US 20070049473A1

(19) **United States**

(12) **Patent Application Publication**

(10) **Pub. No.: US 2007/0049473 A1**

(43) **Pub. Date: Mar. 1, 2007**

Chapman et al.

(54) **BREAST SCULPTING EXERCISE APPARATUS**

(76) Inventors: **Jessica Chapman**, Suisun, CA (US); **Paul Berman**, Santa Monica, CA (US); **Jeffrey Bentzler**, Los Angeles, CA (US)

Correspondence Address:
STAINBROOK & STAINBROOK, LLP
3558 ROUND BARN BLVD.
SUITE 203
SANTA ROSA, CA 95403 (US)

(21) Appl. No.: **11/313,021**

(22) Filed: **Dec. 19, 2005**

Related U.S. Application Data

(60) Provisional application No. 60/710,392, filed on Aug. 23, 2005.

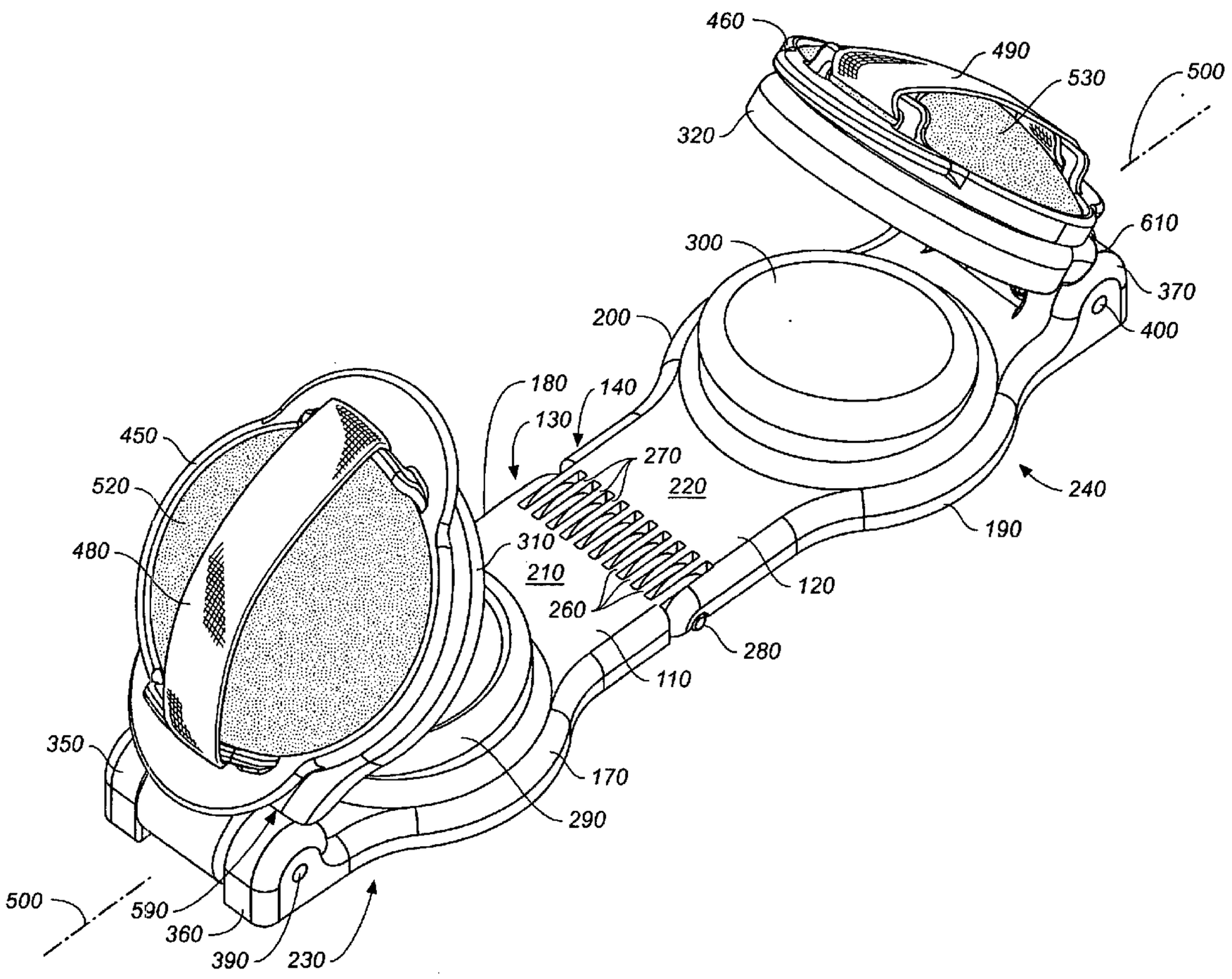
Publication Classification

(51) **Int. Cl.**
A63B 21/02 (2006.01)
A63B 21/05 (2006.01)

(52) **U.S. Cl.** **482/121**; 482/126; 482/128

(57) **ABSTRACT**

A breast sculpting exercise apparatus including a pair of pivotally joined primary plates and secondary plates each pivotally connected to one of the primary plates. The secondary plates are biased away from the primary plates and require force to depress. The apparatus has an open configuration, wherein the primary plates rest on a flat surface such that one form of breast sculpting exercise can be performed; and a closed configuration that orients the apparatus in such a way that yet another form of breast sculpting exercise can be performed. Rotatable hand plates with hand straps are disposed on each of the secondary plates and are rotated in accordance with the configuration of the apparatus.



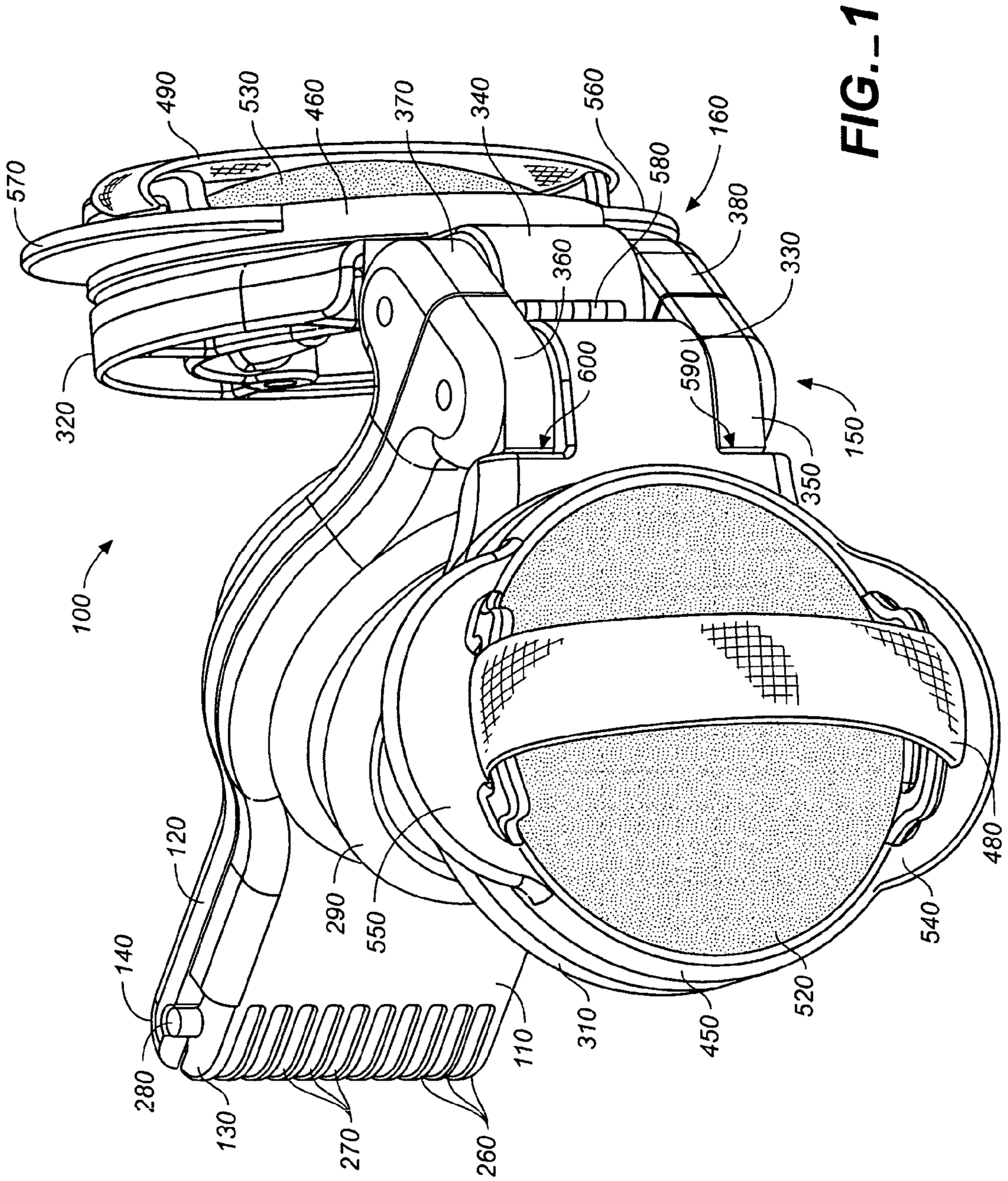

490
530
460
370
340
560
580
160
570
380
330
360
600
590
320
350
150
100
120
290
550
140
480
540
280
310
450
520
110
130
270
260

FIG._1

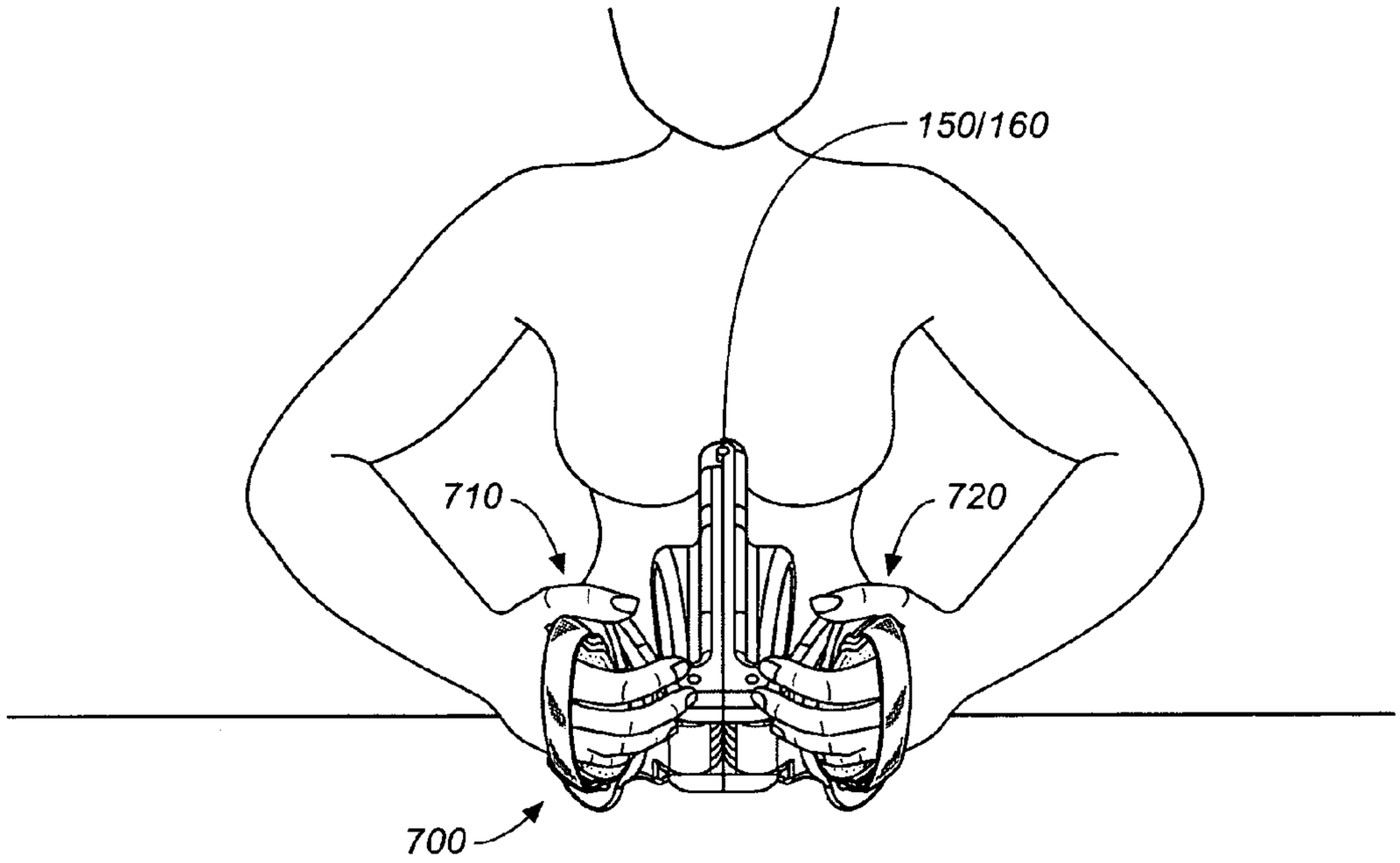


FIG._2A

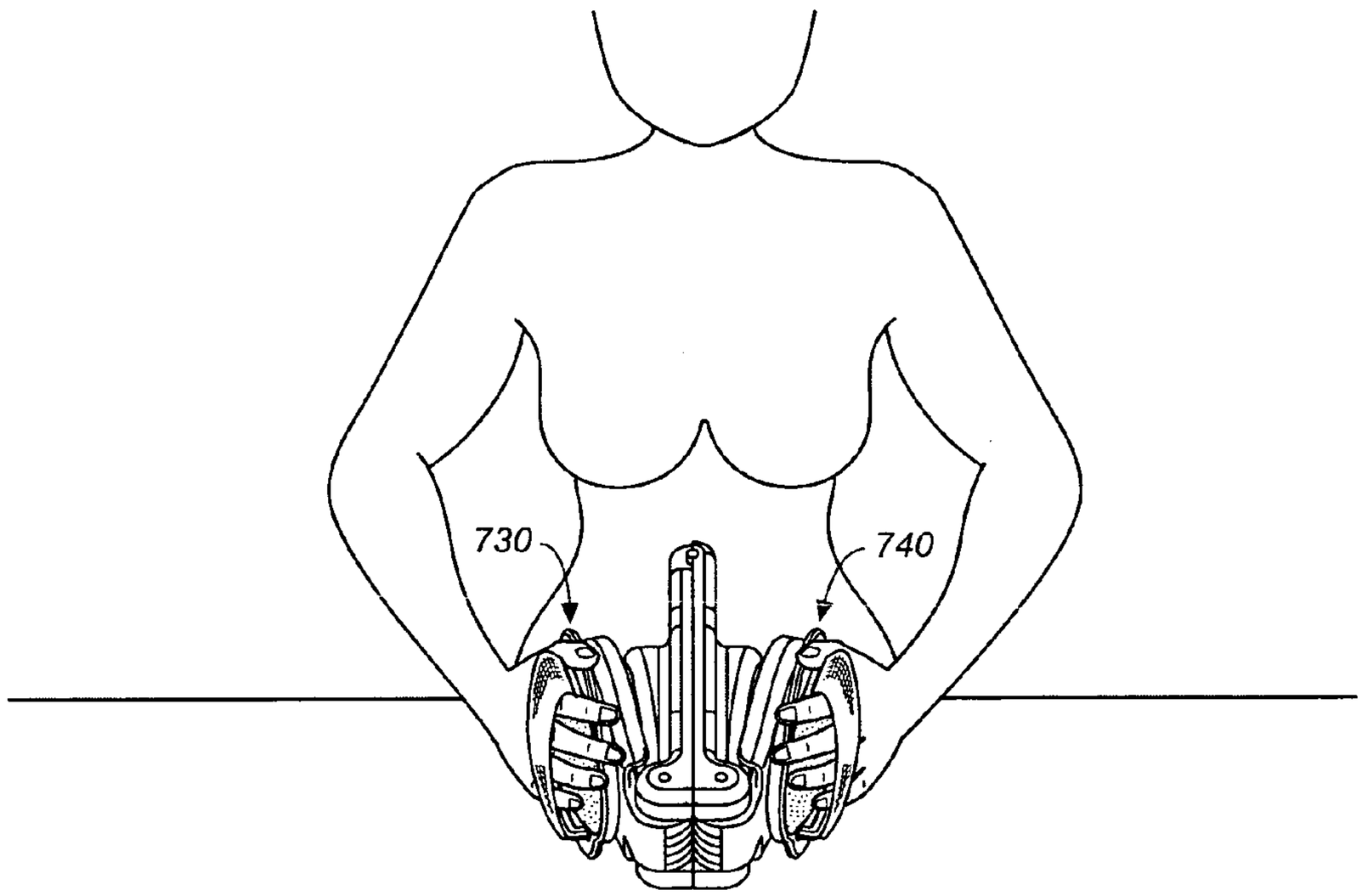


FIG._2B

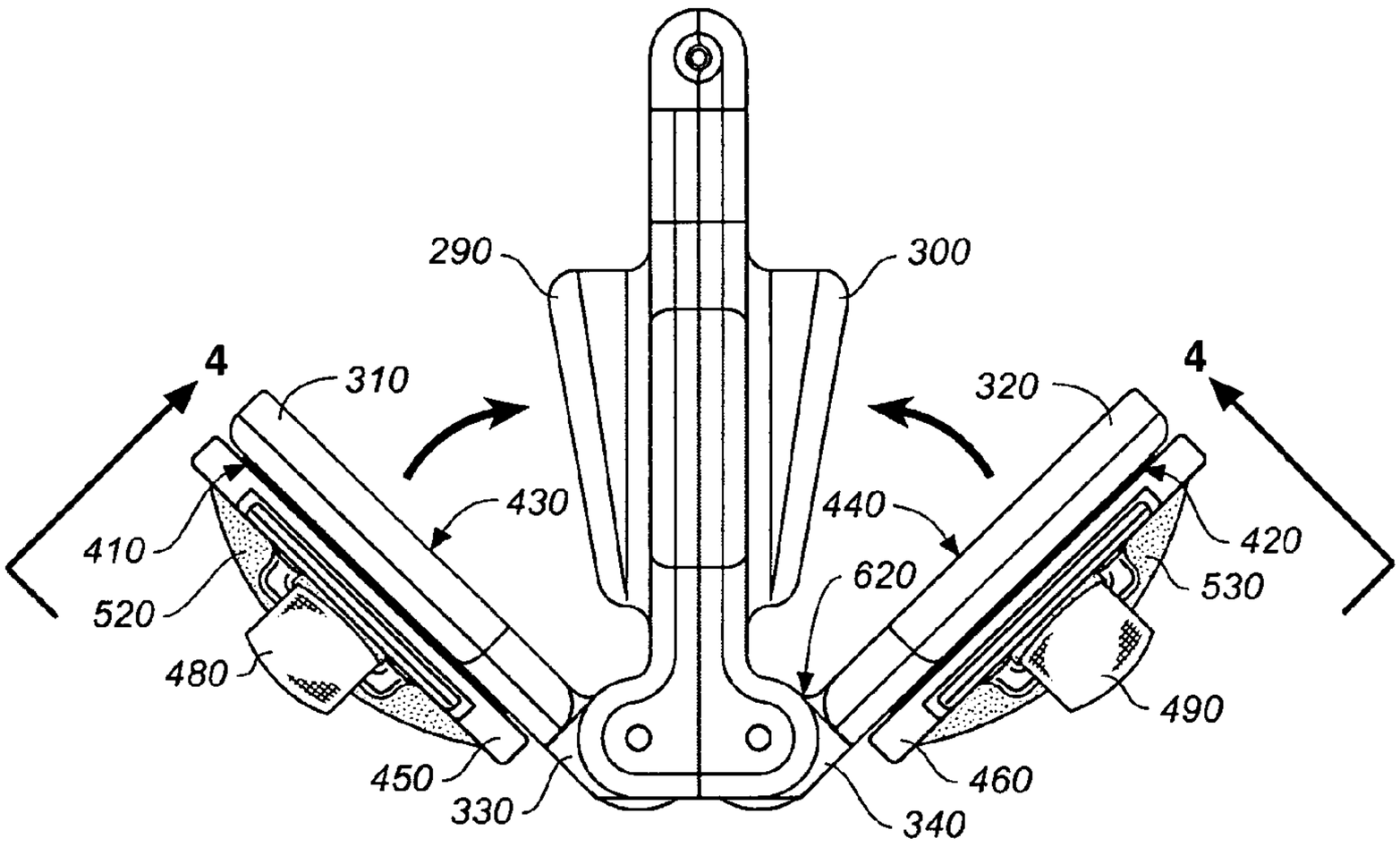

290
300
4
4
310
320
430
440
410
420
520
620
530
480
490
450
460
330
340

FIG._3

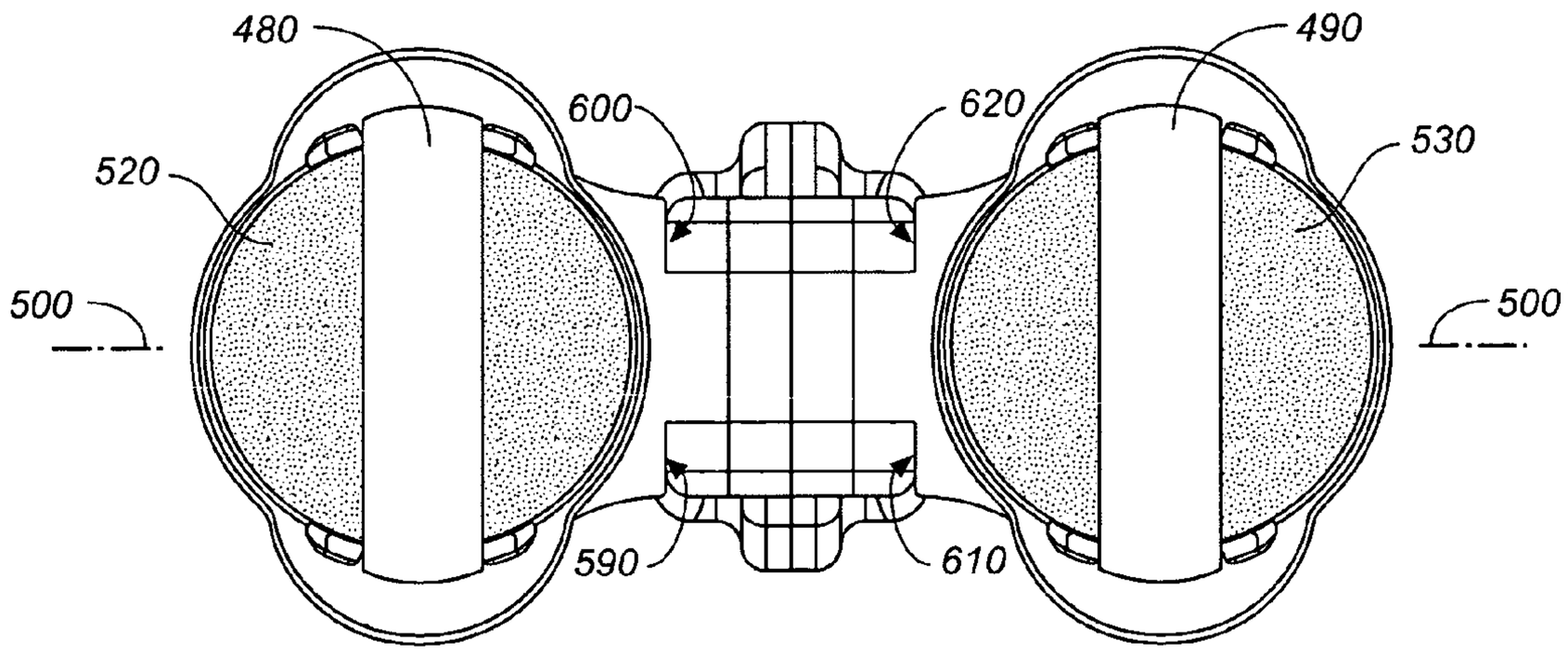

480
490
600
620
520
530
500
500
590
610

FIG._4

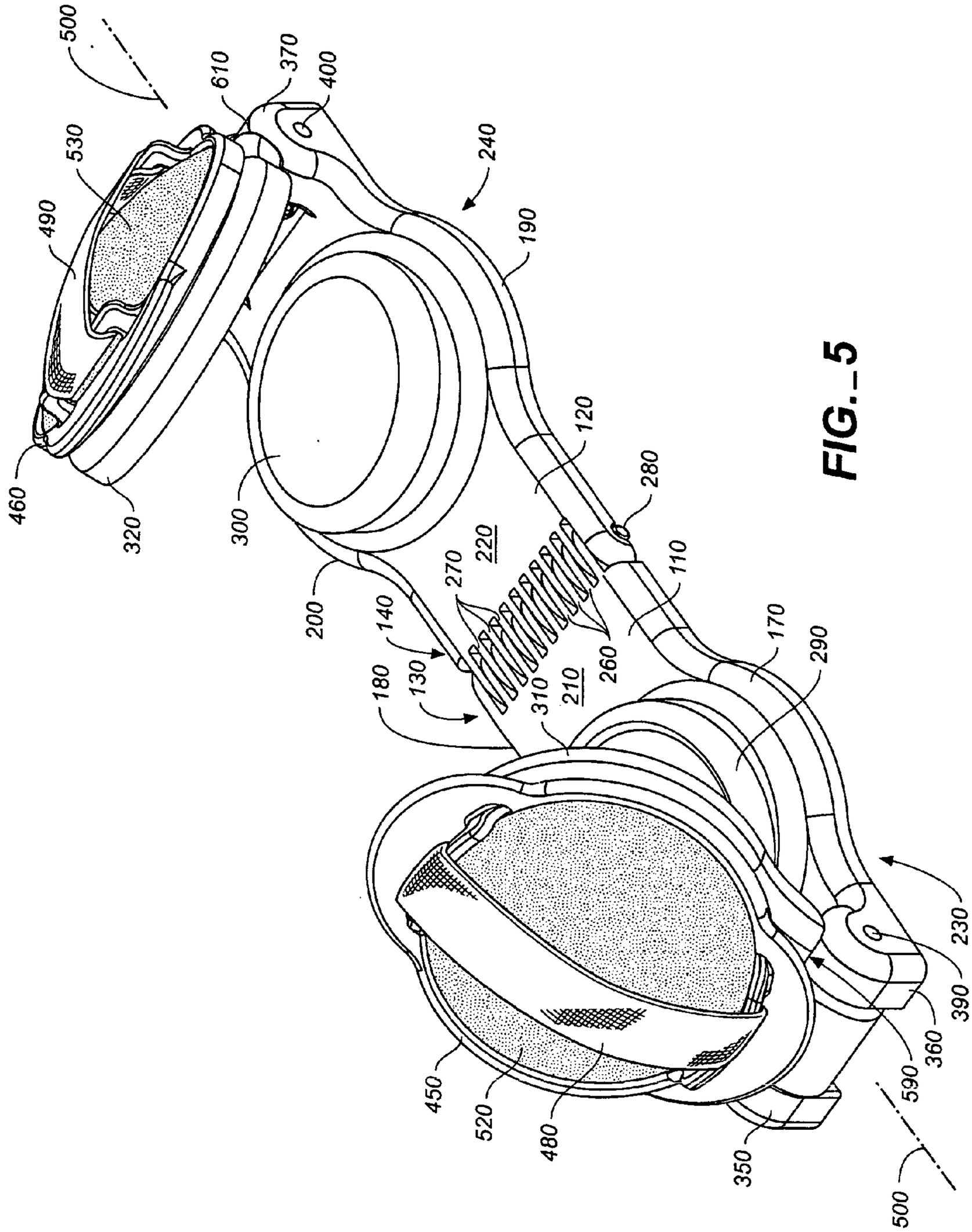

500
610
370
400
530
240
490
190
120
280
460
320
300
200
140
270
220
110
180
130
260
170
290
310
210
450
520
480
350
390
360
590
230
500

FIG._5

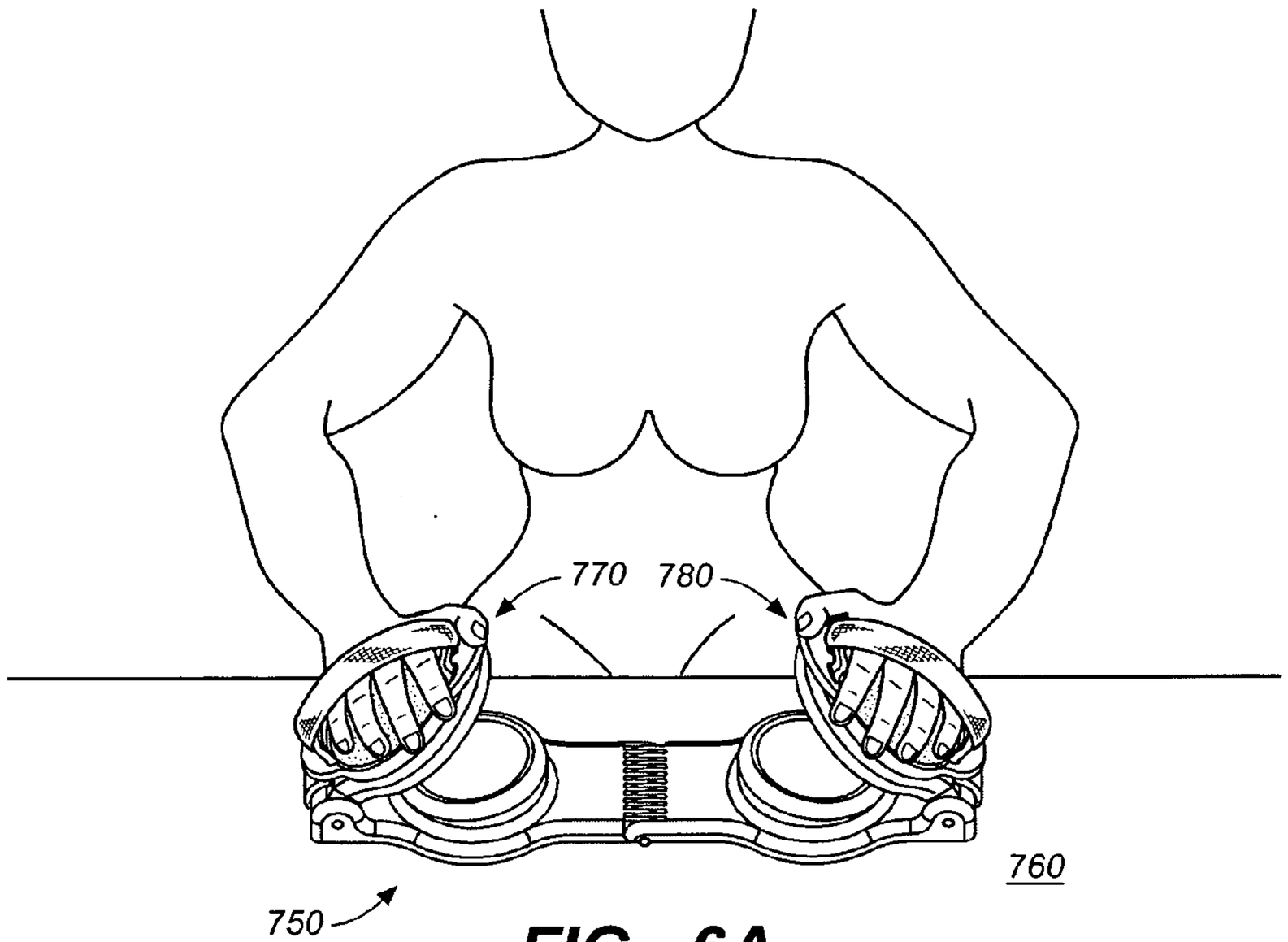


FIG._6A

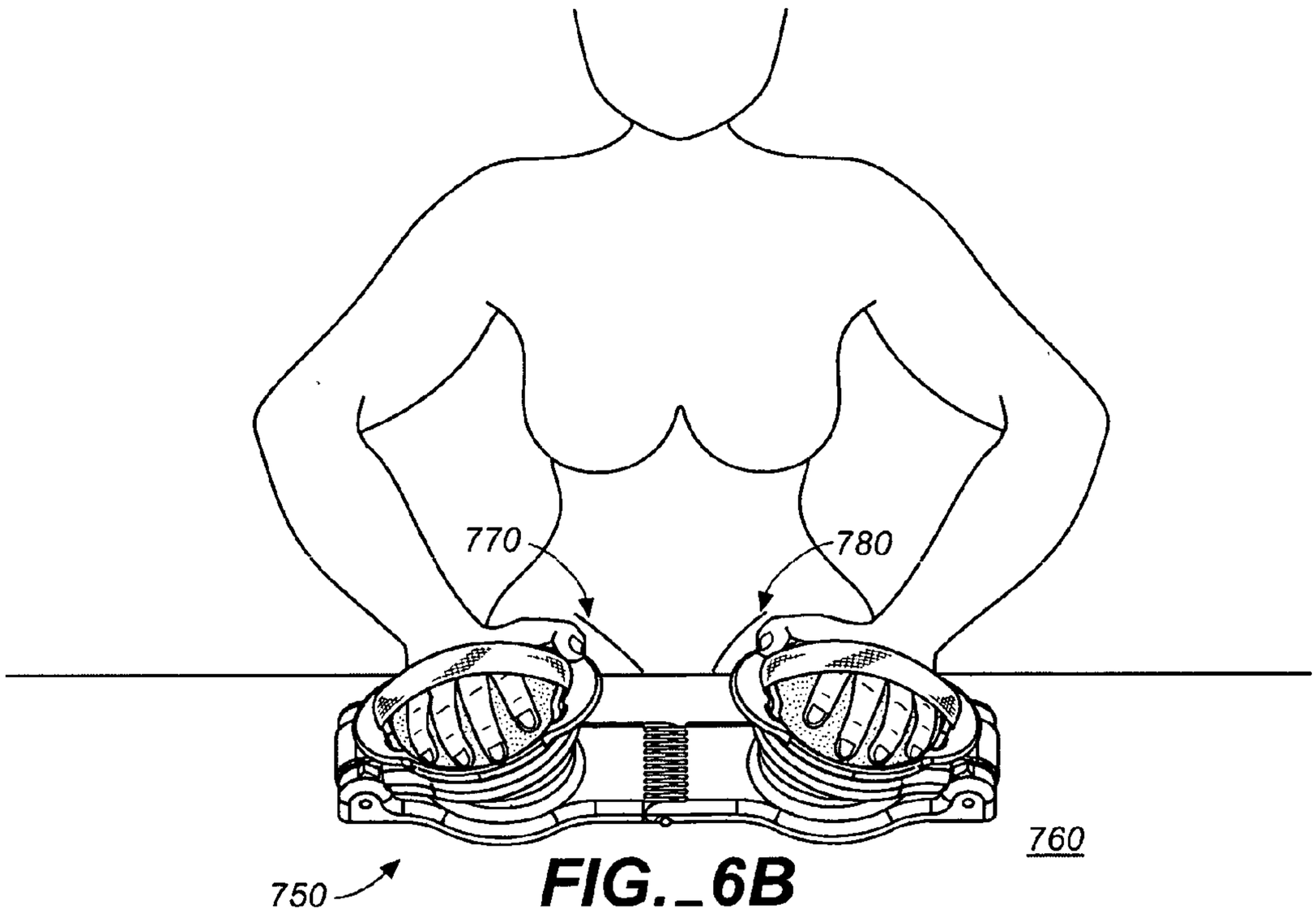


FIG._6B

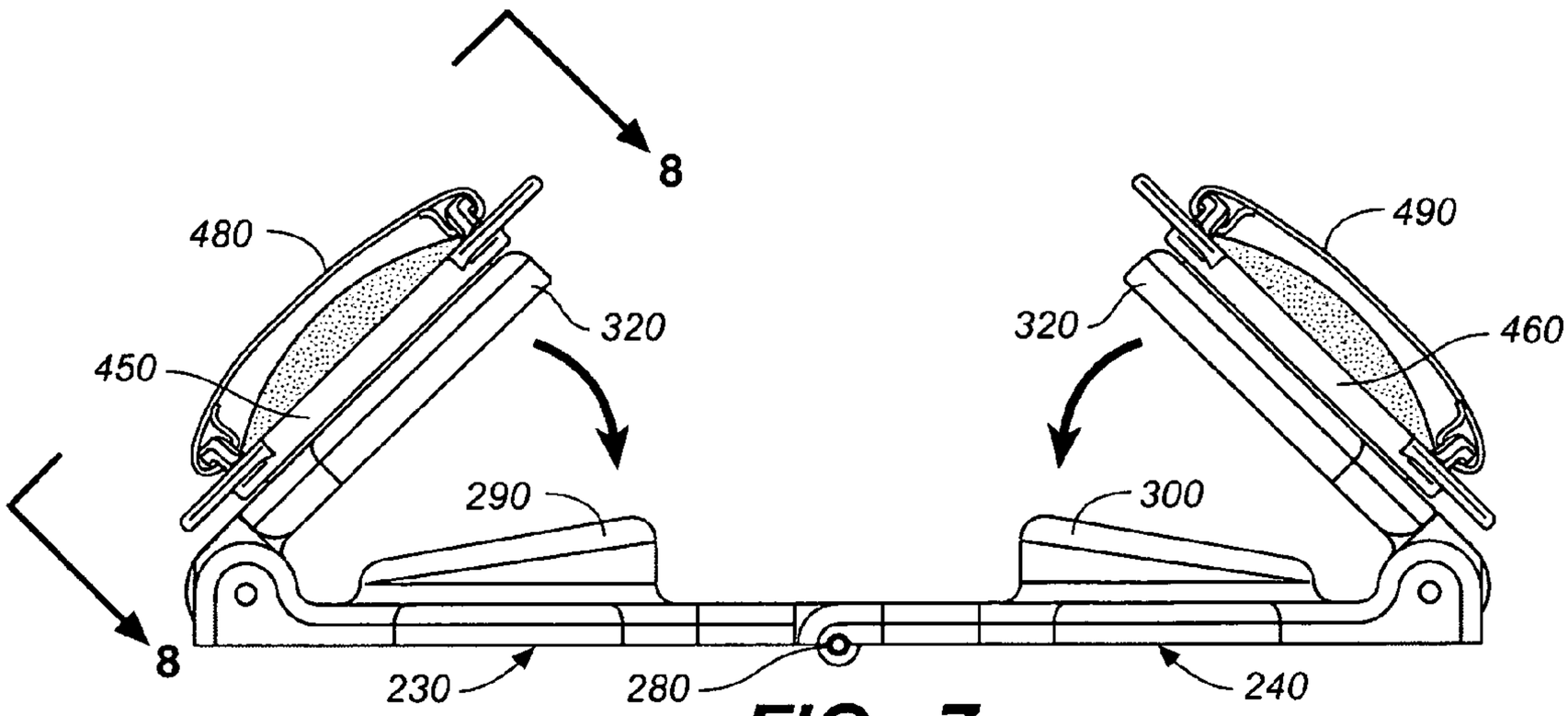


FIG._7

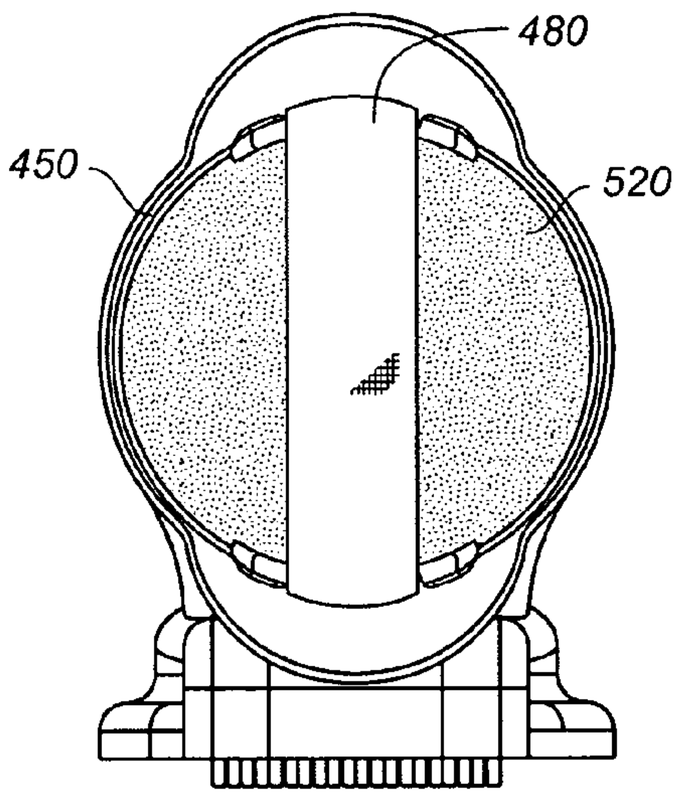


FIG._8

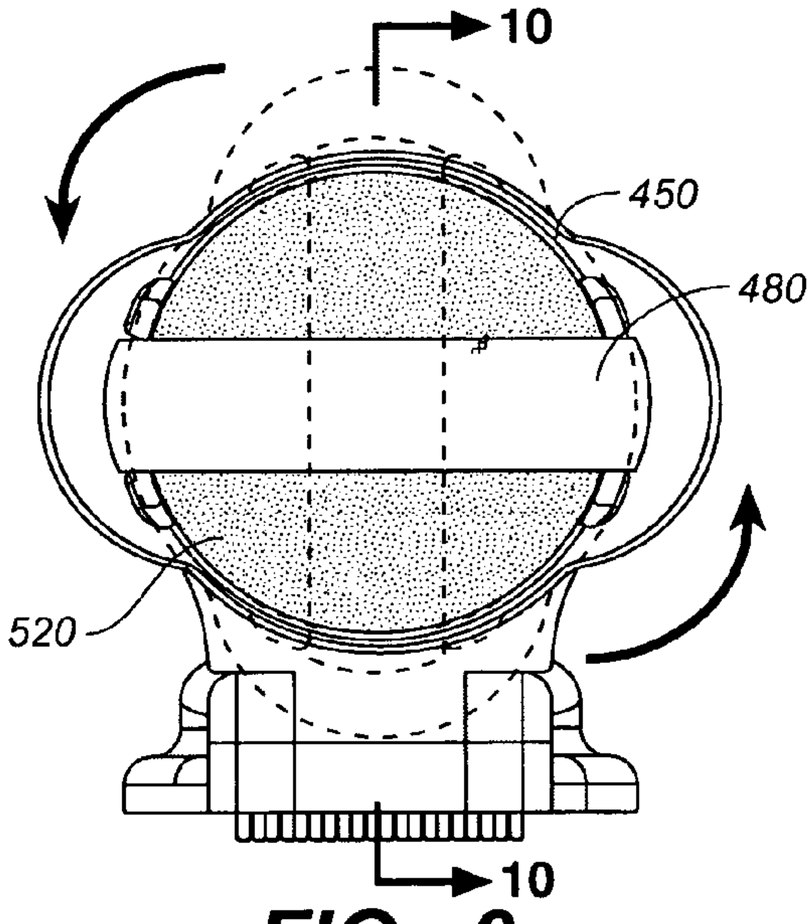


FIG._9

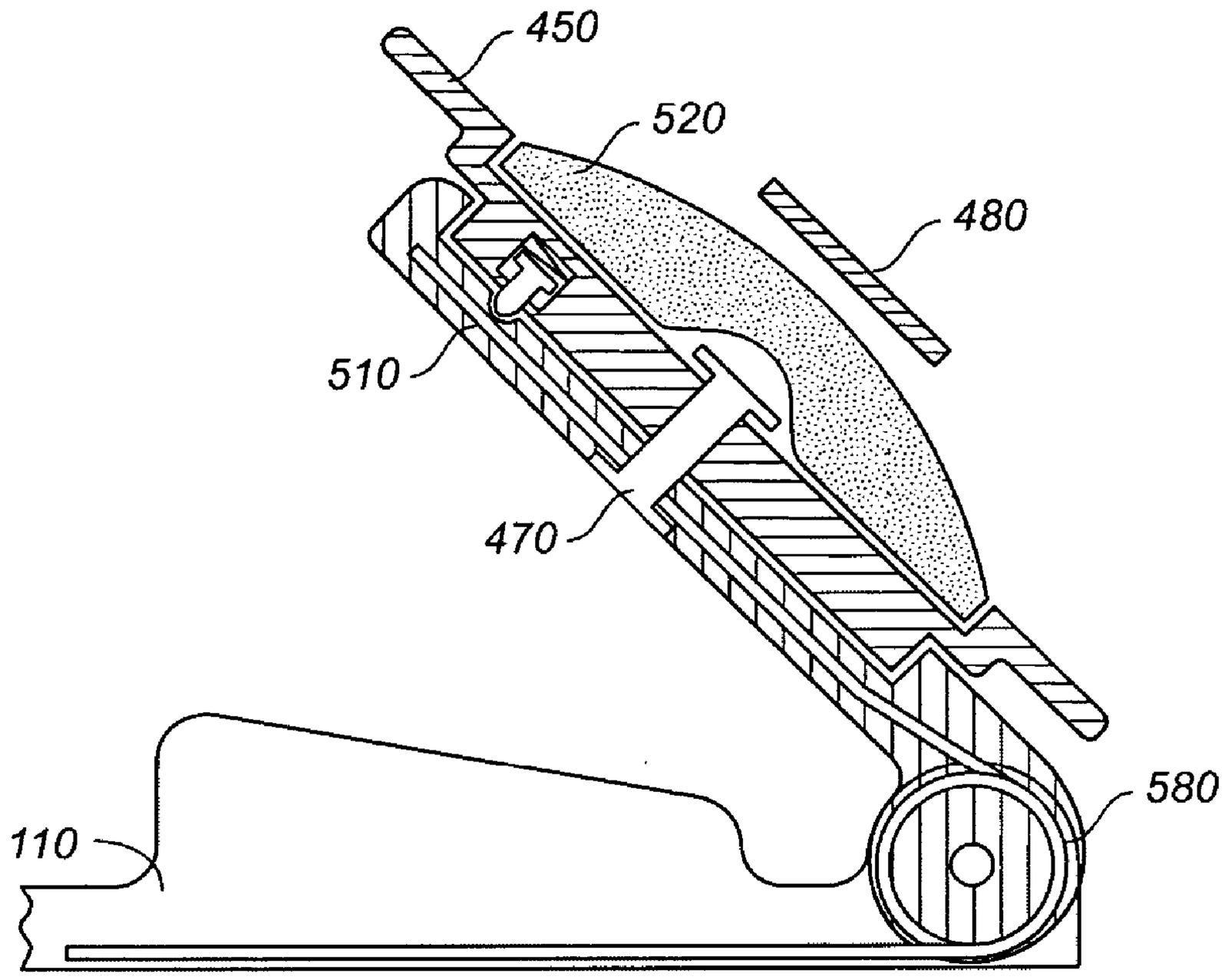


FIG._10

BREAST SCULPTING EXERCISE APPARATUS

CROSS REFERENCE TO RELATED APPLICATIONS

[0001] The present application claims the benefit of the filing date of U.S. Provisional Patent Application Ser. No. 60/710,392, filed Aug. 23, 2005.

STATEMENT REGARDING FEDERALLY SPONSORED RESEARCH OR DEVELOPMENT

[0002] Not applicable.

REFERENCE TO A MICROFICHE APPENDIX

[0003] Not applicable.

TECHNICAL FIELD

[0004] The present invention relates generally to portable exercise apparatus, and more particularly to a breast sculpting exercise apparatus.

BACKGROUND INFORMATION AND DISCUSSION OF RELATED ART

[0005] Gravity is relentless. Aging is inevitable. Together these ineluctable forces wreak havoc on our bodies, wrinkling us, thinning vertebral discs, weakening our bones, making us more susceptible to sickness and disease. But perhaps most vulnerable to the depredations of time and gravity are a woman's breasts. Breasts are, so to speak, out there: out there always, for time to submit to gravity and for gravity to tug and pull and pull and tug. Little wonder that breasts eventually show signs of succumbing by sagging.

[0006] Some might assert that sagging breasts, like all other incidents of aging, ought not to be shunned, but rather ought to be worn as a badge of honor, something to be celebrated, a sign or suggestion of hidden womanly achievements, certainly, at least, a sign of having endured. But such an ideal of questionable wisdom does not describe the actual state of affairs. The reality is that for perfectly good reasons, reasons which we all instinctively understand and largely affirm, women care about the appearance of their breasts, just as they care about the elements of beauty in their face. Though concerns about appearance can range from the negligent to the neurotically obsessive, most well adjusted women simply prefer to maintain a healthy and youthful appearance for as long as possible and as long as practicable. Most men would not protest such ambition.

[0007] There are three fundamental means available to provide or maintain attractive breasts. They include the use of support garments, cosmetic surgery, and exercise. Support garments, most notably brassieres, can shape and support breasts in appealing ways. However, while offsetting some of the effect of gravity, brassieres do little to change or enhance the immediate appearance of the breasts themselves. Cosmetic surgery, while providing a quick and sometimes dramatic result, is dangerous, expensive, can result in a bad outcome and/or long term health problems, and invariably results in breasts that no longer feel natural.

[0008] Exercise has none of the problems or limitations of cosmetic surgery and support garments. Indeed, outside of cosmetic surgery the only effective means of enhancing breast appearance is to exercise the muscles that underlie and support the breasts. But in contrast to cosmetic surgery, exercise is healthful and has long term health benefits. And in contrast to support garments, exercise actually changes the breast themselves. Therefore, for those with just a little self-discipline and patience, exercise is a superior course of action.

[0009] Breast appearance cannot be improved by exercising the breasts. In fact, because breasts do not contain any muscle tissue, breasts cannot actually be exercised at all. Breasts are composed of fat, glands and connective tissue. Sagging occurs when the skin and connective tissue stretch or break down due to gravity or through the loss of elasticity from aging. Sagging can also occur after a significant weight loss or a pregnancy, when skin and ligaments are temporarily stretched due to the increase in breast size.

[0010] Breasts can only be sculpted by toning and increasing the mass of the muscles that support the breasts. Breasts are supported by the pectoral muscles, including the clavicular and sternal parts of the pectoralis major. The pectoralis major is a large muscle that spans both sides of the chest, originating at the medial two thirds of the clavicle, the anterior surface of the sternum, the cartilages of the first six ribs, and the slip from aponeurosis of external oblique abdominal muscle. Building the pectoral muscles generally (albeit less dramatically) produces the same effect as breast augmentation surgery. When breasts are surgically augmented, the effect is to urge breast tissue into the covering skin, thus making the breasts firmer and more buoyant, disposed more outwardly from the chest, rather than sagging or drooping downwardly. Building pectoral muscles accomplishes the same thing. The increased muscle mass pushes breast tissue outwardly and into the skin, thus tightening the skin and pulling the breasts upwardly. Additionally, breast appearance is enhanced by increasing the mass and tonicity in the pectoralis minor, the anterior deltoids, the serratus anterior, the coracobrachialis, and the subscapularis.

[0011] These muscles can be addressed in a conventional resistance training program of weight lifting. The better known suitable lifts would include the bench press, the inclined and declined presses, parallel bar dips, dumbbell or "pec deck flys," and dumbbell or barbell pullovers. But such a program entails the use of heavy weights and the execution of difficult, strenuous lifts. It may require the acquisition of a weight set or access to a gym facility, and some of the lifts can be genuinely dangerous if heavy weights are used without a spotter.

[0012] The present invention obviates the need for gym memberships and strenuous lifting of heavy weights. It is a lightweight portable apparatus that provides the simple, convenient, inexpensive means to strengthen and tone the above-indicated chest and shoulder muscles to lift and firm breasts, to refine breast contours, and to generally keep breasts looking healthy and youthful.

[0013] Numerous patents are directed to portable exercise apparatus that simulate the conventional exercises set out above. They include U.S. Pat. Nos. 3,497,216; 4,756,522; Des. 208,787; Des. 299,939; and Des. 361,809, all of which show or teach hinged plates, each urged apart from the other by one or more springs, and which are used by pushing the plates together through the resistance provided by the springs. U.S. Pat. Nos. 2,529,347; 3,349,621; 5,246,413; 4,923,796; 4,332,380; and 5,267,929, all teach or show

devices that operate under a similar principle, but rather than plates separated by a spring, two handle or grip members are pivotally connected, urged apart by a spring, and must be pushed together to accomplish the desired exercise. All of the disclosed devices achieve some degree of portability and all provide means to perform at least one kind of resistance exercise that, at least arguably, could tone the pectoral muscles. However, what is not described in the foregoing references is a portable exercise apparatus that provides means for easily and rapidly changing the angle and direction of resistance so that a wide range of muscles on both sides of the chest can be exercised simultaneously through the use of a single device.

[0014] The foregoing patents reflect the current state of the art of which the present inventor is aware. Reference to, and discussion of, these patents is intended to aid in discharging Applicant's acknowledged duty of candor in disclosing information that may be relevant to the examination of claims to the present invention. However, it is respectfully submitted that none of the above-indicated patents disclose, teach, suggest, show, or otherwise render obvious, either singly or when considered in combination, the invention described and claimed herein.

BRIEF SUMMARY OF THE INVENTION

[0015] The present invention is exercise apparatus particularly adapted for toning and strengthening pectoral muscles and thereby sculpting and improving the shape and overall appearance of the female breast. The apparatus includes a pair of primary plates pivotally connected to one another and secondary plates pivotally connected to one side. In an open configuration, the primary plates rest on a flat surface, such as a table top, so that one form of breast sculpting exercise can be performed, and in a closed configuration the primary plates rest on edge so that yet another form of breast sculpting exercise can be performed. A spring is disposed at the connection between the primary and secondary plates so that force in a generally desirable range is required to depress the secondary plates onto the primary plates or onto a pedestal which stops and limits the range of motion of the secondary plates.

[0016] To make the exercises more comfortable, hand plates with hand straps are rotatably disposed on each of the secondary plates and can be rotated 90 degrees as the apparatus is moved from one configuration to the other.

[0017] It is therefore an object of the present invention to provide a new and improved breast sculpting exercise apparatus.

[0018] It is another object of the present invention to provide a new and improved breast sculpting exercise apparatus that addresses several major muscle groups underlying the breast.

[0019] A further object or feature of the present invention is a new and improved breast sculpting exercise apparatus that changes from one exercise configuration, adapted for addressing selected muscles, to a second exercise configuration for addressing a different set of muscles.

[0020] An even further object of the present invention is to provide a novel portable breast sculpting exercise apparatus that may be deployed either in the user's lap or on a table top.

[0021] A still further object of the present invention is to provide a novel breast sculpting exercise apparatus that does not require gripping heavy weights and thus minimizes stress on the user's hands.

[0022] Yet another object of the present invention is to provide lightweight exercise apparatus that can be easily transported in travel luggage.

[0023] Other novel features which are characteristic of the invention, as to organization and method of operation, together with further objects and advantages thereof will be better understood from the following description considered in connection with the accompanying drawings, in which preferred embodiments of the invention are illustrated by way of example. It is to be expressly understood, however, that the drawings are for illustration and description only and are not intended as a definition of the limits of the invention. The various features of novelty that characterize the invention are pointed out with particularity in the claims annexed to and forming part of this disclosure. The invention does not reside in any one of these features taken alone, but rather in the particular combination of all of its structures for the functions specified.

[0024] There has thus been broadly outlined the more important features of the invention in order that the detailed description thereof that follows may be better understood, and in order that the present contribution to the art may be better appreciated. There are, of course, additional features of the invention that will be described hereinafter and which will form additional subject matter of the claims appended hereto. Those skilled in the art will appreciate that the conception upon which this disclosure is based readily may be utilized as a basis for the designing of other structures, methods and systems for carrying out the several purposes of the present invention. It is important, therefore, that the claims be regarded as including such equivalent constructions insofar as they do not depart from the spirit and scope of the present invention.

[0025] Further, the purpose of the Abstract is to enable the U.S. Patent and Trademark Office and the public generally, and especially the scientists, engineers and practitioners in the art who are not familiar with patent or legal terms or phraseology, to determine quickly from a cursory inspection the nature and essence of the technical disclosure of the application. The Abstract is neither intended to define the invention of this application, which is measured by the claims, nor is it intended to be limiting as to the scope of the invention in any way.

[0026] Certain terminology and derivations thereof may be used in the following description for convenience in reference only, and will not be limiting. For example, words such as "upward,""downward,""left," and "right" would refer to directions in the drawings to which reference is made unless otherwise stated. Similarly, words such as "inward" and "outward" would refer to directions toward and away from, respectively, the geometric center of a device or area and designated parts thereof. References in the singular tense include the plural, and vice versa, unless otherwise noted.

BRIEF DESCRIPTION OF THE SEVERAL VIEWS OF THE DRAWINGS

[0027] The invention will be better understood and objects other than those set forth above will become apparent when

consideration is given to the following detailed description thereof. Such description makes reference to the annexed drawings wherein:

[0028] FIG. **1** is a perspective view of the breast sculpting exercise apparatus of the present invention;

[0029] FIGS. **2**A and **2**B show table top or laptop use of the inventive apparatus when the apparatus is set on its side in the closed configuration;

[0030] FIG. **3** is a side view of the inventive breast sculpting apparatus;

[0031] FIG. **4** is a front view in elevation thereof, shown along the lines **4-4** of FIG. **3** and with the apparatus in the folded configuration;

[0032] FIG. **5** is an upper perspective view showing the apparatus in an open configuration;

[0033] FIGS. **6**A and **6**B show use of the breast sculpting exercise apparatus when the apparatus is set on its bottom surface in the open configuration;

[0034] FIG. **7** is a side view of the apparatus shown in FIGS. **6**A and **6**B;

[0035] FIG. **8** is a view showing the rotatable hand pad, taken along lines **8-8** of FIG. **7**;

[0036] FIG. **9** shows how the rotatable hand pads may be rotated 90 degrees; and

[0037] FIG. **10** is a cross-sectional side view in elevation showing detail of the rotatable hand pad, as taken along lines **10-10** of FIG. **9**.

DRAWING LEGEND

[0038] **100** inventive apparatus

[0039] **110** first primary plate

[0040] **120** second primary plate

[0041] **130** inboard end of first primary plate

[0042] **140** inboard end of second primary plate

[0043] **150** outboard end of first primary plate

[0044] **160** outboard end of second primary plate

[0045] **170** first side of first primary plate

[0046] **180** second side of first primary plate

[0047] **190** first side of second primary plate

[0048] **200** second side of second primary plate

[0049] **210** upper surface of first primary plate

[0050] **220** upper surface of second primary plate

[0051] **230** lower surface of first primary plate

[0052] **240** lower surface of second primary plate

[0053] **250** hinge connecting first and second primary plates

[0054] **260** interdigitating fingers

[0055] **270** interdigitating fingers

[0056] **280** hinge pin

[0057] **290** angled pedestal

[0058] **300** angled pedestal

[0059] **310** first secondary plate

[0060] **320** second secondary plate

[0061] **330** arm connecting first primary plate and first secondary plate

[0062] **340** arm connecting second primary plate and second secondary plate

[0063] **350/360** spaced-apart frame members

[0064] **370/380** spaced-apart frame members

[0065] **390** axle

[0066] **400** axle

[0067] **410** top side of first secondary plate

[0068] **420** top side of second secondary plate

[0069] **430** bottom side of first secondary plate

[0070] **440** bottom side of second secondary plate

[0071] **450** first hand plate

[0072] **460** second hand plate

[0073] **470** axle

[0074] **480** hand strap

[0075] **490** hand strap

[0076] **500** longitudinal axis of the open primary plates

[0077] **510** detent

[0078] **520** pad

[0079] **530** pad

[0080] **540-570** thumb pads

[0081] **580** springs

[0082] **590-620** stops

[0083] **700** closed configuration of inventive apparatus

[0084] **710/720** fully elevated position of secondary plates

[0085] **730/740** fully depressed position of secondary plates

[0086] **750** open configuration of apparatus when laid flat on a supporting surface

[0087] **760** supporting surface

[0088] **770/780** secondary plates fully depressed

DETAILED DESCRIPTION OF THE INVENTION

[0089] Referring to FIGS. **1** through **10**, wherein like reference numerals refer to like components in the various views, there is illustrated therein a new and improved breast sculpting exercise apparatus, generally denominated **100** herein. These views illustrate the preferred embodiment of the present invention, showing that it comprises first and second primary plates **110**, **120**, each including, respectively: an inboard end **130**, **140**; an outboard end **150**, **160**;

first and second sides **170**/**180** and **190**/**200**; upper surfaces, **210**, **220**, which together form the primary exterior surfaces when the apparatus is in the closed configuration (see FIG. **1**); and lower surfaces **230**, **240** (which are disposed interiorly when the apparatus is in the closed configuration (see FIG. **1**), and which have at least a substantially planar edge that will rest flat on a planar surface when the apparatus is in an opened configuration (see FIG. **5**).

[**0090**] The first and second primary plates are pivotally connected to one another at a hinge **250** formed by interdigitating fingers **260**, **270** at the inboard end of each primary plate, and by a hinge pin **280** extending transversely therethrough. The apparatus can therefore take two distinct configurations: closed (FIGS. **1**-**4**); and open (FIGS. **5**-**7**).

[**0091**] Disposed on the upper surface of each of the first and second primary plates is an angled pedestal **290**, **300**, respectively, preferably circular, which functions as a stop to limit the range of motion in a given exercise.

[**0092**] At the outboard ends of the respective primary plates are first and second secondary plates **310**, **320**, respectively, each pivotally connected to its corresponding primary plate. The structure for the pivotal connection includes a semi-cylindrical arm **330**, **340**, formed on each of the secondary plates and interposed between two spaced-apart frame members **350**/**360**, **370**/**380**, which are integrally formed on the upper surface of the primary plates. Axles **390**, **400** are disposed through the respective frame members and arms and are preferably journalled at each end in a bushing (not shown). The first and second secondary plates are preferably substantially circular and include a top side **410**, **420** and a bottom side **430**, **440**, the latter generally conforming to the shape of the pedestal over which it is disposed. A first and a second hand plate **450**, **460** are rotatably attached to the top side of the respective secondary plates with an axle **470** normal to the plane of the top side of the secondary plate (FIG. **10** only). Accordingly, the hand plates can be rotated through at least 90 degrees of arc, and hand straps **480**, **490** thereby facilitate ease of use in at least the two configurations, as shown in the drawings (namely, generally aligned with the longitudinal axis **500** of the open primary plates, or perpendicular to that axis. A detent **510** is employed for indexing the hand plate relative to the secondary plate (FIG. **10** only). Pads **520**, **530** are disposed atop each hand plate, and thumb pads **540**, **550**, **560**, **570** may be provided for resting the thumb during use.

[**0093**] Resistance is provided by a torsional springs **580**, interposed between each primary and secondary plate, and housed within the semi-cylindrical arm of the respective secondary plates. The spring biases the secondary plate out and away from the primary plate, preferably with a force suitable for use by women; i.e., generally in the range of 5-50 lbs. Stops **590**/**600**, **610**/**620** integral with the frame members and/or secondary plates prevent the secondary plate from rotating freely and present the secondary plate at an anatomically desirable angle for use in exercising the desired muscles.

[**0094**] It will be immediately appreciated that the present invention provides a lightweight convenient device that will travel easily in suitcases and other luggage, that may be used in virtually any kind of conventional space, that gives the user means to shift from one kind of exercise to another, without even having to remove her hands from the hand pads, and that concentrates the effect of the work on the muscles of the chest and shoulder.

[**0095**] In use, shown in FIGS. **2**A and **2**B, and FIGS. **6**A and **6**B, the inventive exercise apparatus provides several variations on exercises that emphasize arm adduction and internal rotation, thus working the pectoralis and. FIG. **2**A shows the apparatus in a closed configuration **700** and tipped on edge with the inboard ends **150**/**160** of the primary plates proximate the user's body at the approximate level of the midsection, and with the secondary plates in a fully elevated position **710**, **720**. FIG. **2**B shows the secondary plates in the fully depressed position **730**, **740** after the user has approximated the secondary plates to the pedestals on each of the primary plates. It will be appreciated that a slightly different set of muscles would be recruited to perform a similar action if either the apparatus were placed in a different position relative to the midsection or if the inboard end were extended away from the user's body while the outboard ends of the primary plates were brought in close to the body.

[**0096**] FIG. **6**A shows the apparatus in an open configuration **750** and laid flat on a supporting surface **760** with the secondary plates in a fully extended position, while FIG. **6**B shows the secondary plates fully depressed **770**, **780** after the user has fully depressed them.

[**0097**] The above disclosure is sufficient to enable one of ordinary skill in the art to practice the invention, and provides the best mode of practicing the invention presently contemplated by the inventor. While there is provided herein a full and complete disclosure of the preferred embodiments of this invention, it is not desired to limit the invention to the exact construction, dimensional relationships, and operation shown and described. Various modifications, alternative constructions, changes and equivalents will readily occur to those skilled in the art and may be employed, as suitable, without departing from the true spirit and scope of the invention. Such changes might involve alternative materials, components, structural arrangements, sizes, shapes, forms, functions, operational features or the like.

[**0098**] It should be noted that the above-described invention is not intended solely for use by women past their physical prime. Benefits can be achieved by any woman who wishes to tone and strengthen chest and shoulder muscles. This includes women in their physical prime who have large breasts prone to sagging, and it also includes women in their prime who have small breasts that could stand a little perking up.

[**0099**] Furthermore, those will skill in adapting instruments for use in exercise will appreciate that the inventive apparatus could be used to exercise a number of different muscles other than chest muscles. For instance, leg adductor muscles, such as the pectineus, adductor brevis and adductor longus, which extend from the pelvis to the thigh bone, and the gracilis and adductor magnus, which extend from the pelvis to the knee. The main function of these muscles is to pull the legs together. And by placing the exercise apparatus of the present invention between the legs or between the feet near the ankles, and then pressing the rotatable hand pads together, the user is provided with means to exercise the leg adductors in the groin area, a region especially prone to injury and also quite amenable to toning and sculpting.

[**0100**] The above disclosure is sufficient to enable one of ordinary skill in the art to practice the invention, and

provides the best mode of practicing the invention presently contemplated by the inventor. While there is provided herein a full and complete disclosure of the preferred embodiments of this invention, it is not desired to limit the invention to the exact construction, dimensional relationships, and operation shown and described. Various modifications, alternative constructions, changes and equivalents will readily occur to those skilled in the art and may be employed, as suitable, without departing from the true spirit and scope of the invention. Such changes might involve alternative materials, components, structural arrangements, sizes, shapes, forms, functions, operational features or the like.

[0101] Therefore, the above description and illustrations should not be construed as limiting the scope of the invention, which is defined by the appended claims.

What is claimed as invention is:

1. A breast sculpting exercise apparatus having an open configuration and a closed configurations, said exercise apparatus comprising:

a pair of pivotally connected primary plates, each primary plate including an inboard end, an outboard end, first and second sides, upper surfaces, lower surfaces having a substantially planar edge that will rest flat on a planar surface when the exercise apparatus is in the opened configuration;

an angled pedestal disposed on each of said upper surfaces of each primary plate;

a secondary plate disposed at said outboard end of each of said primary plates, said secondary plates each pivotally connected to its respective primary plate;

a hand plate rotatably attached to each of said top sides of each of said secondary plates; and

resistance means for biasing each of said secondary plates out and away from said primary plates.

2. The apparatus of claim 1, wherein said primary plates are pivotally connected to one another at a hinge.

3. The apparatus of claim 2, wherein said hinge is formed from interdigitating fingers disposed at each of said inboard ends of each of said primary plates, and by a hinge pin extending transversely therethrough, and whereby said apparatus can therefore take closed and open configurations.

4. The apparatus of claim 1, wherein said angled pedestals limit the range of motion of said secondary plates.

5. The apparatus of claim 1, wherein said angled pedestals have a substantially circular upper surface.

6. The apparatus of claim 1, wherein each of said primary plates includes spaced-apart frame members integrally formed on said upper side of said primary plate, and wherein said secondary plates are pivotally connected to said primary plates with a semi-cylindrical arm interposed between said spaced-apart frame members and an axle disposed through the respective frame members and arms and are preferably journalled at each end in a bushing.

7. The apparatus of claim 1, wherein each of said hand plates is rotatably attached to said secondary plate.

8. The apparatus of claim 7, wherein said hand plates are rotatably attached to said secondary plates at an axle substantially normal to the plane of the top side of said secondary plate.

9. The apparatus of claim 7, wherein each of said hand plates includes a hand strap and can rotated through at least 90 degrees of arc.

10. The apparatus of claim 1, further including a hand strap attached to each of said hand plates.

11. The apparatus of claim further including a detent for indexing each of said hand plates relative to its respective secondary plate.

12. The apparatus of claim 1, wherein said resistance means comprises a spring interposed between each of said primary and secondary plates.

13. The apparatus of claim 12, wherein each of said primary plates includes spaced-apart frame members and each of said secondary plates includes a semi-cylindrical arm disposed between said spaced-apart frame members, and each of said springs is housed within said semi-cylindrical arm.

14. The apparatus of claim 12, further including stops integral with said spaced apart frame members or said secondary plates to prevent said secondary plates from rotating freely and to present said secondary plate at an anatomically desirable angle for use in exercising the desired muscles.

15. The apparatus of claim 1, wherein said resistance means biases said secondary plates such that a force in the range of 5-50 lbs is required to depress said secondary plate.

16. A portable exercise apparatus, comprising:

first and second primary plates, pivotally connected to one another at a pivot point;

first and second secondary plates, one each pivotally connected to a respected primary plate;

bias means disposed between each of said primary plates and secondary plates, said biasing means urging said secondary plates away from said primary plates; and

stop means for limiting the range of movement of each of said secondary plate relative to its associated primary plate.

17. The exercise apparatus of claim 16, wherein said bias means comprises a torsional spring.

18. The exercise apparatus of claim 16, wherein said stop means comprises angled pedestals disposed on each of said primary plates.

19. The exercise apparatus of claim 16, further including a hand plate and hand strap rotatably affixed to each of said secondary plates.

20. The exercise apparatus of claim 19, wherein said apparatus has an open configuration and a closed configuration, and wherein said hand straps rotate 90 degrees to position said hand straps in an orientation useful for a selected breast sculpting exercise in one of said open or said closed configurations.

* * * * *