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Hickman

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(54) **EXERCISE SYSTEM AND METHOD WITH
VIRTUAL PERSONAL TRAINER
FOREWARNING**

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482/51, 900-902; 434/247**

See application file for complete search history.

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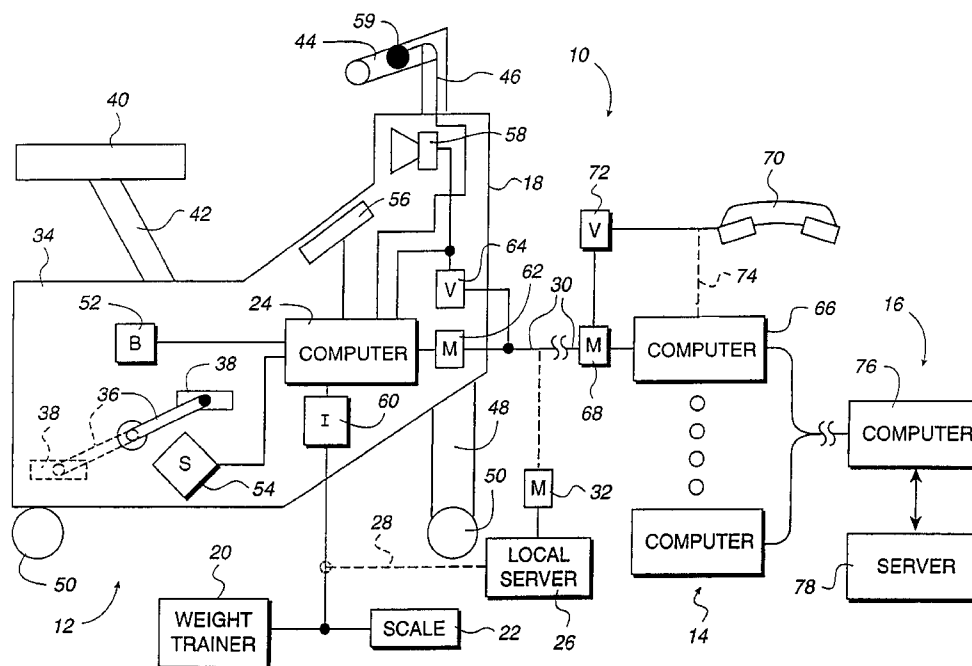
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(57) **ABSTRACT**

An exemplary exercise system embodiment includes an exercise apparatus having a level of effort that is adjustable with an actuator. The exercise apparatus preferably provides a scripted virtual personal training experience for a user of the exercise apparatus. The exercise apparatus preferably includes a loudspeaker to provide a vocal forewarning of an impending change in the level of effort prior to a change in the level of effort by an automated control of the actuator. An exemplary method embodiment for creating an exercise experience includes providing a scripted virtual personal training experience for a user of an exercise apparatus including a vocal forewarning of an impending change in a level of effort required of the user and automatically changing the level of effort after the vocal warning.

16 Claims, 12 Drawing Sheets



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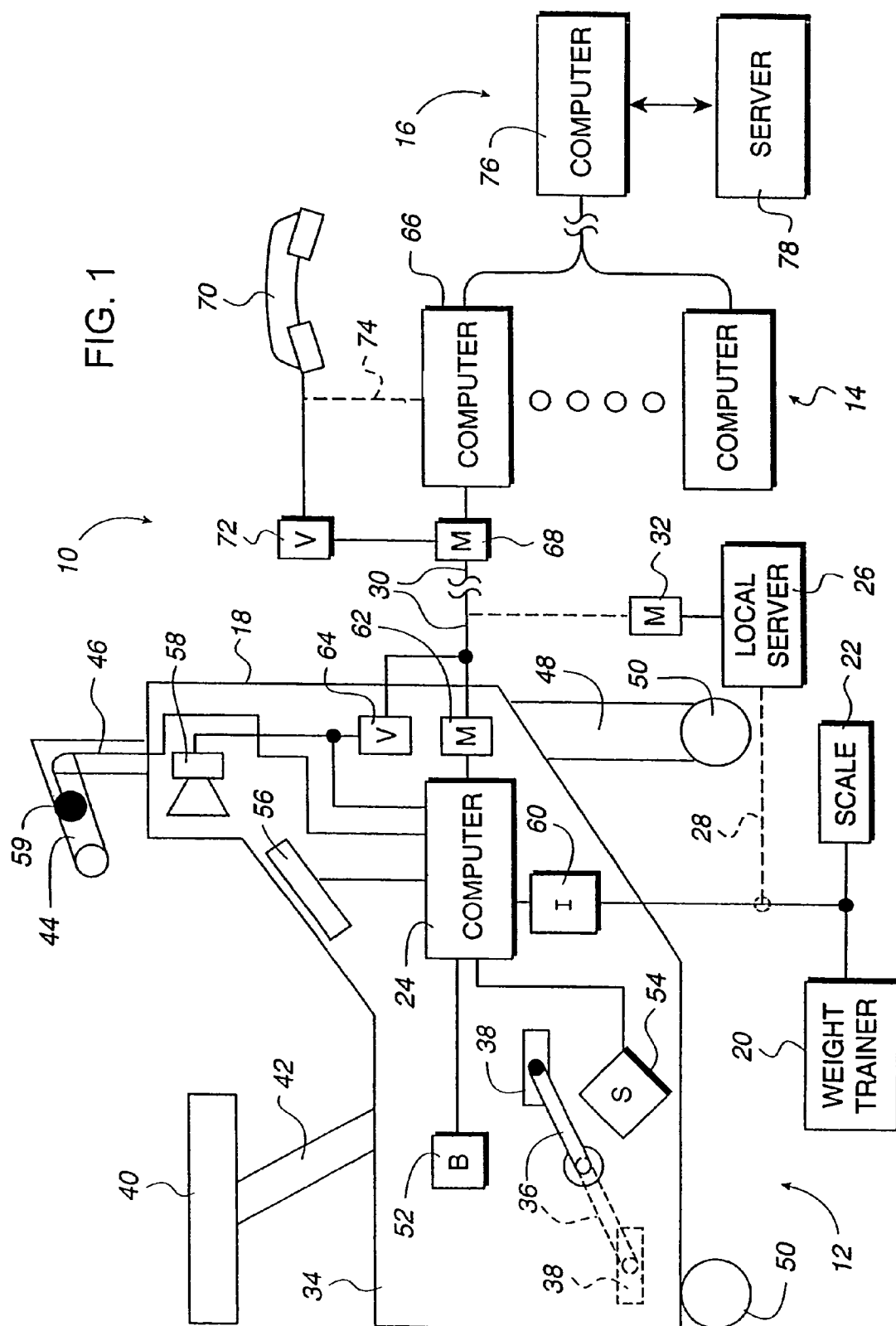


FIG. 2

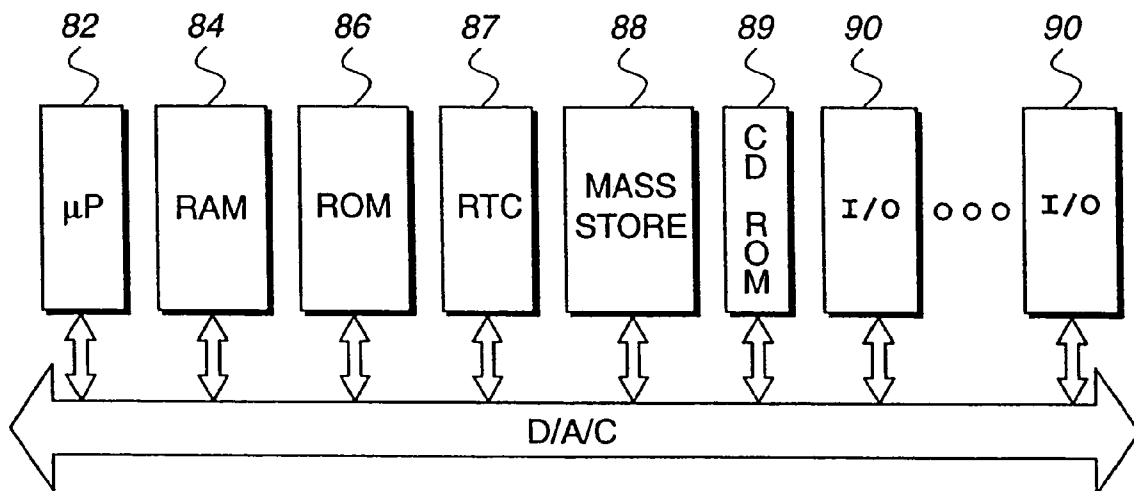
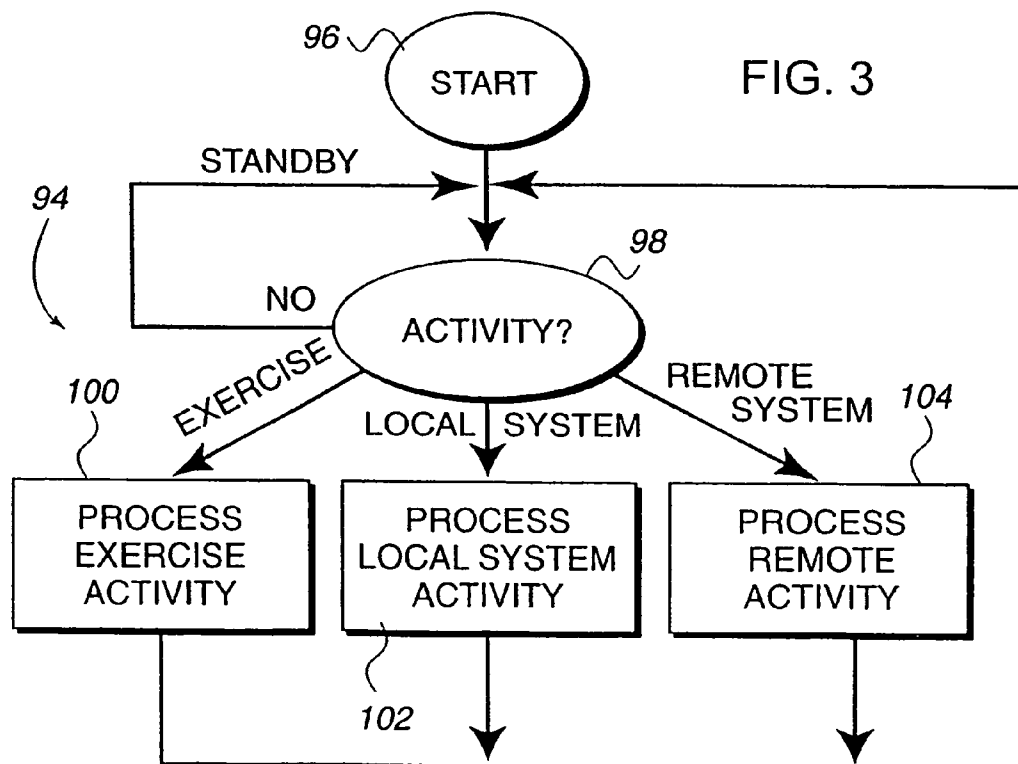
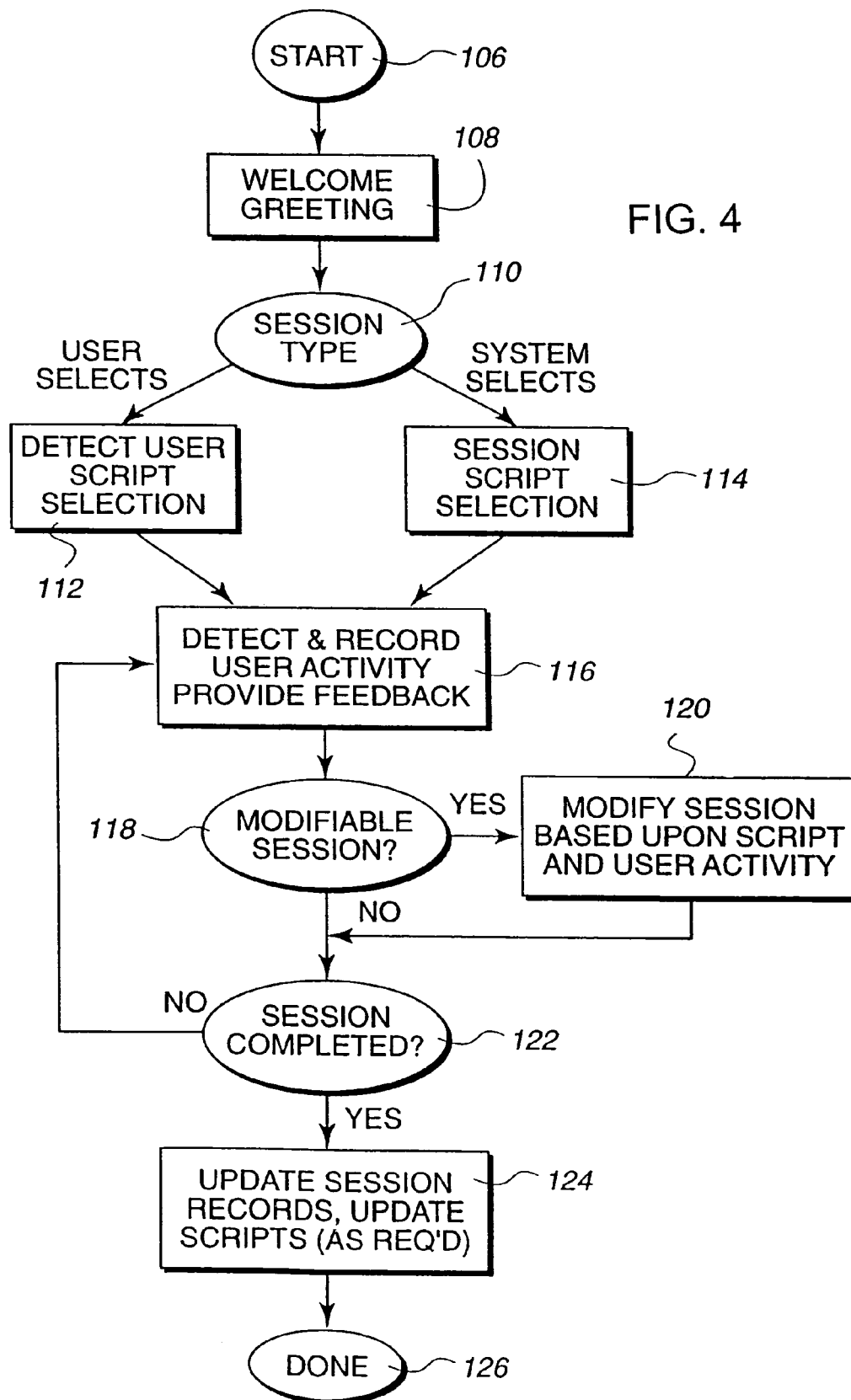


FIG. 3





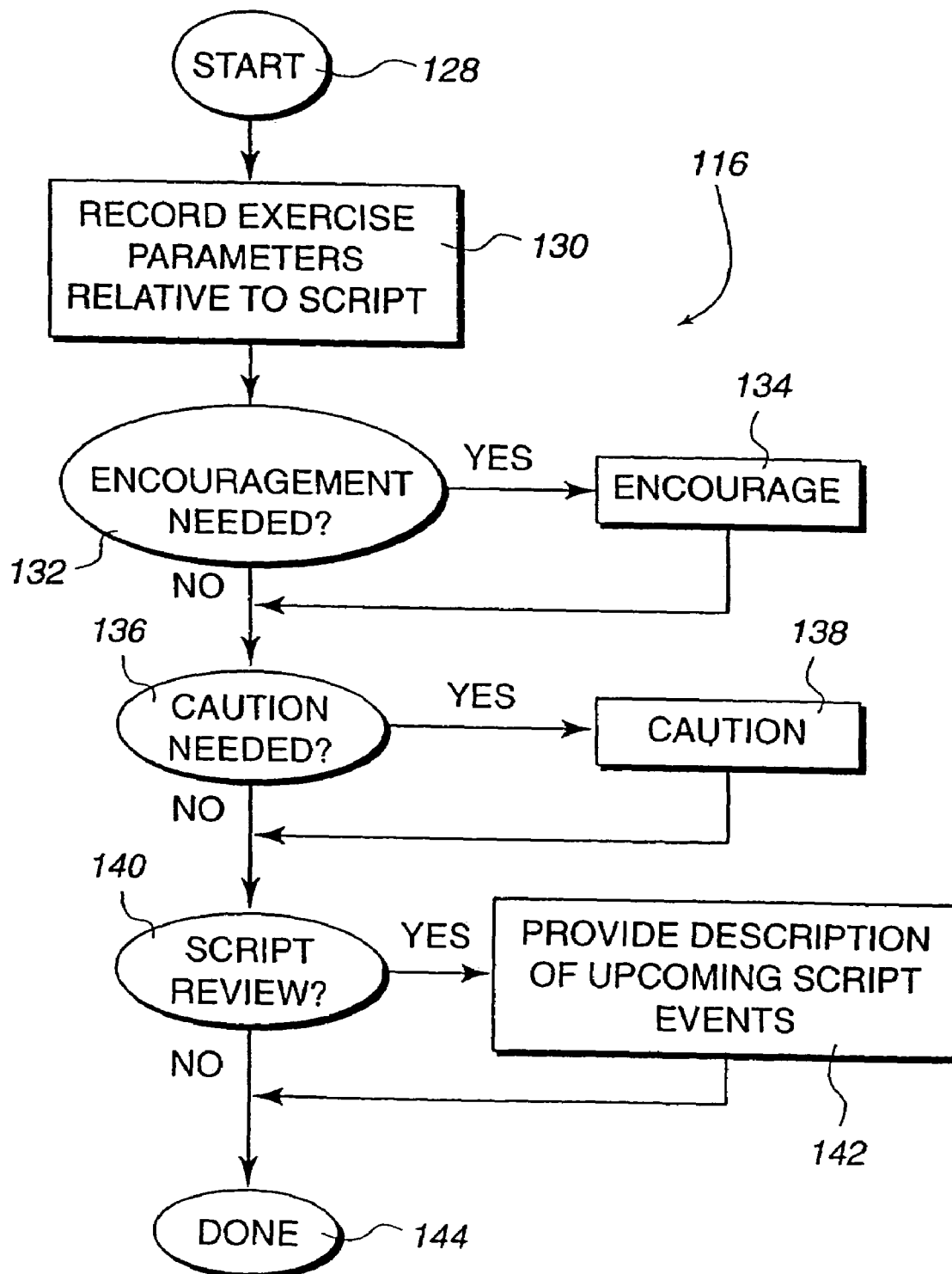


FIG. 5

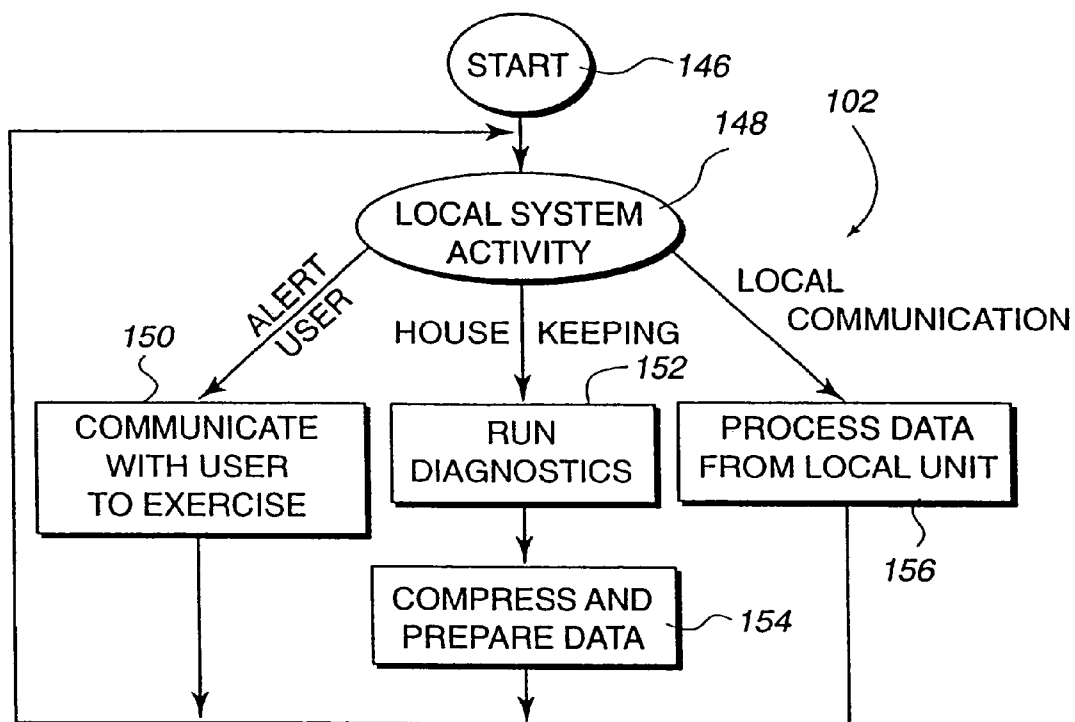


FIG. 6

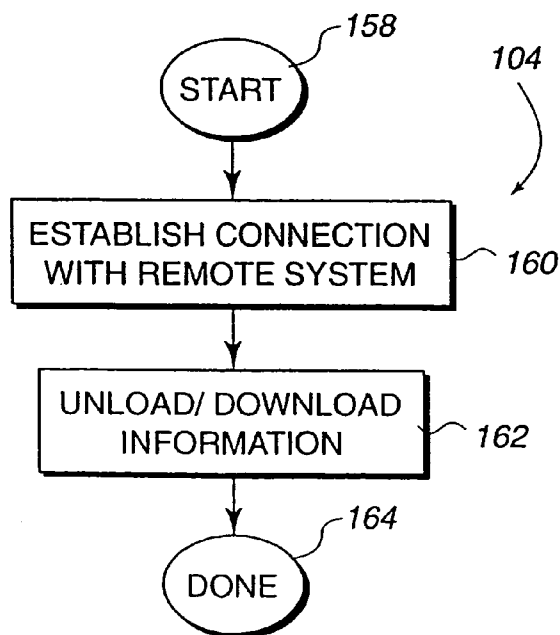
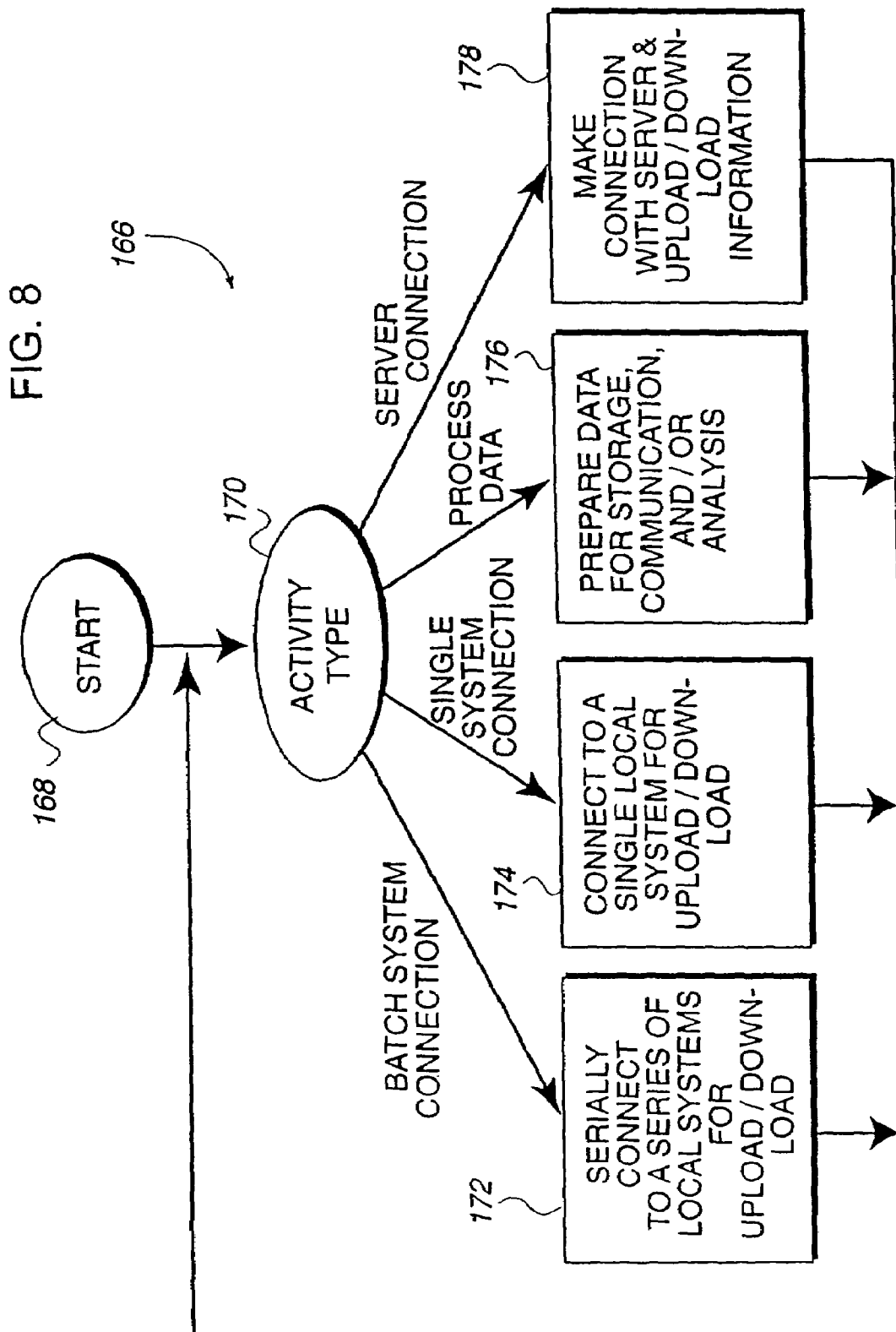


FIG. 7



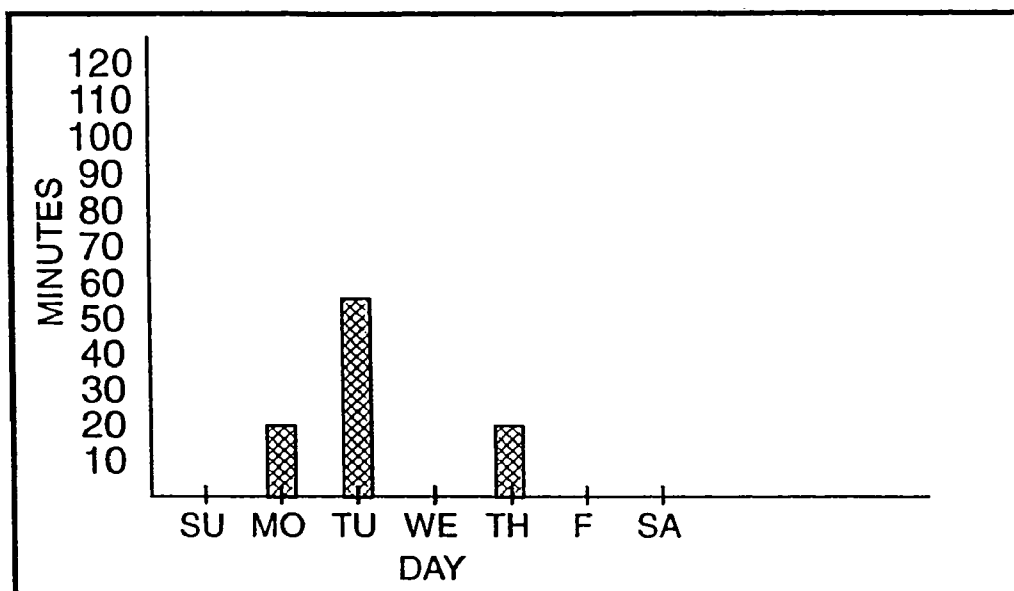


FIG. 8a

<u>SUNDAY</u>
NO EXERCISE
<u>MONDAY</u>
—10 MINUTES CYCLING
—232 CALORIES
—6 MINUTES AT 80% HEARTRATE
—1.8 MILES
—DIFFICULTY 6
—10 MINUTES WEIGHTS
—172 CALORIES
—20 REPS @ 100 LBS
—20 REPS @ 80 LBS
<u>TUESDAY</u>
ETC.

FIG. 8b

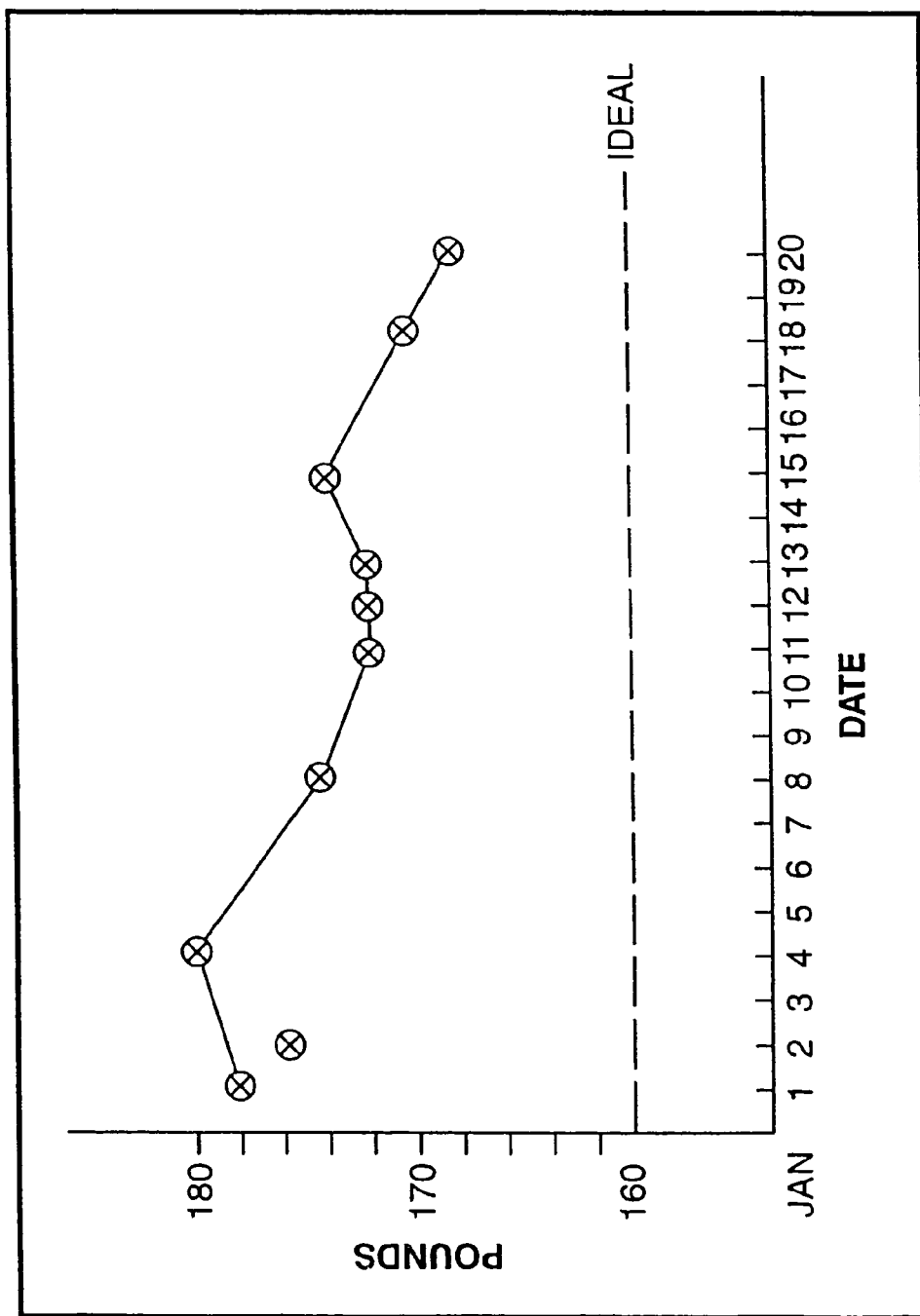
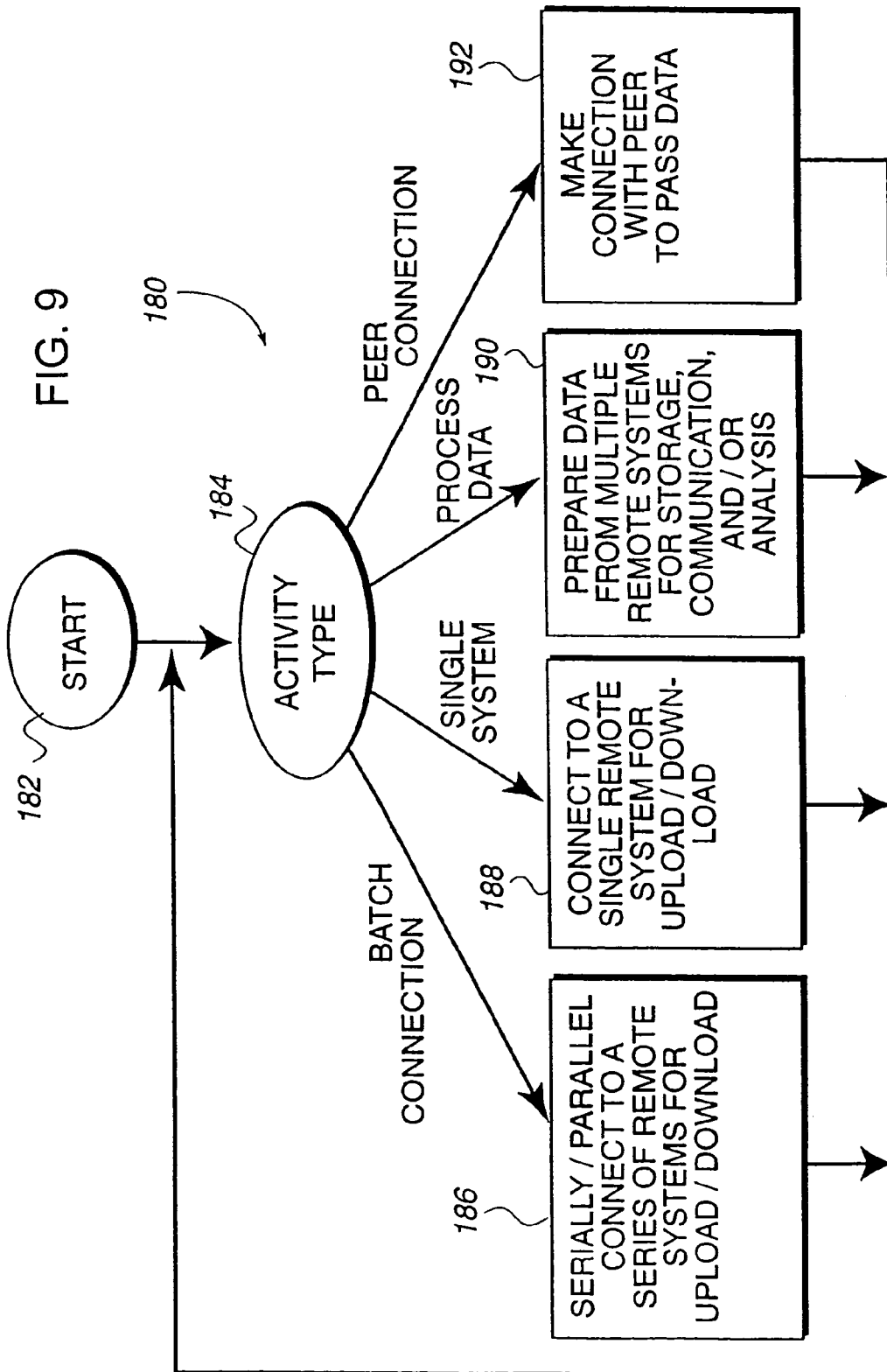


FIG. 8c



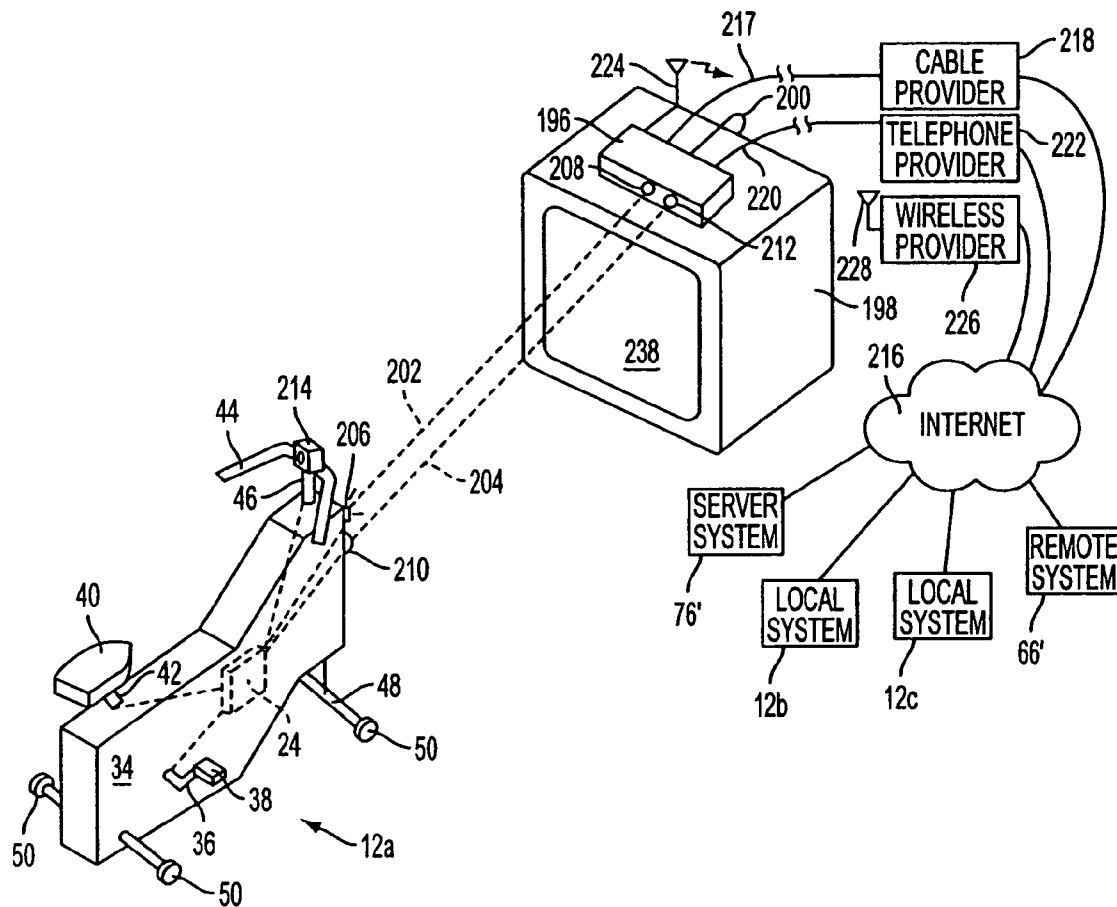


FIG. 10

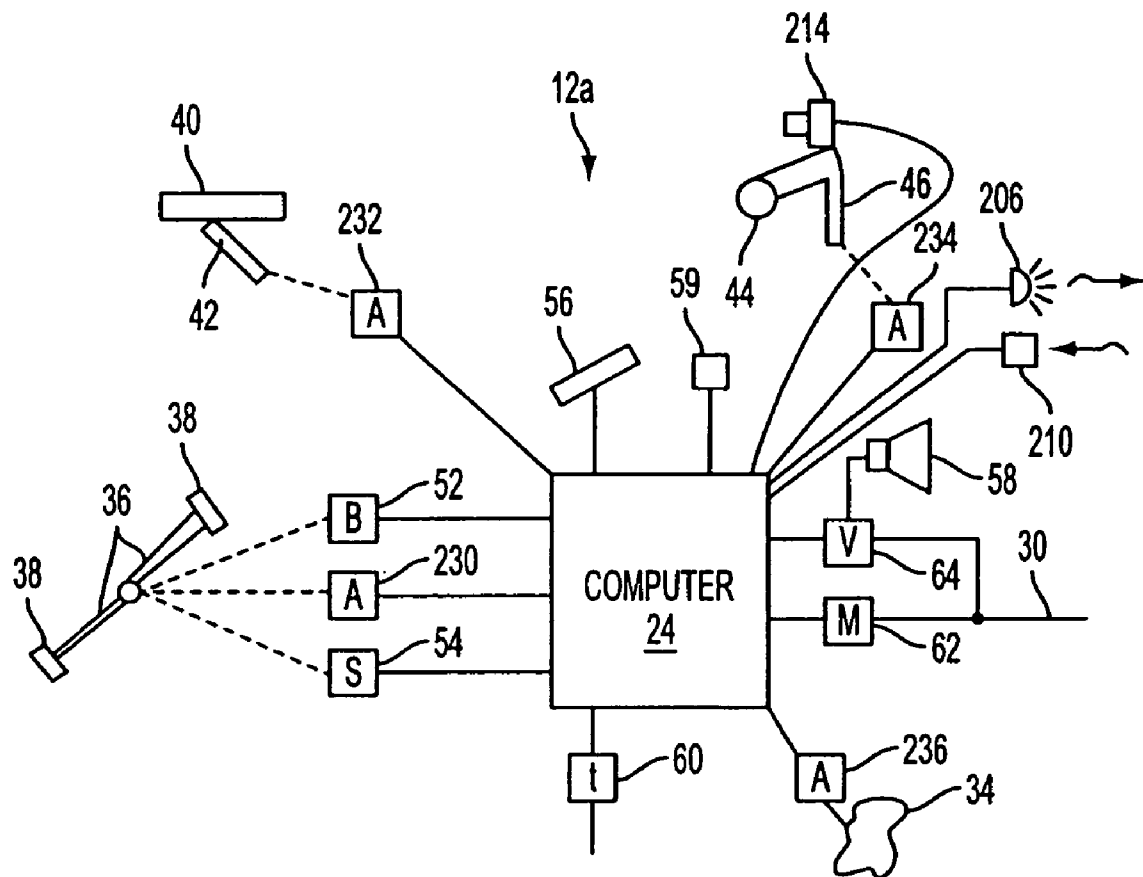


FIG. 11

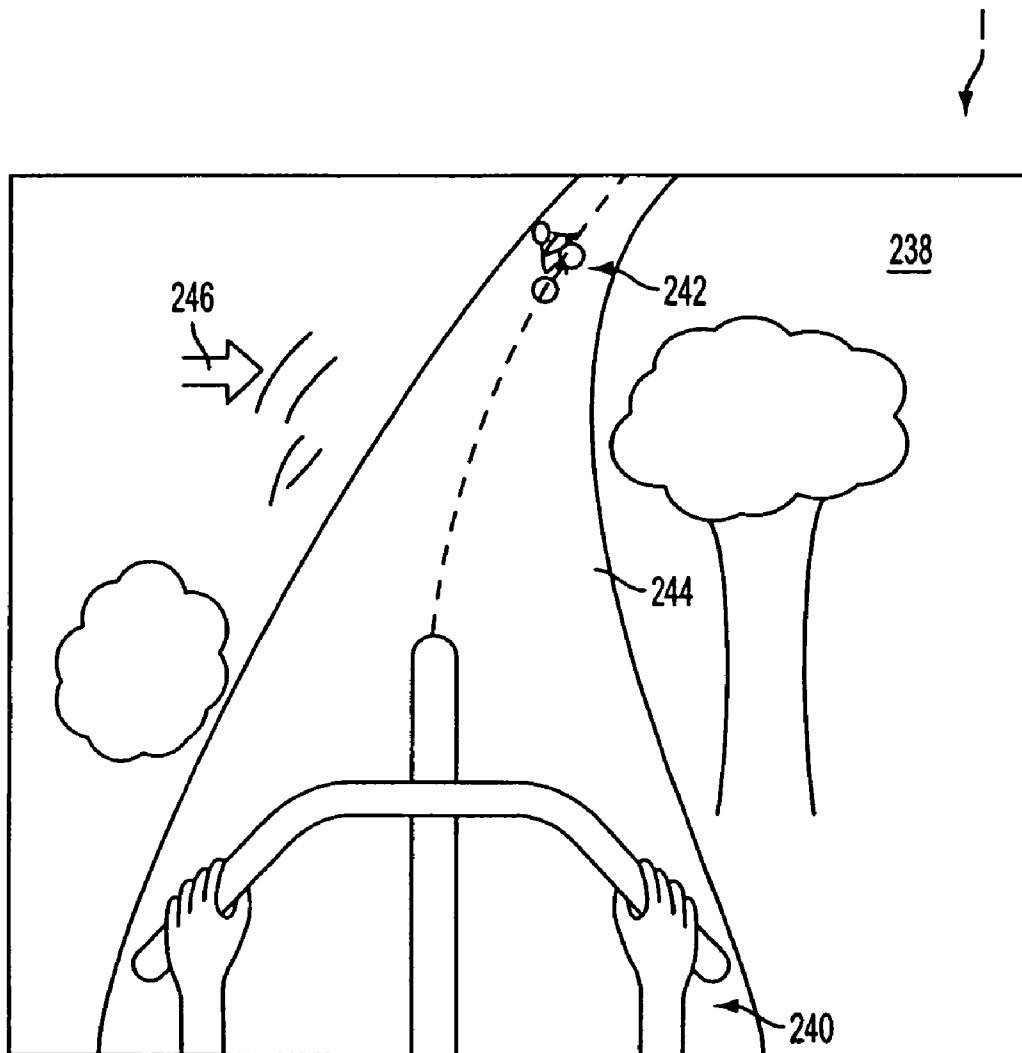


FIG. 12

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EXERCISE SYSTEM AND METHOD WITH VIRTUAL PERSONAL TRAINER FOREWARNING

CROSS-REFERENCE TO RELATED APPLICATION

This application is a continuation of U.S. application Ser. No. 09/690,178, entitled METHOD AND APPARATUS FOR REMOTE INTERACTIVE EXERCISE AND HEALTH EQUIPMENT, filed on Oct. 16, 2000 now U.S. Pat. No. 6,749,537, which is a continuation-in-part of U.S. application Ser. No. 09/273,591, entitled METHOD AND APPARATUS FOR REMOTE INTERACTIVE EXERCISE AND HEALTH EQUIPMENT, filed on Mar. 22, 1999, now U.S. Pat. No. 6,193,631, which is a continuation of U.S. application Ser. No. 08/766,513, entitled METHOD AND APPARATUS FOR REMOTE INTERACTIVE EXERCISE AND HEALTH EQUIPMENT, filed on Dec. 13, 1996, now U.S. Pat. No. 6,059,692, which claims the benefit of U.S. application Ser. No. 60/008,603, entitled METHOD AND APPARATUS FOR REMOTE INTERACTIVE EXERCISE AND HEALTH EQUIPMENT, filed on Dec. 14, 1995.

BACKGROUND OF THE INVENTION

1. Field of the Invention

This invention relates generally to health and exercise equipment, and more particularly to computer networked systems including health or exercise equipment.

2. Description of the Related Art

Good health is a fundamental requirement for a happy and long life. A multi-billion dollar health and fitness industry has grown to help individuals meet this requirement. For example, there are a great many gymnasiums which provide facilities and equipment for aerobic and musculature development, and there are hundreds, if not thousands, of weight loss and diet centers and programs. The goals of these many programs typically include weight loss and/or maintenance, the improvement of aerobic fitness, improved circulation, increased strength, and body building or shaping.

There are several problems encountered with the use of gymnasiums, fitness centers, and diet centers. For one, they tend to be fairly expensive due to the need to maintain the facilities, pay rent and payroll, buy equipment, etc. In addition, these centers tend to be inconvenient in that they require a special trip to the center by individuals wishing to use their facilities. Both the price and the inconvenience tend to discourage use of these centers over time, allowing the individuals to lose incentive and drop out of their fitness or diet program.

A partial solution to this problem is home exercise and health equipment. Again, a large industry has arisen to provide exercise and health equipment for the home. This equipment tends to be more of the aerobic type, e.g. stationary bicycles, rowing machines, "step" machines, etc., although weight lifting apparatus, sometimes referred to as "resistance trainers," are also widely used in the home. These types of home exercise and health equipment increasingly use sophisticated electronics, such as microprocessors, to monitor the level of exercise and to provide exercise programs for the user.

Unfortunately, even well designed home exercise and health equipment often fall into disuse over time. This is because individuals, even in their own home, often lack the incentive to exercise when there are other, more enjoyable, activities available. Also, since there is typically not the cama-

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radierie often found in a health club, diet center, etc., it is easier for users, as individuals, to discontinue their exercise or diet program.

Personal trainers have been used both at fitness clubs and in the home. Personal trainers are individuals who usually have a fitness training background and who typically provide personal training services to an individual customers. Personal trainers can be very effective in that they provide personal motivation and feedback to an individual in the exercise program, and thus often foster a more effective and longer-lasting exercise program. The downside of personal trainers is, particularly in the home setting, their relatively high cost. It is not unusual for a personal trainer to charge hundreds of dollars per month for their services. Therefore, while these personal trainers are very effective, they tend to be used by only a small percentage of the population.

SUMMARY OF THE INVENTION

The present invention provides an exercise and health system which is convenient, affordable, and effective. The system includes computerized exercise and/or health equipment (the "local system") that can provide feedback and encouragement to the user, i.e. can serve as a "virtual personal trainer." In addition, the system includes a remote computer system communicating over a bi-directional data channel with the exercise and health equipment. Still further, the system can include a server computer system that is in communication with the remote computer systems to provide bidirectional data communication with the remote computer systems.

Since the exercise and health equipment can communicate with the user, it is possible for the health equipment to provide incentive and motivation to the user much in the same fashion as a human personal trainer. In addition, the health and exercise equipment can store data and other parameters concerning the exercise or other activities which can be used to monitor the progress and to vary the exercise program or script. In this way, the local system can serve as a "virtual personal trainer."

The remote system computer is preferably associated with a number of exercise and health locations. The remote system computer can be considered to be the communication tool of a human personal trainer, as opposed to the "virtual personal trainer" emulated by software in the local system computer. For example, the remote system computer can be associated with one hundred local systems (used by one or more individuals in, for example, their homes), and can be used to upload information from the exercise and health equipment of a local system to be analyzed by the personal trainer at the remote computer. The personal trainer can then call the individual user to provide additional instruction, encouragement, and cautions, and the remote system computer can download new exercise scripts or programs to the local system computer to implement these changes.

The server system computer serves a number of remote system computers. For example, while a remote system computer might serve one hundred local system computers, the server system computer might serve as one hundred remote system computers. The server system computer can communicate with other server system computers ("peer" servers), or with a yet higher order server system computers for the consolidation, storage, processing, and exchange of data. The server system computer can be used to communicate with the remote system computers for the uploading of data concerning the remote system computer and the local system computers that the remote system computer is in contact with, and

it can also download new programs and other data and information to the remote system computers. For example, a server system computer or peer system computer might design a dietary program for a particular user which is then downloaded into the remote system computer for subsequent communication to the individual user of a local system.

In one embodiment of the present invention, a distributed network such as the Internet is used to couple local, remote, and server systems together. Users at local systems can interact visually and even in a tactile manner with other users over the Internet. For example, a first user at a first local station can take a "virtual ride" with another user at a second local station through the Internet connection. Likewise, a remote "personal trainer" can interact with a user at a local station via the Internet communication linkage.

The systems, methods, and apparatus of the present invention therefore can provide an effective exercise, dietary, and health program for a great number of individuals. The computerized health equipment provides incentive and encouragement to stay in the program, due to the "virtual personal trainer" of the local system, the human personal trainer of the remote system, and by the various services provided by the enterprise as a whole as supported by the server systems, peer systems, etc. For example, a variety of services of products can be offered to the users of the system to further their health and fitness goals. In addition, the camaraderie of exercising with other users can be provided.

These and other advantages of the present invention will become apparent upon the rating of the following descriptions and the study of the figures of the drawings.

BRIEF DESCRIPTION OF THE DRAWINGS

FIG. 1 is a block diagram of a health and fitness system in accordance with the present invention;

FIG. 2 is a block diagram of the local, remote, and server system computers of the present invention;

FIG. 3 is a flow diagram of a process running on a local system computer of the present invention;

FIG. 4 is a flow diagram of the "PROCESS EXERCISE ACTIVITY" step of FIG. 3;

FIG. 5 is a flow diagram of the "DETECT AND RECORD USER ACTIVITY, PROVIDE FEEDBACK" step of FIG. 4;

FIG. 6 is a flow diagram of a "PROCESS LOCAL SYSTEM ACTIVITY" step of FIG. 3;

FIG. 7 is a flow diagram of the "PROCESS REMOTE ACTIVITY" step of FIG. 3;

FIG. 8 is a flow diagram of a process running on a remote system computer of the present invention;

FIGS. 8a, 8b, and 8c are three examples of data analysis performed in the "PROCESS DATA" step 176 of FIG. 8;

FIG. 9 is a flow diagram of a process running on a server system computer of the present invention;

FIG. 10 is an illustration of a local system connected to other local systems, remote systems, and server systems via the Internet;

FIG. 11 is a block diagram of the local computer of the local system of FIG. 10; and

FIG. 12 is an illustration of a "virtual ride" taking place over the Internet with users using two separate local systems.

DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENTS

In FIG. 1, a health and fitness system 10 in accordance with the present invention includes one or more local systems 12, one or more remote systems 14, and one or more server

systems 16. The local systems 12 are typically home-based systems designed for the promotion of the health and fitness of individual users within a family. The remote systems 14 may be home or business based, and are used as data gathering and storage stations, as well as communication stations, between a human personal trainer and users of local systems 12. As will be discussed in greater detail subsequently, the remote system 14 is associated with a relatively large number of local systems 12, e.g. a personal trainer with a remote system might be in communication with 100 or more individual users of local systems 12. This is made possible, in part, by providing a "virtual personal trainer" at each of the local stations 12 to partially or fully replace the need for a human personal trainer at the local station. The server systems 16 can communicate with the remote systems 14 to provide server and control functions across the entire enterprise, i.e. over the entire system 10. As also will be discussed in greater detail subsequently, the server system 16 is associated with a number of remote systems 14.

The local system 12 includes one or more health or fitness devices such as a stationary bicycle 18, a weight or "resistance trainer" 20, a scale 22, etc. Associated with a local system 12 is a computer 24 which, in this preferred embodiment, is integrated into the stationary bicycle 18. A stationary bicycle as a "base unit" is given merely by way of example, as any piece of equipment (a rowing machine, a step machine, etc.) could house the computer 24, or the computer 24 could be housed separately. The computer 24 can serve as a "local server" for other health and fitness devices at local system 12, such as the weight trainer 20 and the scale 22. Alternatively, a separate local server 26 can be used to control and/or support various devices in local system 12 via data and control lines 28, and communicate with the remote system 14 via a telephone line 30 and a modem 32. However, in the present preferred embodiment, the assumption is that the local server 26 and modem 32 are not required and that the computer 24 will serve not only to control the operation and data gathering function of the stationary bicycle 18, but will also provide these functions for the weight trainer 20 and the scale 22. Of course, the weight trainer 20 and the scale 22 may include their own computer systems for local control purposes.

The stationary bicycle 18 includes a housing 34 which, as stated previously, preferably houses the computer 24, a crank 36 provided with a pair of pedals 38, a seat 40 supported by a seat stem 42, handle bar 44 supported by handle bar stem 46, legs 48, and feet 50. The various components of the stationary bicycle 18 are typically attached to a rigid frame that is internally connected to the housing 34.

The weight trainer 20 is preferably a resistance-type weight trainer, such as a bench press machine, a biceps curl machine, a squat machine, etc. Typically the user grasps a bar connected to a cable that is attached to a resistance device. This resistance device can be weights, or can be an active resistance device such as a motor, or a passive resistance device such as an electrically actuated brake. Active resistance devices are advantageous in that they can provide a force-feedback that can closely mimic real-world conditions, i.e. the actual forces that might be felt by a user when lifting real weights with a human "spotter" or trainer. In any event, the amount of resistance to movement of the bar (or other portions of a piece of exercise equipment) is preferably under the control of the computer 24 and the script that it is running. Particularly with active resistance devices, the control by the local computer is important. This is because a tight feed-back loop between sensors and actuators (such as motors, solenoids, etc.) is desirable to create realistic force feed-back. This would be difficult to accomplish in a realistic manner

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over a communication linkage, unless such a linkage were extremely fast. However, even in the case of an extremely fast communication linkage, the performance of a remote computer would likely diminish as it was attempting to control even one local system, let alone many local systems. The scale **22** preferably provides an electrical connection to the computer **24** through an I/O port to allow the computer **24** to monitor the weight of the person standing on the scale.

The computer **24** is coupled to a variety of input/output (I/O) devices including a brake **52**, a sensor **54**, a display **56**, a heart rate monitor (HRM) **59**, a loudspeaker **58**, an interface **60**, a modem **62**, and a voice board **64**. In this fashion, the computer **24** can control and monitor the various functions of the stationary bicycle **18**.

More particularly, computer **24** can, under software and hardware control, control the electrically actuated brake **52** which is coupled to the crank **36** of the stationary bicycle. In this fashion, the pedaling force that must be exerted on pedals **38** to cause the crank **36** to rotate at a given speed can be varied under computer control. This electrically actuated brake can be electric/mechanical brake, electric/magnetic brake, etc. as it is well known to those skilled in the art. The brake **52** can be passive (i.e. one that creates a frictional, magnetic or other drag) or active (e.g. a motor/generator that resists the movement of the crank **36**). The sensor **54** is typically used to determine the rotations-per-minute (RPM) of the crank **36**. In this way, the computer **24** can receive information concerning the level of effort being exerted by a user of the stationary bicycle **18**. Rotation sensors are well known to those skilled in the art. The sensor **54** can also measure other parameters such as the force (torque) being applied to pedal **38**, again to provide information to the computer as to the level of effort being exerted by the user of the bicycle.

The computer can provide an output on a display **56** that can be viewed by an individual user sitting on seat **40**. This display can be a simple light display, e.g. a series of light emitting diodes (LEDs) or it can be a full video display. A preferred embodiment of the present invention provides a full video display to provide instructions and encouragement to a user of the stationary bicycle. For example, an image of a "virtual personal trainer" can be provided on the video display **56**. This image is preferably the image of the human personal trainer who is in charge of the remote system **14**.

The loudspeaker **58** provides another important communication medium to the user of the stationary bicycle **18**. For example, under computer **24** control, the user can be told with either a digitally synthesized or digitally recorded voice to pedal faster, pedal slower, that they are doing a good job, etc. Of course, analog recording techniques can be used as well, but are considered to be less flexible and desirable. Preferably, the voice being used is that of the personal trainer associated with the remote system **14** that oversees that local system **12**. Both voice synthesis and digital voice recording on computer systems **24** are well known to those skilled in the art.

A local interface **60** can be used to couple the computer **24** to additional health and fitness devices. In this instance, the local interface **60** is coupled to the weight trainer **20** and to the scale **22**. This additional health and fitness systems can either "dumb" systems with limited digital computation and storage capabilities, or they can include full fledged computer system such as the computer system **24**. In the present embodiment, the weight trainer **20** and scale **22** include digital control circuitry (e.g. a microcontroller) which can communicate with the more powerful computer **24** of the stationary bicycle **18**. The various I/O devices, such as the loudspeaker **58** can be used in conjunction with these other devices **20** and **22**, e.g.

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the weight detected by the scale **22** can be announced on the loudspeaker **58** along with an indication that this is an increase or decrease in weight from the last session. Also, as mentioned previously, the weight trainer **20** can include the equivalent of the electrically controlled brake **52** which allows the resistance of the weight bar or handle to be varied to provide resistance ("weight") training. This control of the brake within the weight trainer **20** can be controlled by a "script" of the computer **24**.

The computer **24** is also coupled to a modem **62** for communication over a telephone line **30**. Alternatively, the computer **24** can be coupled to the remote computer **14** by other communication linkages, such as ISDN digital transmission line, via a local area network, or via a wide area network (WAN) such as the Internet. In other words, the telephone line **30** represents only one type of data communication channel between the local systems **12** and the remote system **14**. The Internet, which has been growing rapidly in popularity, is a particularly good communication linkage due to its ubiquitousness, power, and flexibility. As will be appreciated by those skilled in the art, the Internet is one form of distributed packet network where data is broken into packets which can travel along a multitude of paths between source and destination. The Internet (and private networks known as Intranets) are packet networks operating on the well-known TCP/IP protocols.

The present embodiment also includes a voice board **64** which can bypass the modem such that the loudspeaker **58** can be driven directly to the telephone line **30** in an analog fashion. Combination modem/voice boards are commercially available for personal computer systems, and are well known to those skilled in the art.

The remote system **14** includes, for example, a remote system computer **66** which is coupled to the telephone line **30** by a modem **68**. In addition, a telephone **70** can be coupled to the line **30** by a voice board **72**. Alternatively, the telephone **70** can be coupled to a separate telephone line so that simultaneous telephone and data links can be made. Still further alternatively, it is known to those skilled in the art that a single telephone line can be made to support both voice and data transmission. In any event, the telephone **70** can communicate directly with the loudspeaker **58** of the stationary bicycle **18** over the standard analog telephone line **30**. Alternatively, the telephone **70** can communicate with the computer **66** as indicated by the broken line **74** and the computer **66** can communicate digital voice data via modem **68**, telephone line **30** and modem **62**, to the computer **24**. The computer **24** can then store or pass through the digital voice data and play the voice input to the user of local station **12** via speaker **58**.

As noted above, the computer **66** is used to communicate with the local system **12** via computer communication link or "transmission medium" such as the telephone line **30** or an equivalent. This communication can include the downloading of data and instructions to the computer **24**, and can include the uploading of information from the computer **24** to the computer **66**. This allows for interactive communication between the remote system **14** and the local systems **12**.

The server stations **16** are used to further consolidate information from multiple remote system **14** and to provide a variety of services to the remote systems **14**. While the remote system **14** may be housed in human personal trainer homes or work sites, the server system(s) **16** are preferably more regional or national in origin. In this way, the main office of the enterprise can access each of the server systems **16** to provide upgrades for software, exercise programs, exercise equipment scripts, etc., as well as receiving information from the remote computers **66** that can be used for further analysis

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and for providing further services. Part of this analysis can be on the general and specific level of fitness of various individual users of the local system 12, as well as marketing information that can be used to offer product and services particularly tailored for the various users of the local system 12. The performance of the human personal trainers at remote stations 14 can also be monitored. It should be noted that the server 16 can include direct connect server 76 and peer server 78 that can either be direct server itself (like server 76) to a number of remote stations 14, or which can be a specialized server (such as a dietary analysis server) coupled to one or more direct connect servers 76. In addition, higher-level servers can be used to further consolidate data from the direct connect servers 76 and/or the peer servers 78. For example, the direct connect servers 76 can be regional in scope, while higher level servers can be national or international in scope.

In FIG. 2, a computer 80 is shown in a block diagram form. This basic computer architecture can be used for the local system computer 24, the remote system computer 66, and the server system computer 76. Of course other and equivalent architectures (in the computational sense), such as parallel processing computers can be used in the present invention as well. In the disclosed embodiment, the computer 80 includes a microprocessor 82, random access memory (RAM) 84, read only memory (ROM) 86, real time clock (RTC) 87, digital mass storage 88, CD-ROM drive 89, and a number of input/output (I/O) ports 90. Preferably, the digital mass storage 88 is read/write memory such as a hard disk with adequate storage capacity (e.g. 40 megabytes to 2 gigabytes or more). In addition, CD-ROM drive 89 can be coupled to the bus to provide, in particular, images to be displayed on a display 56 of the local system 12. The various components 82-90 address, pass data, and pass control signals through a bus 92 which typically includes data (D), address (A), and control (C) lines, as it is well known to those skilled in the art. In addition, there are control and "glue" chips typically provided in the form of a "chipset" which are used to couple the various components of the system together. The design and manufacture of computer systems such as computer system 80 is well known to those skilled in the art, and such computer systems are commercially available, both as complete systems and as subsystems (e.g. motherboards) from a variety of commercial sources.

In FIG. 3, a process 94 implemented on a local system computer 24 is illustrated in a flow diagram. The process begins at 96 and, in a decision step 98, it is determined whether there is any activity which requires the attention local system computer. If not, the computer system 24 is in a "standby" mode and process control is returned to step 98 in a recurring manner. If step 98 does determine that there is some activity, one or more of multiple branches are made to process the activity. If the activity is "EXERCISE", e.g. the stationary bicycle 18, the weight trainer 20, or the scale 22 is to be used, a step 100 processes the exercise activity. If it is a "LOCAL SYSTEM" activity such as routine housekeeping, the local system activity is processed in a step 102. If it is a "REMOTE SYSTEM" activity, the remote system activity is processed in a step 104. After the completion of any one of steps 100, 102, and 104, process control is returned to step 98. Of course, other types of activities can be initiated by step 98 such as, for example, a shut down activity which would cause a power-down of system, as will be appreciated by those skilled in the art.

In FIG. 4, step 100 of FIG. 3 is illustrated in greater detail. The process 100 begins at step 106 and, in a step 108, a "welcome greeting" is created. This welcome greeting can be displayed on the screen 56 and/or can be heard from the

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speaker 58, and can be personalized to both the individual user of the local system 12 and the human personal trainer of remote station 14. For example, the image of the personal trainer can show up on the screen 56 with his voice saying "Good morning, Fred! I haven't seen you since last Wednesday. Let's try to get in a good work-out today!" This greeting forms a part of a "virtual personal trainer" at local system 12 which replaces some or all of the need for a human personal trainer to be present at the exercise session at the local system 12. The "virtual personal trainer" is, therefore, a computerized process which emulates part or all of the functions traditionally performed by a human personal trainer.

Next, in a selection step 110, the user decides whether he wants to select his own training program for that session or if he would like the system 12 to select the program. If the user selects the program, he creates a user "script" of what kind of exercise program he would like to perform that day. For example, if the user wishes to simply bicycle at a fixed resistance for thirty minutes, that can be entered in step 112. Alternatively, more complex "scripts" can indicate that he would like to bicycle with interval training for thirty minutes, and then do five repetitions on the weight trainer 20.

If, however, the user allows the system 12 to select the section type, step 114 controls the script selection. This is the preferred mode for using the local station 12 in that the script can be influenced not only by the local station 12, but also by the human personal trainer at the remote system computer 66. For example, data concerning the user's previous performances and the personal trainer's guidance can be stored in mass storage 88 (e.g. on a hard disk) so that a custom-tailored, interactive exercise program can be provided.

As noted above, the exercise program preferably proceeds according to "scripts." A script is simply a sequence of exercise or other health-related events that are performed in fixed or variable sequences. The order and structuring of the script can be modified based upon monitoring the user's performance or by other user feedback. For example, if it is detected that the user is getting tired due to a slowing of the exercise repetition rate, the steps or parameters of the exercise script can be modified accordingly. In other words, certain script steps can be skipped or the parameters concerning the steps can be modified. For example, if a user is determined to be tiring by the local system 12, and if the script says the next exercise event is to be ten repetitions on the weight trainer 20, that step could be skipped. Alternatively, the weight training step could still be done, but the resistance parameters could be modified. For example, instead of doing ten repetitions at a hundred pounds resistance on the weight trainer 20, eight repetitions at eighty pounds of resistance might be called for. The script therefore provides a general framework of a desired exercise session which can be varied based upon human personal trainer input from remote system 14, user input at local station 12, and detected user performance at local station 12.

Once the script has been initiated in either steps 112 or 114, a step 116 detects and records user activity and provides feedback to the user. This step will be discussed in greater detail subsequently. Such parameters as the rotations per minute (RPM) of the crank 36, the timing and speed of the resistance weight repetitions of weight trainer 20, the detected weight on the scale 22, etc. can all be recorded in the mass storage 88 of the local system computer 24. In addition, user feedback is provided. For example, if the person is cycling too slow on the stationary bicycle 18, the computer 24 can generate an encouragement on speaker 58 that the person should pedal faster. Alternatively, if it is determined that the user is over-exerting, such as pedaling too fast, a cautionary

warning can be issued on speaker **58** to slow down. Another important input is the heart rate monitor (HRM) **59** which detects if the heart (pulse) rate is rising too high.

Next, in a step **118**, it is determined whether the session is a modifiable session. Most sessions are preferably be modifiable, unless the user selects, in a step **112**, a non-modifiable session. If the session is modifiable, the session is modified in a step **120** based upon the selected script and upon user activity or other input. For example, if the heart rate monitor **59** detects that the pulse rate is too high, the resistance on the crank **36** can be reduced via a signal to the brake **52**. Next, in a step **122**, it is determined whether the session is completed. This is usually based on the script, although the user can always terminate a session. If the session is not completed, process control is returned to step **116** to repeat the loop. If the session is completed, the session records are updated in the mass storage **88**, as are the scripts, as indicated in step **124**. The process **100** is then completed at step **126**.

In FIG. **5**, the step **116** of FIG. **4** is explained in greater detail. Process **116** begins at **128** and, in a step **130**, exercise parameters relative to the script are stored, preferably in mass storage **88**. These parameters depend on the type of exercise being done, and the type of sensory input available to the system **12**, but typically includes such things as time, RPM, resistance, machine state, etc. These exercise parameters are used to control the implementation of the exercise script, and are stored for later analysis.

Next, in a step **132**, it is determined whether encouragement is needed. An example of encouragement being needed is when the person is slowing down below the suggested repetition rate or speed in the script or, for example, has stopped exercising entirely. In such circumstances, encouragement is given in a step **134**. Again, this encouragement can be auditory via speaker **58**, or visual via display **56**, a combination of the two, or in any other suitable fashion. Next, in a step **136**, it is determined whether a caution is needed. If so, the caution is given in a step **138** either through auditory, visual, or other ways. Caution might be needed if the user is exercising faster than that suggested by the script or if a dangerous physical condition is detected, such as by the HRM **59**. Next, in a step **140**, it is determined if a script preview should be provided. If yes, a step **142** provides an auditory, visual or other type of preview of upcoming script events. For example, the system **12** could be taking a user on a imaginary bicycle ride through the country. The script preview would then, in a step **142**, indicate something like "We are now approaching a hill. You will note an increased resistance to pedaling in a few seconds which will steadily increase until we reach the crest of the hill in about one and a half minutes." These steps **134**, **138**, and **142** are further examples of the local system **12** serving as a "virtual personal trainer." The process **116** is completed at step **144**.

In FIG. **6**, step **102** of FIG. **3** is illustrated in greater detail. Process **102** begins at step **146** and, in a step **148**, it is determined what type of local system activity is to be performed. Three different local system activities will be discussed herein by way of example. As a first example, the local system activity can be to alert the user as indicated in a step **150**. For example, the local computer **24** can detect that it is time for a scheduled exercise session. The computer **24** can then communicate with the user via speaker **58** that it is time for a scheduled exercise. In this instance, the computer **24** would use a real time clock (RTC) **87** to know that it was time to initiate the exercise session. After completion of step **150**, process control is returned to step **148**.

A second type of local system activity would be house-keeping. For example, in a step **152**, diagnostics can be run to

check the operability and calibration of the various components of local system **12**. Also, in a step **154**, data compression, hard disk compaction, and data preparation can be accomplished.

A third example of local system activity detected by step **148** is a local communication within the local system **12**. For example, the weight trainer **20** or the scale unit **22** might be communicating to the computer **24** via the interface **60** or vice-versa. A step **146** processes the data from the local unit accordingly and can provide commands to the local unit for the exercise or health session. Process control is then returned to step **148** after the completion of steps **150**, **154**, and **156**.

In FIG. **7**, step **104** of FIG. **3** is illustrated in greater detail. The process **104** begins at **158** and, in a step **160**, the connection is established with the remote system. Next, in a step **162**, information is uploaded or downloaded, the process is completed at **164**. It should be noted that the connection of step **160** can be either an incoming connection or an outgoing connection. If there is an outgoing connection to a remote system computer **66** the modem **62** makes connection with the telephone line **30** and dials the telephone number of the remote system computer **66**. For an incoming connection, the modem **62** detects an incoming call on telephone line **30**, picks up the line, and connects to the local system computer **24**.

Since the systems **12** are typically home based, the user may wish to use a single telephone line for both normal telephone needs and for use by the system **12** for step **160**. It would, of course, be simpler to have an additional telephone line installed simply for the system **12**, but this may be impractical from a cost point of view. If the system **12** is sharing the telephone line with the other telephones and devices in the household, mechanisms and/or processes are preferably provided to prevent interference with normal telephone usage. If the local system **12** initiates the call to the server **66**, it would simply need to detect whether the telephone line was available so as not to interfere with other use of the telephone line. It can help ensure this availability by calling at unusual times, such as the middle of the night or when it is known that the user is away from the home, e.g. at work.

However, with incoming calls from a computer **66** to the computer **24** on a single home line, some way of distinguishing between calls for the local system **12** and other kinds of telephone calls should be preferably provided. Again, this could be time-based such that it is implied that a telephone call in the middle of the night is for the local system **12**. The RTC **87** could be used for timing purposes in this situation, or the computer could simply start a counter. In this instance, the modem **62** would pick up the telephone quickly before other devices, such as an answering machine for a facsimile machine, would have a chance to pick it up. Alternatively, the local system **12** could allow a number of "rings" before picking up the line. For example, the local system **12** could allow the telephone line **30** to ring six times before modem **62** picks up the line. In a still further instance, the computer **66** might be calling a local computer **24** and have the phone line picked up by the user or by another device (like a telephone answering machine) coupled to the telephone line **30**. In this instance, the computer **66** could hang up the line and call back a second time. Since the computer **24** can monitor the line via modem **62**, it could know that a call back within, for example, thirty seconds of a hang up is for the computer **24**. Alternatively, it could listen to the line on the first call to determine if it was computer **66** calling, and then pick it up the line **62** immediately on any call back, or call back the remote system computer **66** itself when the telephone line was free. Again, RTC

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87 can be used for timing purposes, or counters can be used, as is well known to those skilled in the art.

Information being uploaded can include parameters and data stored in the mass storage 88 concerning the exercise sessions by the user(s) of the local system 12. It can also include other system information used for diagnosing or improving the operation of the local system 12. In addition, information can be downloaded to the local system 12 from the remote system computer 66 to, for example, change exercise scripts for a user, provide upgrades for the software running on the local system computer 24, etc.

In FIG. 8, a process 166 running on a remote system computer 66 is illustrated. The process 166 begins at 168 and, in a step 170, an activity type is determined. A first type of activity is a batch system connection whereby the remote system computer 66 sequentially connects with a series of local systems for the uploading or downloading of information. This process is accomplished in step 172. A batch system connection can be used to update the software on a number of computers 24 of local system 12, or to upload exercise session data from a number of local systems 12 on a regular basis, e.g. daily, weekly, monthly, etc.

If step 170 detects a single system activity type, a step 174 connects the remote system computer 66 to a single local system 12 for uploading and/or downloading as described previously. If an activity type "PROCESS DATA" is detected by step 170, a step 176 prepares data on the computer 66 for storage, processing, communication, and/or analysis. Examples of some types of analysis of the data will be discussed subsequently with reference to FIGS. 8a-8c. Finally, if an activity type "SERVER CONNECTION" is detected, a connection is made with the server 76 to upload or download information. The server connection can be initiated by the computer 66, or it can be initiated by the server system computer 76 depending on the circumstances. Upon the completion of any of the steps 172, 174, 176, and 178, process control is returned to step 170.

In FIGS. 8a-8c, several examples of types of data analysis that can be performed on the remote system computer 66 in step 176 of process 166 are illustrated. Of course, this analysis can be accomplished at any of the computers on the system 10 including the remote system computer 66, server system computer 76, peer system computer 78, or even on the local system computer 24. In FIG. 8a, a display of exercise activity is shown. This display can be on the display on a video display, such as a display 56, or it can be printed to make a permanent record. Along the y axis are the number of minutes of exercise, and along the x axis are the days of the week. As seen in the illustration of FIG. 8a, on Monday the user had twenty minutes of exercise, on Tuesday the user had sixty minutes of exercise, and on Thursday the user again had twenty minutes of exercise.

In FIG. 8b, Another display or print out of, preferably, the remote system computer 66 is a summary of daily exercise activity. As noted, the Monday twenty minute exercise session actually consisted of a ten minute cycling session and a ten minute weight session. Also included is a summary of the number of calories burned and other parameters associated with those activities.

In FIG. 8c, a plot of the user's weight as taken from scale 22 is shown illustrating the day-by-day weights of the user during part of the month of January. In this way, users are provided with good feed-back concerning the progress he/she is making in reaching their ideal weight. This information can be used by the remote or server systems to modify the exercise scripts and/or provide dietary counseling or products to the individual users of local stations 12.

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As noted, the analysis of the data is preferably accomplished at the site of the human personal trainer, i.e. the site of the remote system computer 66. However, this analysis can also be accomplished at upstream or downstream computers. As mentioned previously, the computer 24 of the local system 12 is perfectly capable of making these types of analysis and displaying the on the display 66. Also, a simple printer I/O port can be provided in the stationary bicycle 18 to allow a printout of the graphs and charts that were shown by way of example in FIGS. 8a, 8b, and 8c.

In FIG. 9, a process 180 running on server system computer 76 is illustrated. In many ways, the process 180 running on the server system computer 76 is very similar to the process 166 running on the remote system computer 66. The process 180 begins at 182 and, in a step 184, an activity type is detected. One type of activity type is the batch connection where the server sequentially (e.g. serially and/or in parallel) connects to a series of remote system computers 66 for uploading and downloading information. This process is accomplished at step 186. Another activity type detected by step 184 is the single system connection accomplished in step 188. In step 188, the server connects to a single remote system for uploading or downloading. In the case of step 186 where there is a batch connection, the server system computer 76 will almost always be the initiating computer for the connection. With the single system connection however, the initiation of the connection can come either from the server 76 or from the remote system computer 66.

If step 184 detects a "PROCESS DATA" activity type, the data for multiple remote system computers 66 (which includes data from multiple local system 12) is prepared for storage, processing, communication, and/or analysis in a step 190. If a step 184 determines that there is to be a peer-to-peer connection with a peer server 188, a step 192 makes the connection with the peer server to pass data back and forth. Of course, there are other activity types that can be performed by the process on server system computer 76, these four being by way of example. After the completion of steps 186, 188, 190, or 192, process control is returned to step 184 to detect another activity type.

In FIG. 10, an Internet linked version of the present invention is illustrated. Those portions of the system that are similar to those previously described use the same reference numbers. It should be understood that while this embodiment is described in terms of the Internet, it is also applicable to other forms of networking. However, a data packet network such as the Internet, or an Intranet, operating on a TCP/IP protocol is preferred.

In FIG. 10, a local system 12a is provided with an Internet access apparatus 196, and an enlarged video display such as a television 198. The television 198 can be any standard television (currently typically an analog television) which can develop an image provided over a cable or wire 200 from the Internet access apparatus 196. Internet access apparatus such as apparatus 196 are available from variety of vendors at the present time, and are generally referred to as a "set-top Internet boxes." Set-top Internet box 196 typically communicates with a user via Infrared (I/R) data linkages, such as I/R linkages 202 and 204. In the present invention, these linkages are used to communicate with the local system 12a, as will be appreciated by those skilled in the art. Some optimization of the software in the apparatus 196 may be preferable to communicate with the local system 12a, although standard apparatus 196 can also be used by having the local system 12a emulate a remote I/R unit or remote I/R keyboard.

Local system 12a includes an I/R transmitter 206 which produces an I/R beam 202 that can be detected by an I/R

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detector **208** of the Internet access apparatus **196**. The local system **12a** also includes an I/R receiver **210** which receives an I/R beam **204** generated by an I/R transmitter **212** of the Internet access apparatus **196**. Techniques for communicating between electronic devices with I/R beams are well-known to those skilled in the art.

If a higher-bandwidth linkage or "link" is preferred between the local system **12a** and the Internet access apparatus **196**, a cable or the like can be provided to connect the two. Also, it will be appreciated by those skilled in the art that the Internet apparatus **196** is only one method for accessing the Internet, other methods including the use of personal computers, etc. Higher-bandwidth is likely to be desired if a video camera **214** is used to transmit video over the Internet.

The Internet access apparatus can be coupled to the Internet **216** by a number of communication linkages or "transmission media." For example, if the Internet access apparatus **196** includes a cable modem, a cable **217** can be coupled to an Internet server at a cable provider **218** to couple to the Internet **216**. Alternatively, if the Internet access apparatus is provided with a standard modem, a telephone line **220** can be coupled to a Internet server at a telephone provider **222** to couple to the Internet **216**. Finally, if a wireless modem is provided by Internet access apparatus **196** with an antenna **224**, an Internet server at a wireless provider **226** with an antenna **228** can be used to couple to the Internet **216**.

Also coupled to the Internet **216** are one or more local systems, such as local systems **12b** and **12c**, one or more remote systems **66'**, and/or one or more server systems **76'**. Since the local, remote, and server systems are all coupled to the Internet **216**, their hierarchy is more a logical hierarchy rather than a physical or wired hierarchy. In other words, the local systems can talk with each other and with the remote system **66**, and the remote systems can talk with each other and with the server system **76** in a "logical hierarchy."

In FIG. **11**, a computer system **24** ("local computer") of local system **12a** is illustrated in greater detail. As previously described, the local computer **24** can comprise the motherboard of a standard personal computer that has been programmed to perform the process of the present invention. Most of these processes have already been described, and will not be repeated here. The computer **24** is operative to control the I/R transmitter **206** and the I/R detector or receiver **210** to implement communication with the Internet access apparatus **196**. As mentioned previously, these communication linkages can be augmented or substituted by other types of communication linkages, such as a higher-bandwidth cable or twisted pair linkage to the Internet access apparatus **196**. In addition, the computer **24** can receive video data from a video camera **214** of the user. This video data can either be real time data, or a series of video "snapshots," e.g. a "frame" a video sent every few seconds. Preferably, if this video data is to be sent over the Internet, it is compressed by some form of standard compression algorithm, such as MPEG.

Also shown in FIG. **11** are a number of "active" actuators **220**, **222**, **224**, and **226**. These actuators are controlled by computer **24**. Actuator **230** is coupled to the crank **36** of the pedal **38** to provide a tactile, haptic, or "force" feedback on the pedal **38**. Likewise, actuators **232**, **234**, and **236** are provided to provide a tactile, haptic or "force" feedback on the stem **42** of seat **40**, on the stem **46** of handlebar **44**, and on the frame or enclosure **34** itself. Therefore, "real-world" forces such as hitting a rock, wind forces (which tend to exert the force on the handlebar **44**) and others can be imparted on the user of the local system **12a**.

The actuators **230-236** can be motors, solenoids, and other forms of force-producing mechanisms. They can be electri-

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cally, hydraulically, or pneumatically controlled, although electrically controlled actuators are preferred. It should also be noted that the actuators can also serve as sensors that can be "read" by the computer **24**. Also, the actuators can be used to provide mechanical resistance. For example, the actuator **230** can eliminate the need for a friction-type brake **52**. Also, the actuator **234**, if of a suitable type, can be used to both sense the position of the handlebar **44** and to provide a force feedback on those handlebars.

In FIG. **12**, a "virtual exercise session" in a "virtual world" is illustrated. More particularly, an image **I** is developed on the screen **238** of the television **198** which simulates both the user **240** and one or more individuals **242**. These one or more other individuals can be users at other local machines, or can be the "personal trainer" at another local system or at a remote system. In this instance, the user is riding a bicycle along a road **244** and is trailing behind the other user **242** also riding a bicycle. Through the use of the actuators, the user **240** can feel the surface of the road, can get a "boost" when going downhill and feel a "drag" as he goes uphill, can feel the affects of a wind **246**, can feel the lessening of resistance to pedaling when "drafting," i.e. riding closely behind, the other user **242**, etc. With the use of the video camera **214**, an image of the other user **242** can be provided on the screen **238**, e.g. pasted onto the cycling figure's body **242**, as can be the image of the user **240** on the screen of the local system of user **242**.

Of course, there are many "virtual worlds" that one or more users of the exercise apparatus can inhabit. For example, the user can be a standard gymnasium or health club, and wander from exercise equipment to exercise equipment while interacting with other user/exercisers and personal trainers in this virtual world. In consequence, the user **240** is motivated to exercise in much the same way as if he journeyed to a gymnasium or health club, without leaving the comfort and convenience of home.

While this invention has been described in terms of several preferred embodiments, it is contemplated that alternatives, modifications, permutations and equivalents thereof will become apparent to those skilled in the art upon a reading of the specification and study of the drawings. It is therefore intended that the following appended claims be interpreted as including all such alternatives, modifications, permutations and equivalents as fall within the true spirit and scope of the present invention.

What is claimed is:

1. An exercise system comprising:

an exercise apparatus having a level of effort that is adjustable with a resistance producing actuator that is coupled between a body engaging member and a frame of said exercise apparatus, said exercise apparatus providing a scripted virtual personal training experience for a user of said exercise apparatus, said scripted virtual personal training experience comprising timed changes in said level of effort, wherein said scripted virtual personal training experience is modifiable based upon a performance of the user such that said timed changes in said level of effort are automatically adjusted during said scripted virtual personal training experience based upon the performance of the user during the scripted virtual personal training experience, said scripted virtual personal training experience being stored in a memory which is removably engageable with said exercise apparatus, said scripted virtual personal training experience provides warning of an impending change in said level of effort prior to a change in said level of effort, said

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change in said level of effort being caused by an automated control of said actuator by said exercise apparatus.

2. An exercise system as recited in claim 1 wherein said exercise apparatus is one of a plurality of exercise apparatus, each of which is in at least part-time communication with a computer that is separate from said exercise apparatus.

3. An exercise system as recited in claim 1 wherein said scripted virtual personal training experience includes vocal and actuator control data stored in said memory.

4. An exercise system as recited in claim 3 wherein said automated control of said actuator is in accordance with said actuator control data.

5. An exercise system as recited in claim 1 wherein said exercise apparatus is selected from the group comprising a bicycle, a rowing machine, a step machine, a treadmill, and a resistance trainer.

6. An exercise system as recited in claim 1, wherein said exercise apparatus further comprises:

an audio display providing an audible alert of an impending change in a scripted exercise session-and
an actuator controller coupled to said actuator for implementing said change subsequent to said audible alert.

7. An exercise apparatus as recited in claim 6 further comprising a visual display displaying images related to said scripted exercise session.

8. An exercise apparatus as recited in claim 7 wherein said actuator controller is synchronized with at least one of said visual display and said audio display.

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9. An exercise apparatus as recited in claim 8 wherein control signals for at least one of said visual display, said audio display, and said actuator are at least temporarily digitally stored.

10. An exercise apparatus as recited in claim 6 wherein said exercise apparatus is selected from the group comprising a bicycle, a rowing machine, a step machine, a treadmill, and a resistance trainer.

11. An exercise apparatus as recited in claim 6 wherein control signals for at least one of said audio display and said actuator are at least temporarily digitally stored.

12. An exercise apparatus as recited in claim 11 wherein said control signals are stored in a volatile digital storage medium.

13. An exercise apparatus as recited in claim 11 wherein said control signals are stored in a non-volatile digital storage medium.

14. An exercise apparatus as recited in claim 13 wherein said non-volatile digital storage medium is a rotary disk digital storage medium.

15. An exercise apparatus as recited in claim 6 wherein said audio display includes a loudspeaker.

16. An exercise apparatus as recited in claim 13 wherein said non-volatile digital storage medium is a solid state digital storage memory.

* * * * *

UNITED STATES PATENT AND TRADEMARK OFFICE
CERTIFICATE OF CORRECTION

PATENT NO. : 7,637,847 B1
APPLICATION NO. : 10/751334
DATED : December 29, 2009
INVENTOR(S) : Paul L. Hickman

Page 1 of 4

It is certified that error appears in the above-identified patent and that said Letters Patent is hereby corrected as shown below:

On the Title Page

Item [56] add the following references:

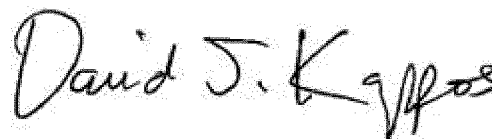
--5,910,070	6/1999	Henry et al.
6,786,848	9/2004	Yamashita et al.
6,808,473	10/2004	Hisano et al.
6,991,586	1/2006	Lapcevic
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2005/0233859	10/2005	Takai et al.
2005/0261609	11/2005	Collings et al.
2005/0272564	12/2005	Pyles et al.
2008/0300110	12/2008	Smith et al.--

Title page, Item [56] add the following references:

--Notice of Allowance and Fee(s) Due, dated Dec. 30, 2008, 8 pages, U.S. Appl. No. 10/856,676
Notice of Allowance and Fee(s) Due, dated Dec. 17, 2008, 5 pages, U.S. Appl. No. 11/440,703
Final Office Action, dated Jan. 6, 2009, 8 pages, U.S. Appl. No. 11/657,701
Final Office Action, dated Dec. 31, 2008, 7 pages, U.S. Appl. No. 11/150,914
Notice of Allowance and Fee(s) Due, dated Jan. 28, 2009, 15 pages, U.S. Appl. No. 10/674,911--

Title page 4, Item [56] change "Internet Archive Wayback Machine, archive for www.ifit.com, at http://web.archive.org/web/*/www.ifit.com, Sep. 1, 2003, 1 page." to

Signed and Sealed this
Nineteenth Day of June, 2012

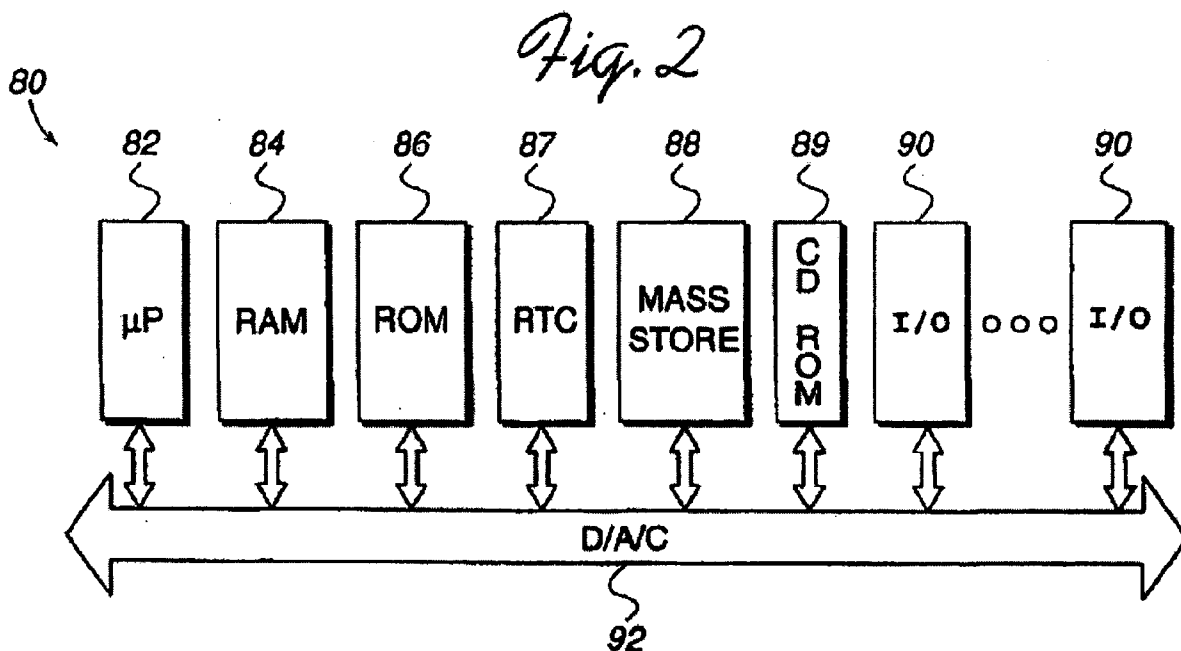


David J. Kappos
Director of the United States Patent and Trademark Office

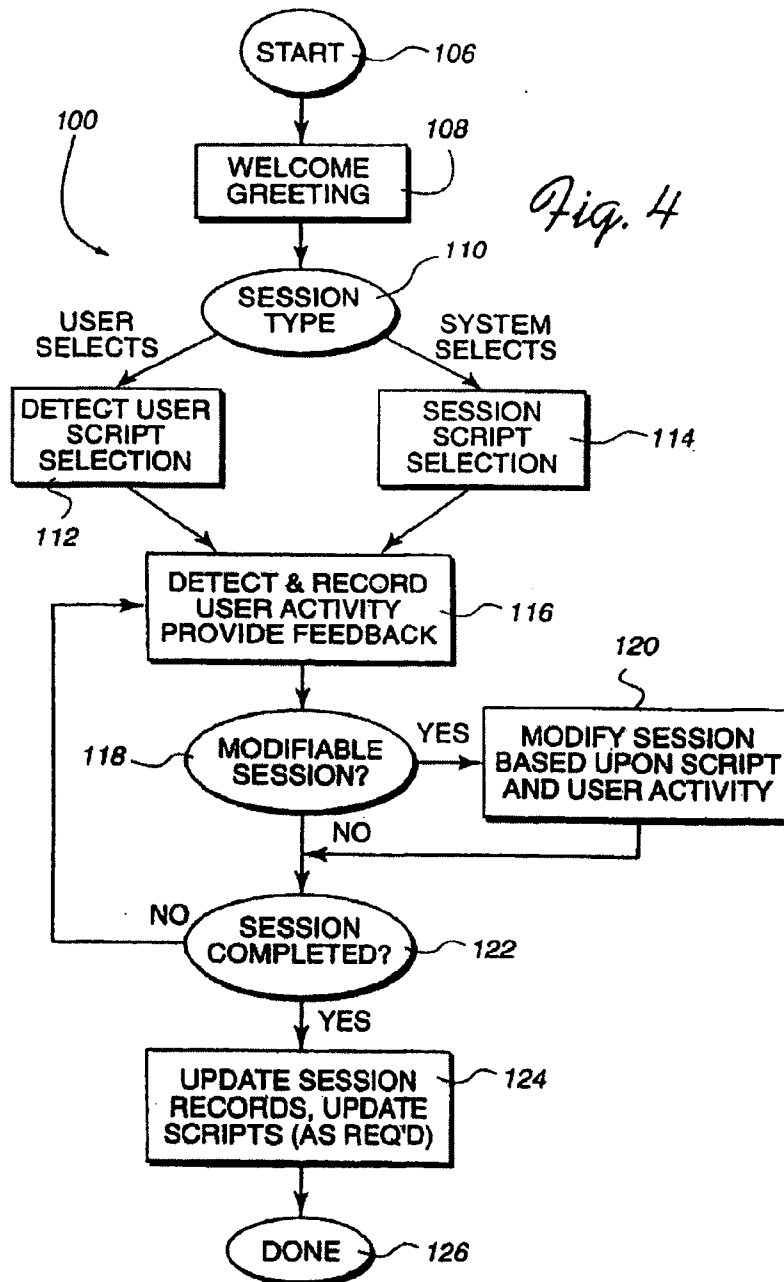
U.S. Pat. No. 7,637,847 B1

--Internet Archive Wayback Machine, archive for www.ifit.com, at
http://web.archive.org/web/*/www.ifit.com, Sept. 1, 2003, 1 page.--
 Title page 5, Item [56] change "Notice of Allowance and Fee(s)
 Due, date mailed Jun. 2, 2004, 4 pages, U.S. Appl. No. 09/641600." to
 --Notice of Allowance and Fee(s) Due, date mailed Jun. 2, 2004, 4 pages, U.S. Appl. No.
 09/641,600.--
 Title page 5, Item [56] change "Notice of Allowance and Fee(s)
 Due, date mailed Jul. 6, 2006, 4 pages, U.S. Appl. No. 10/773617." to --Notice of Allowance and
 Fee(s) Due, date mailed Jul. 6, 2006, 4 pages, U.S. Appl. No. 10/773,617.--
 Title page 6, Item [56] change "Notice of Allowance and Fee(s)
 Due, date mailed Jun. 4, 2008, 9 pages, U.S. Appl. No. 11/429,728." to --Notice of Allowance and
 Fee(s) Due, date mailed Jun. 4, 2008, 9 pages, U.S. Appl. No. 11/429,725.--
 Title page 6, Item [56] add --Advisory Action dated Feb. 2, 2008, 3 pages, U.S. Appl. No.
 11/150,914.--

In the drawings, Fig. 2 should be replaced with the corrected Fig. 2 as shown below.



In the drawings, Fig. 4 should be replaced with the corrected Fig. 4 as shown below.



Column 5

Line 8, change “scale.” to --scale 22.--

Line 31, change “parameters” to --parameters,--

Line 32, change “computer” to --computer 24--

Line 33, change “bicycle.” to --bicycle 18.--

Line 34, change “computer” to --computer 24--

Line 40, change “bicycle.” to --bicycle 18.--

Line 59, change “This” to --These--

Lines 59 and 60, change “either “dumb”” to --either be “dumb”--

Line 60, change “full fledged computer system” to --a full-fledged computer system,--

Line 66, change “58” to --58,--

Column 6

Line 5, change “52” to --52,--

Line 52, change “medium” such as” to --medium,” such as--

Column 9

Line 34, change “or visual” to --visual--

Column 10

Line 49, change “computer” to --computer 24--

Line 51, change “for a facsimile” to --or a facsimile--

Column 12

Line 34, remove “[188]”

Line 54, change “apparatus” to --apparatus,--

Line 55, change “196” to --196,--

Column 13

Line 15, add --196-- after “access apparatus”

Line 34, change “66” to --66'--

Line 35, change “76” to --76'--

Line 40, change “process” to --processes--

Line 56, change “220, 222, 224, and 226.” to --230, 232, 234, and 236.--



US007637847C1

(12) **INTER PARTES REEXAMINATION CERTIFICATE (585th)****United States Patent****Hickman**(10) **Number:** **US 7,637,847 C1**(45) **Certificate Issued:** **Apr. 25, 2013**(54) **EXERCISE SYSTEM AND METHOD WITH
VIRTUAL PERSONAL TRAINER
FOREWARNING**(75) Inventor: **Paul L. Hickman**, Los Altos Hills, CA
(US)(73) Assignee: **ICON Health & Fitness, Inc.**, Logan,
UT (US)**Reexamination Request:**

No. 95/001,681, Jul. 8, 2011

Reexamination Certificate for:Patent No.: **7,637,847**
Issued: **Dec. 29, 2009**
Appl. No.: **10/751,334**
Filed: **Dec. 30, 2003**

Certificate of Correction issued Jun. 19, 2012

Related U.S. Application Data

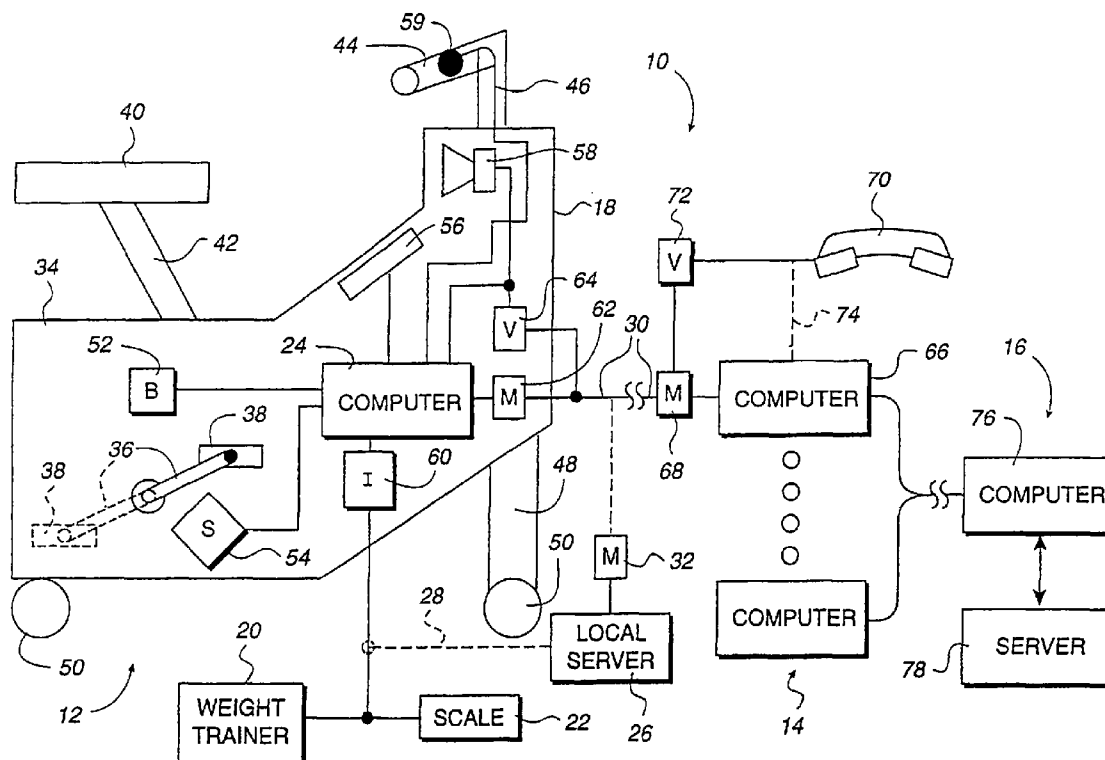
- (63) Continuation of application No. 09/690,178, filed on Oct. 16, 2000, now Pat. No. 6,749,537, which is a continuation-in-part of application No. 09/273,591, filed on Mar. 22, 1999, now Pat. No. 6,193,631, which is a continuation of application No. 08/766,513, filed on Dec. 13, 1996, now Pat. No. 6,059,692.
- (60) Provisional application No. 60/008,603, filed on Dec. 14, 1995.

(51) **Int. Cl.**
A63B 71/00 (2006.01)(52) **U.S. Cl.**
USPC **482/8; 482/1; 482/9**(58) **Field of Classification Search** None
See application file for complete search history.(56) **References Cited**

To view the complete listing of prior art documents cited during the proceeding for Reexamination Control Number 95/001,681, please refer to the USPTO's public Patent Application Information Retrieval (PAIR) system under the Display References tab.

Primary Examiner — Danton Demille(57) **ABSTRACT**

An exemplary exercise system embodiment includes an exercise apparatus having a level of effort that is adjustable with an actuator. The exercise apparatus preferably provides a scripted virtual personal training experience for a user of the exercise apparatus. The exercise apparatus preferably includes a loudspeaker to provide a vocal forewarning of an impending change in the level of effort prior to a change in the level of effort by an automated control of the actuator. An exemplary method embodiment for creating an exercise experience includes providing a scripted virtual personal training experience for a user of an exercise apparatus including a vocal forewarning of an impending change in a level of effort required of the user and automatically changing the level of effort after the vocal warning.



**INTER PARTES
REEXAMINATION CERTIFICATE
ISSUED UNDER 35 U.S.C. 316**

5

THE PATENT IS HEREBY AMENDED AS
INDICATED BELOW.

AS A RESULT OF REEXAMINATION, IT HAS BEEN
DETERMINED THAT:

10

Claims **1-16** are cancelled.

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