the third plurality of attachments is configured to receive the external force structure.

17. The exercise pants of claim **16**, wherein the exercise pants comprise one of nylon material, standard knit material, rib knit material, reflective fabric or canvas material.

18. The exercise pants of claim **16**, wherein the first, second and third plurality of attachments comprise one of metal clips or rings.

19. The exercise pants of claim **16**, further comprising: a plurality of pockets, wherein each pocket is configured to accept weights to provide added resistance when the user is mobile.

20. The exercise pants of claim **16**, further comprising: an adjustable external strap configured to adjust to the user's leg.

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