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Forell

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(54) **WEIGHT LIFTING SUPPORT SHIRT**

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See application file for complete search history.

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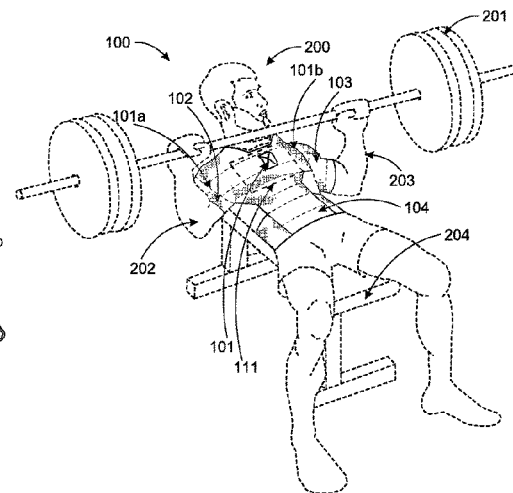
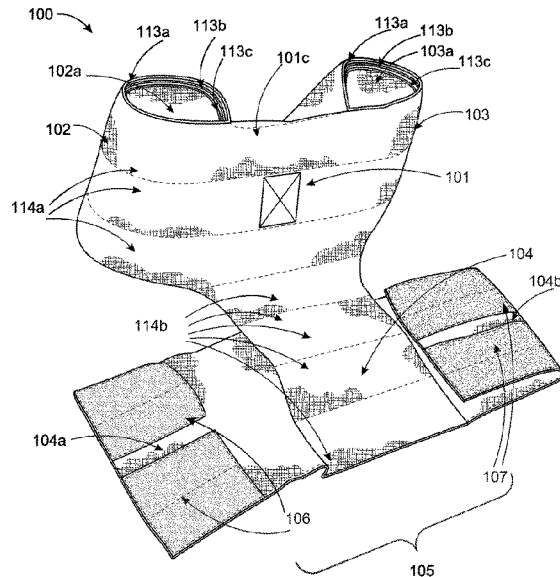
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(57) **ABSTRACT**

A weight lifting support shirt is used to assist a lifter to perform workouts and includes a chest support portion, a shoulder support portion, an abdominal support portion, and a first and second arm support portions each including a sleeve portion. The chest support portion is configured to extend across a chest portion of the lifter from a first end to a second end. The first and second arm support portions extend from the first and second ends of the chest support portion, respectively. The shoulder support portion abuts and extends across boundaries of the first and second arm support portions, and the chest support portion. The first and second arm support portions are configured to conform around a first and a second arm of the lifter. The abdominal support portion extends below from the chest support portion and is configured to conform and fasten around the lifter's abdomen.

11 Claims, 9 Drawing Sheets



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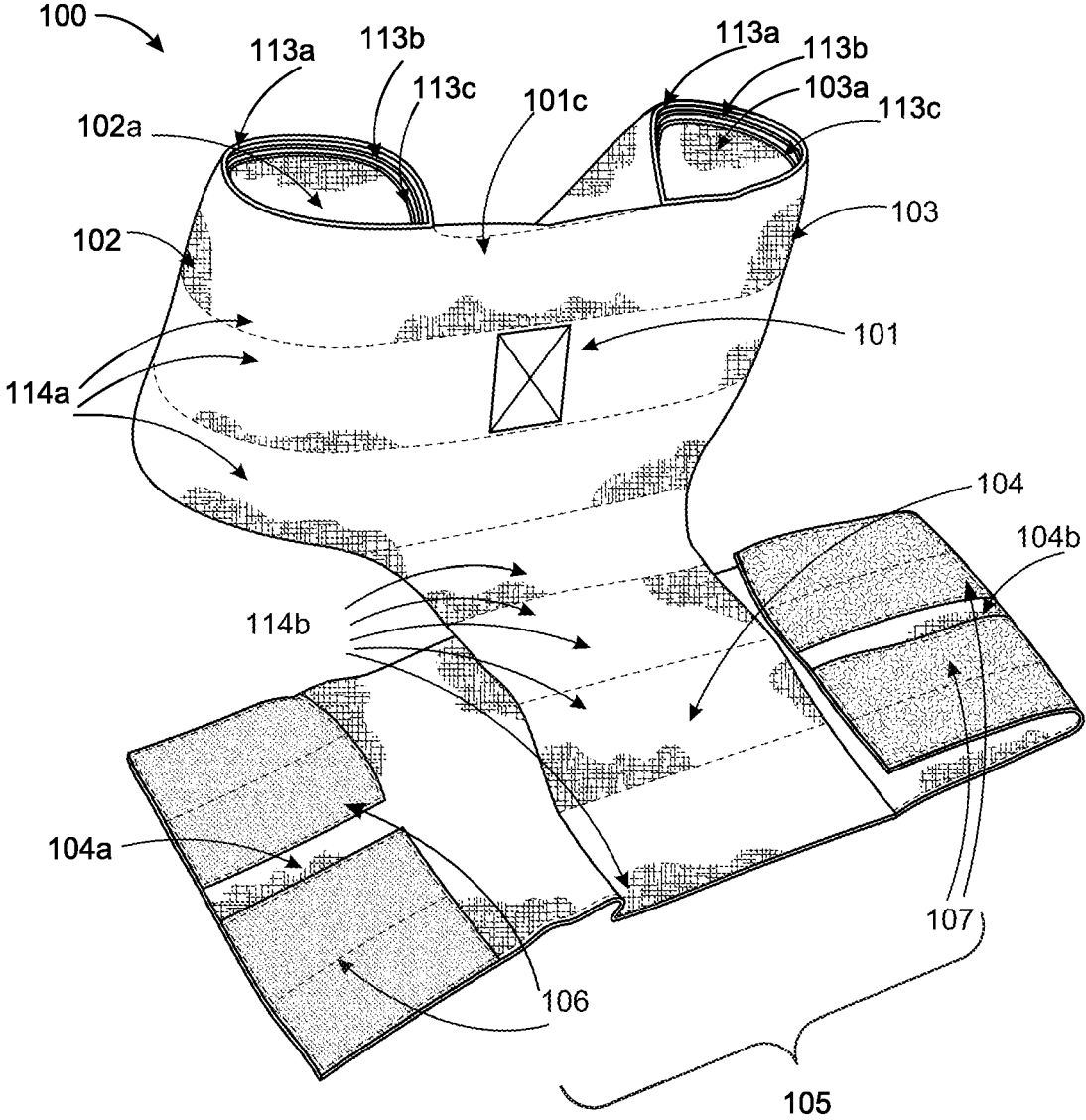


FIG. 1A

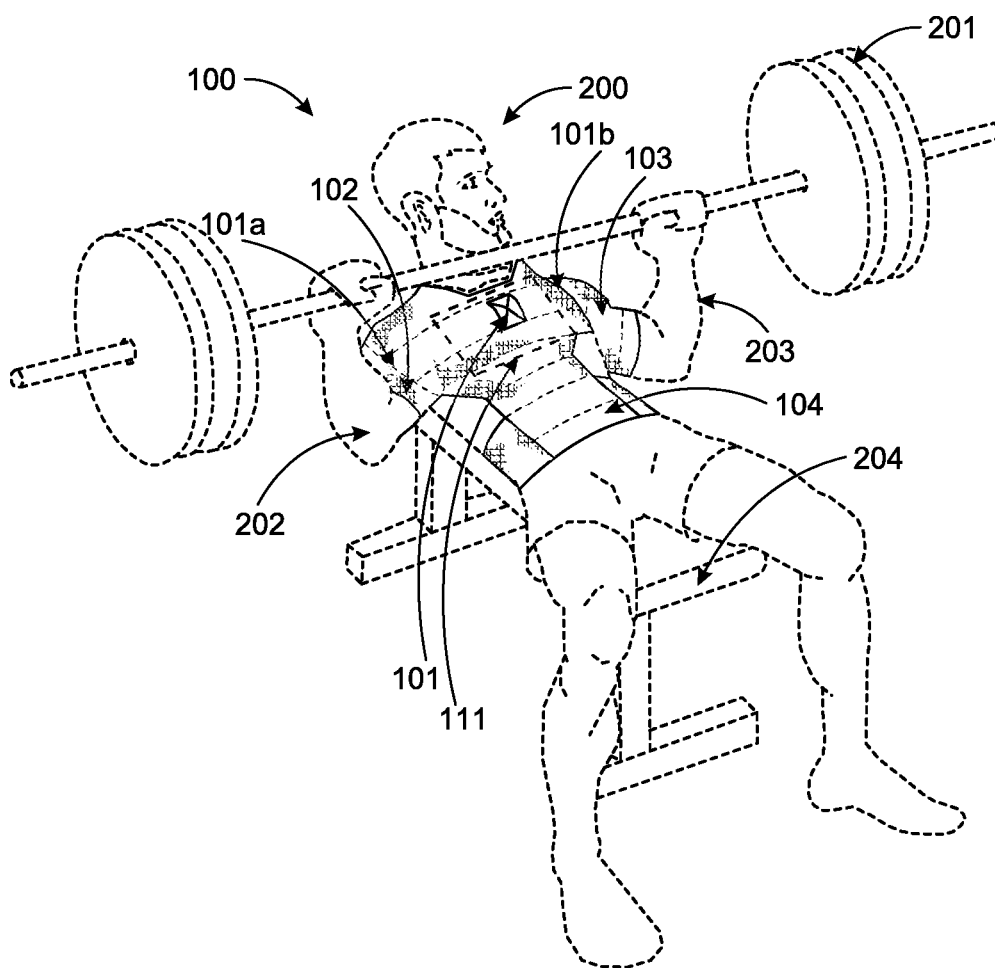


FIG. 1B

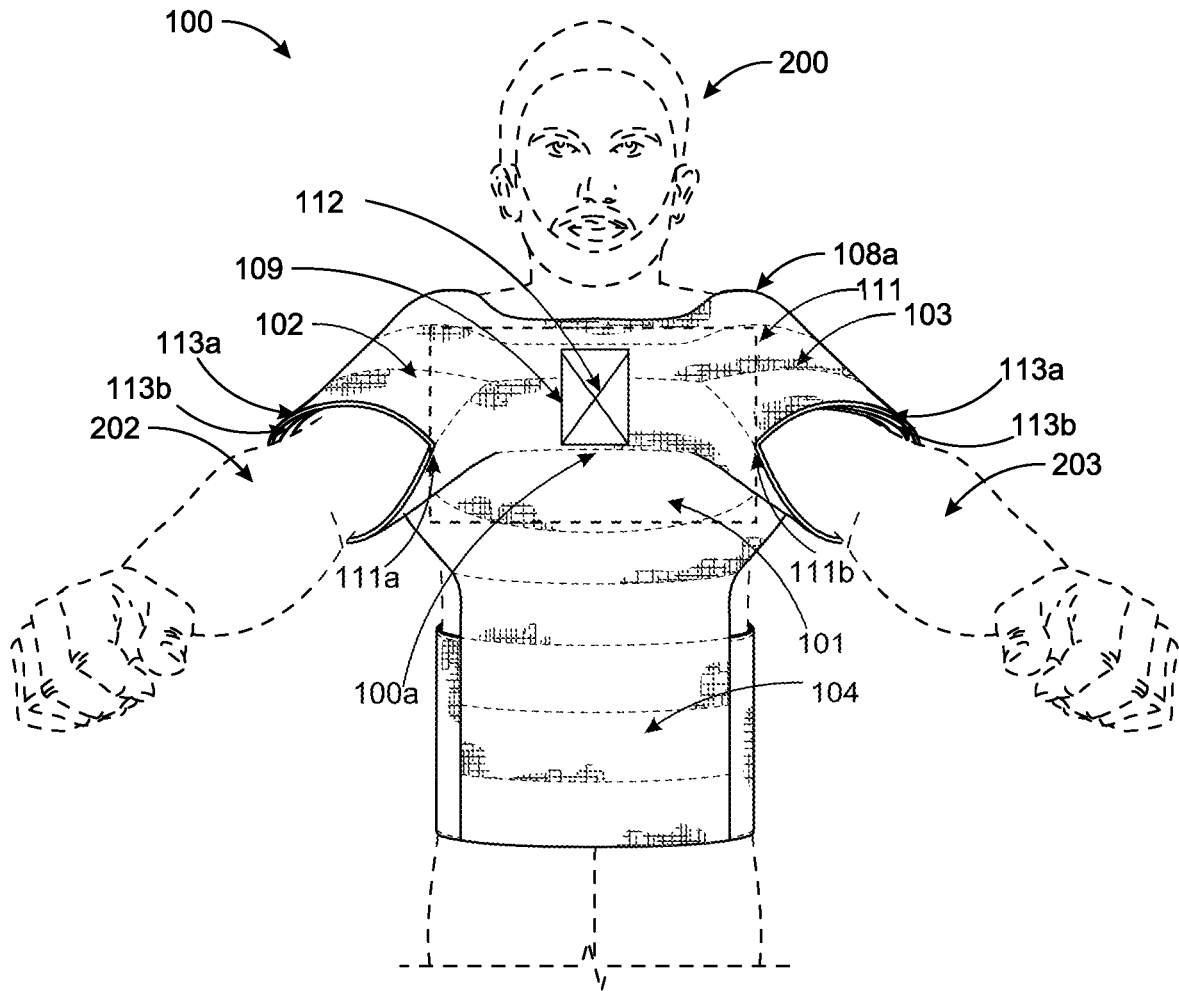


FIG. 2A

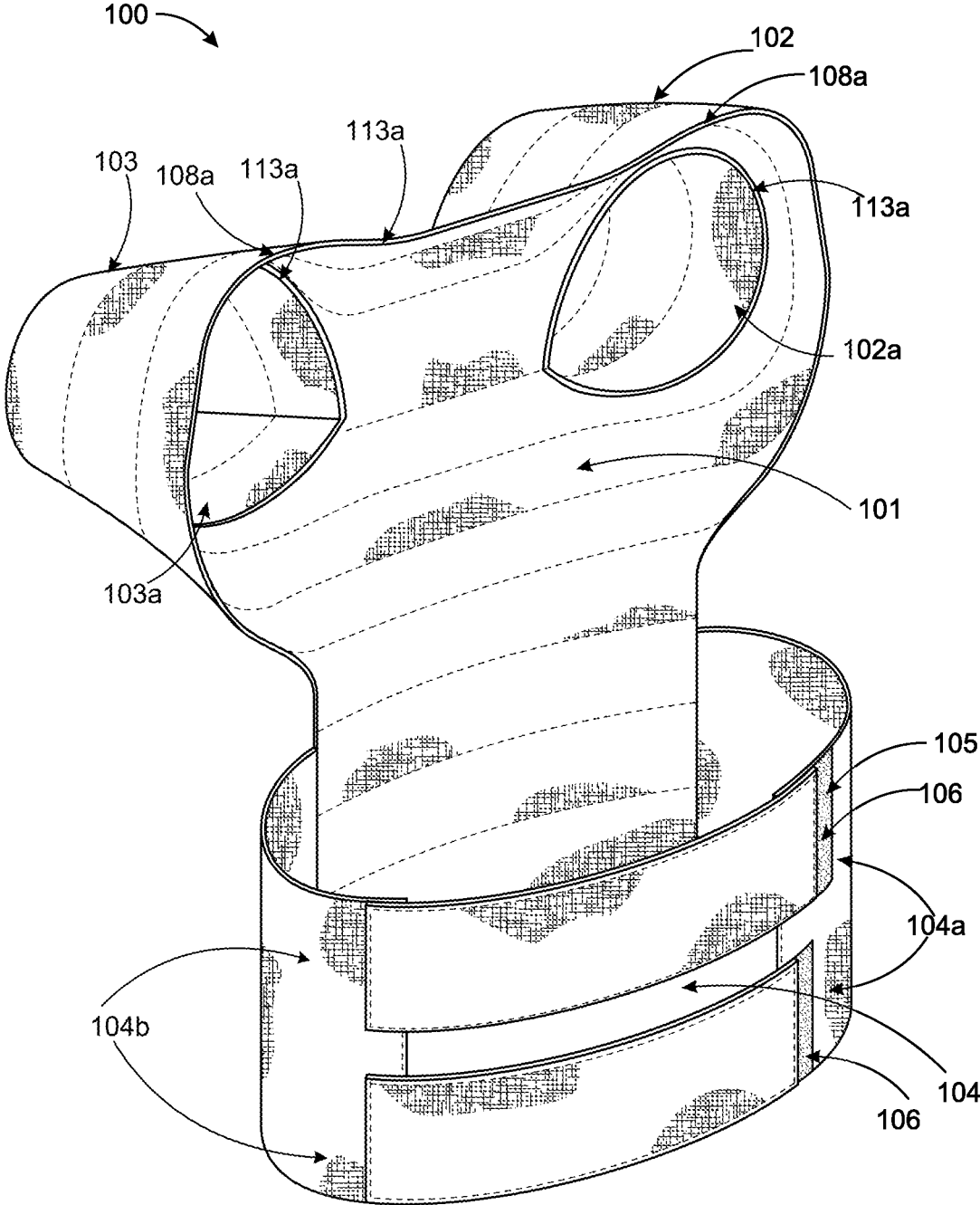


FIG. 2B

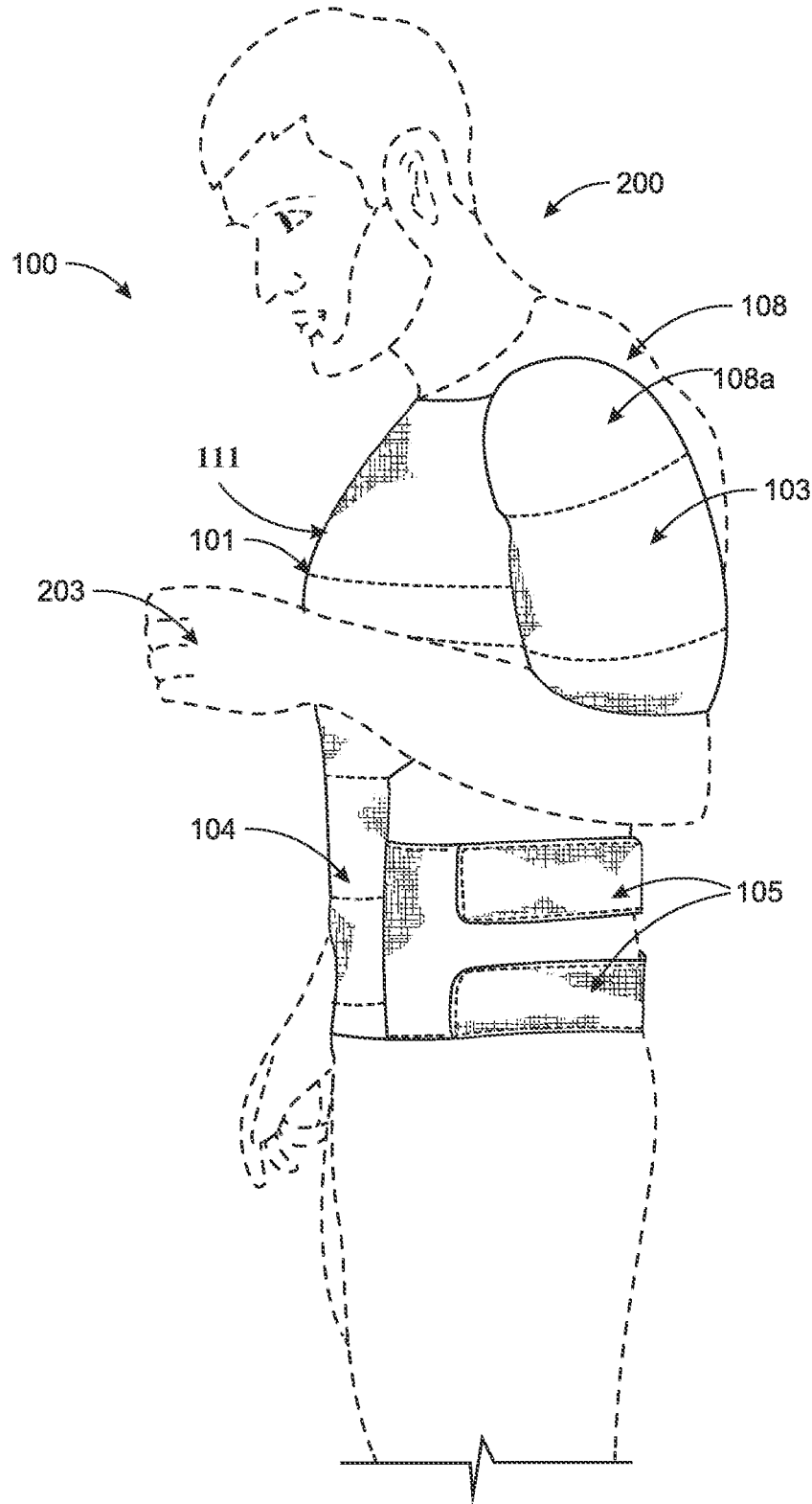


FIG. 2C

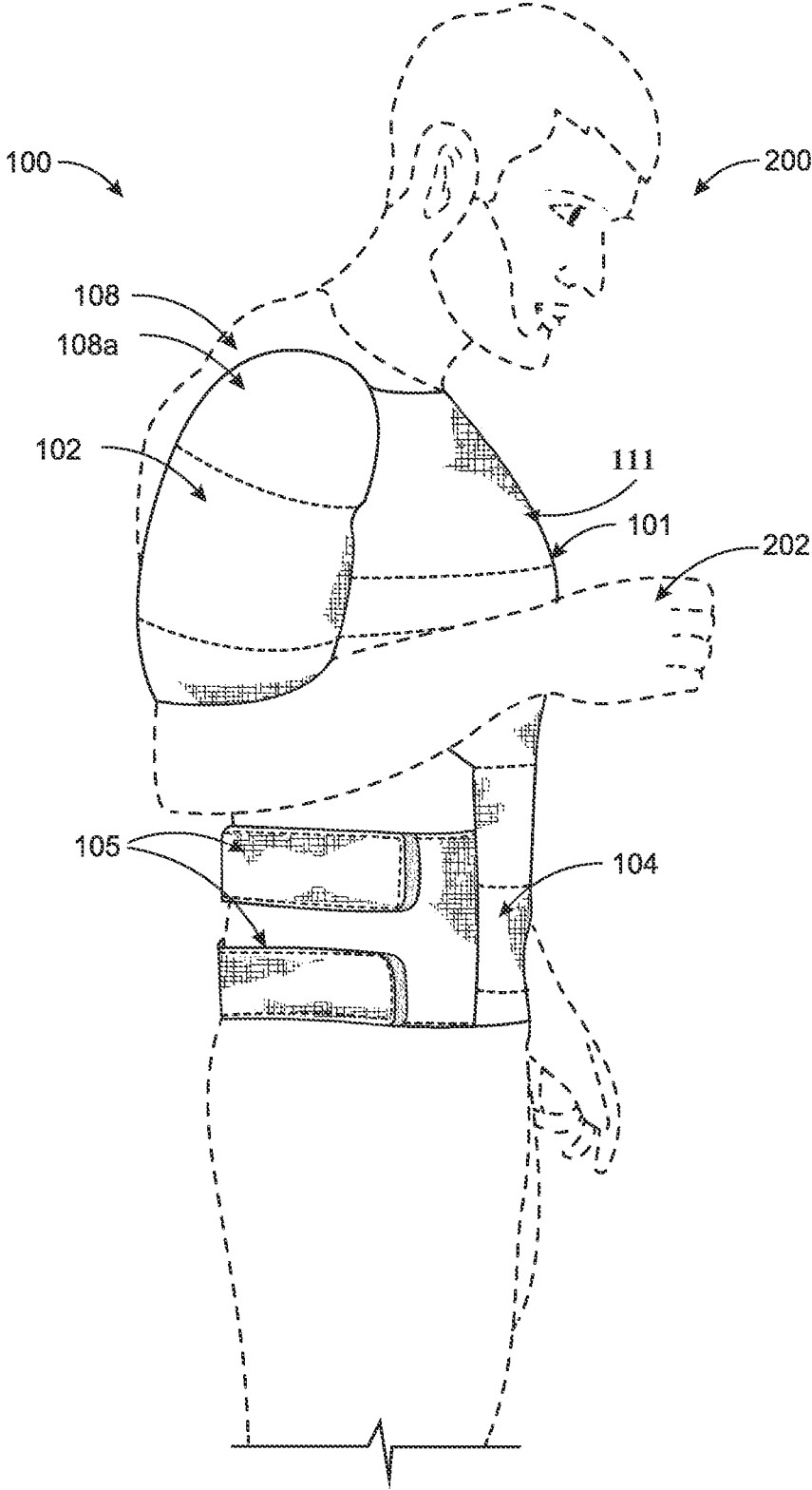


FIG. 2D

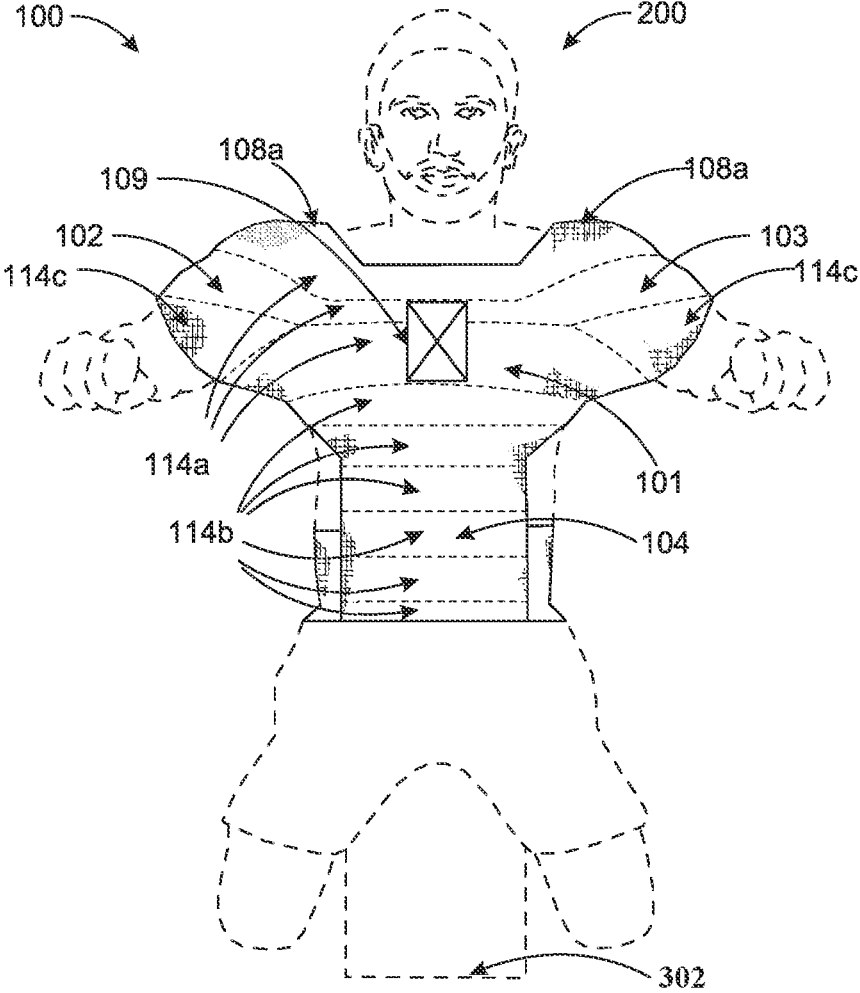


FIG. 3A

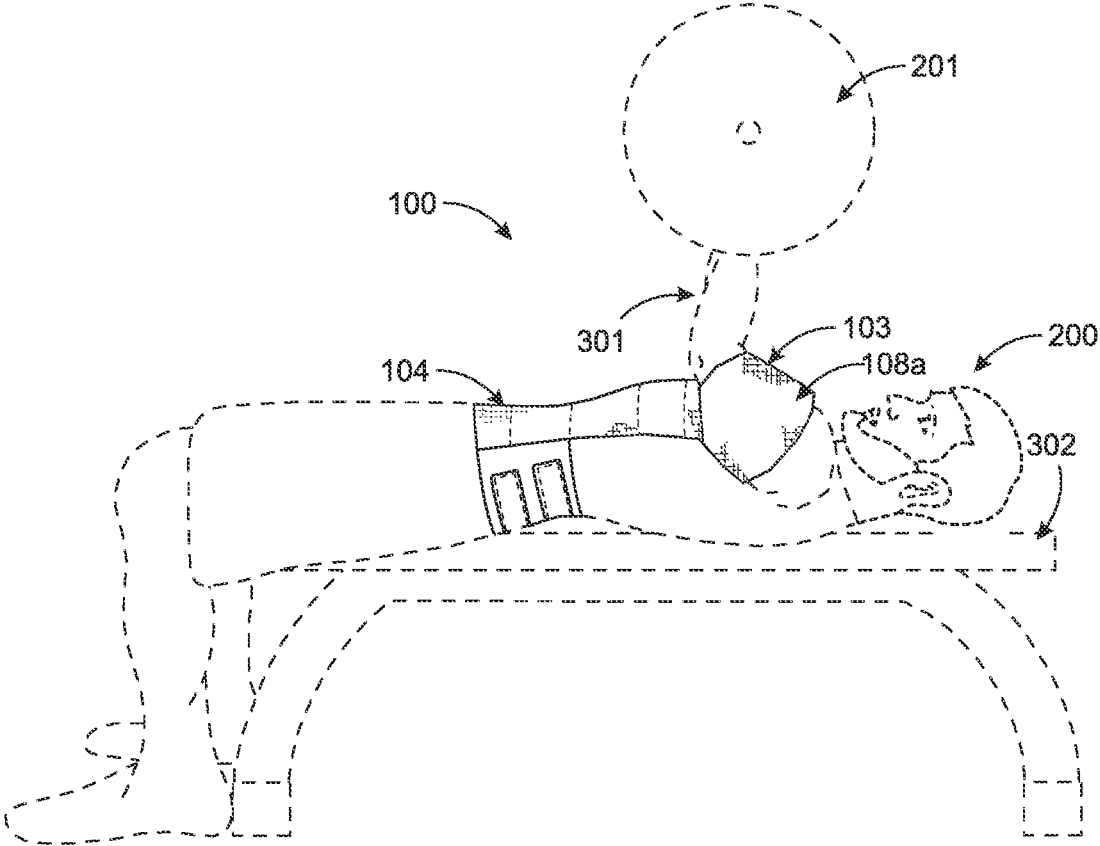


FIG. 3B

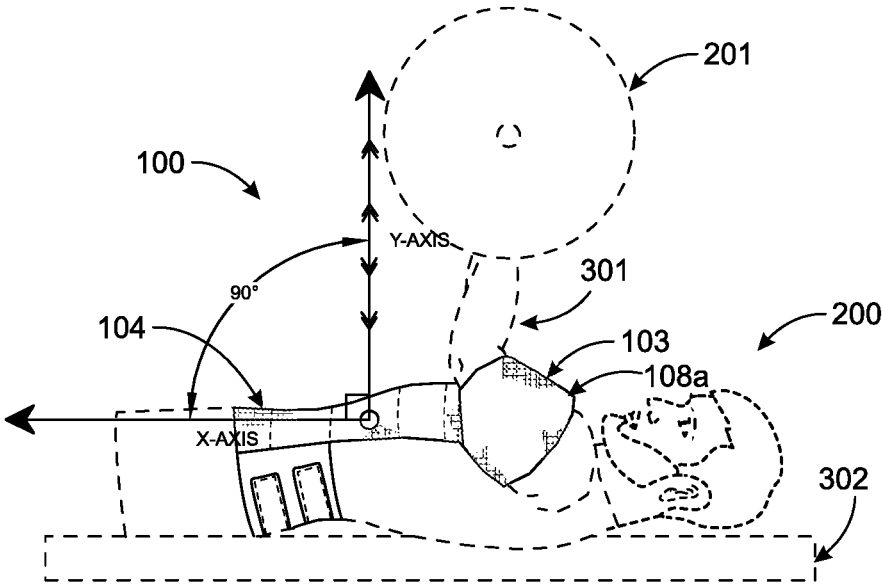


FIG. 3C

WEIGHT LIFTING SUPPORT SHIRT**CROSS-REFERENCE TO RELATED APPLICATIONS**

This application claims priority to and the benefit of the provisional patent application titled “Weight Lifting Support Shirt”, application No. 62/963,543, filed in the United States Patent and Trademark Office on Jan. 21, 2020. The specification of the above referenced patent application is incorporated herein by reference in its entirety.

BACKGROUND

Physical exercise promotes health and well-being. Different physical activities are used for exercising, for example, cycling, running, outdoor sports, dancing, cross fit workouts, martial arts, gym-based workouts, weight lifting, etc. In general, gym-based workouts are generally a preferred workout because such workouts allow a person to exercise more parts of his body in a given period of time, build muscles, burn more calories, etc. As used herein, a barbell is an exercise equipment used in weight training, bodybuilding, weightlifting and powerlifting, consisting of a long bar, usually with weights attached at each end. Bench press of a barbell is a workout which is targeted for the development of the upper torso, arms and shoulders. However, workouts such as weight lifting performed by a weight lifter, hereafter lifter, in the gym requires careful attention regarding the workout method, and the body movements associated with such workouts.

During a bench press when a barbell is lifted by a lifter, there is significant increase in strain and pressure on the lifter’s rotator cuffs, especially if the lifter is not following a proper bar path recommended for a bench press exercise. For example, the lifter should raise and lower the barbell used in the bench press along a substantially straight path, and substantially perpendicular to the bench. When the lifter follows an incorrect path for lifting and lowering the barbell, the weight of the barbell generally concentrates on the rotator cuffs which is harmful for the shoulder. The shoulder girdle needs to be stabilized during such bench press workouts to avoid injuries to the shoulder area. There are no existing workout shirts, or bench shirts, to reduce or redirect this concentration of weight on the rotator cuffs of the lifter.

Furthermore, prior art bench shirts do not allow the lifter to follow a proper bar path when bench pressing, which is a substantially straight path, and substantially perpendicular to the ground. Furthermore, prior art bench shirts opt for narrower arm sleeve angles and looser chest regions that requires the lifter to adopt an uncomfortable and compromising grip on the barbell while working out. The lifter is often restricted to the point where the lifter is unable to grip the barbell at the proper position by themselves, and need the assistance of a spotter to stretch the lifter’s arms out to the sides to allow lifter to grip the barbell at the proper position.

Therefore, there is a need for a bench press shirt that will provide the necessary flexibility to the lifter to allow a proper range of motion and depth of the barbell, while transferring the load and energy of the barbell to the center of the bench press shirt when the barbell is lowered by the lifter. There is also a need for a bench press shirt to maximize transfer of the load and energy of the barbell from the shoulders to the triceps, pectoral, and latissimus region

of the lifter, to reduce strain on the rotator cuffs and stabilize the shoulder and shoulder girdle of the lifter while the bench press workout is performed.

SUMMARY OF THE INVENTION

This summary is provided to introduce a selection of concepts in a simplified form that are further disclosed in the detailed description of the invention. This summary is not intended to identify key or essential inventive concepts of the claimed subject matter, nor is it intended for determining the scope of the claimed subject matter.

The weight lifting support shirt disclosed herein addresses the need for a bench press shirt that will provide the necessary flexibility to the lifter to allow a proper range of motion and depth of the barbell, while transferring the load and energy of the barbell to the center of the bench press shirt during the lowering of the barbell. The bench press shirt maximizes transfer of the load and energy of the barbell from the shoulders to the triceps, pectoral, and latissimus region of the lifter, to reduce strain on the rotator cuffs and stabilize the shoulder and shoulder girdle of the lifter while the bench press workout is performed.

The weight lifting support shirt comprises a chest support portion, a first arm support portion, a second arm support portion, a shoulder support portion, a sleeve portion in each of the first and second arm support portions, and an abdominal support portion. The chest support portion is configured to extend across a chest portion of the lifter from a first end to a second end of the chest support portion. The first arm support portion extends from the first end of the chest support portion, and the second arm support portion extends from the second end of the chest support portion. The first and second arm support portions are configured to conform around a first arm and a second arm of the lifter. The shoulder support portion abuts and extends across boundaries of the first arm support portion, the second arm support portion, and the chest support portion. The shoulder support portion is configured to transfer weight from a shoulder portion of the lifter to the triceps, pectoral and latissimus region of the lifter. In an embodiment, the sleeve portions are configured to require the lifter to lift and lower the barbell during the workouts along a substantially straight path and substantially perpendicular to the bench. The abdominal support portion is in communication with and extends below the chest support portion; the abdominal support portion is configured to conform and fasten around the abdomen of the lifter.

In an embodiment, the weight lifting support shirt further comprises a grid plate positioned at about the center of the chest support portion. The grid plate is configured to prevent an extension of the material of the weight lifting support shirt and to direct the rebound energy released during the workout into the chest portion and the arms of the lifter. In an embodiment, the abdominal support portion is fastened to the abdomen using a hook and loop fastener, for example, VELCRO™. In an embodiment, the abdominal support portion comprises a first lateral extension comprising a hook component of the hook and loop fastener, and a second lateral extension comprising a loop component of the hook and loop fastener. In an embodiment, the weight lifting support shirt aligns the hands of the lifter to move along a predetermined bar path. In an embodiment, the predetermined bar path confirms to the optimum bar path utilized in a bench press exercise.

The sleeve portions are in communication with and attached to the shoulder support portion and the chest

support portion of the lifter at an angle configured to require the lifter to move a barbell along a substantially straight path, and substantially perpendicular to the bench during a bench press. In an embodiment, the weight lifting support shirt further comprises triple-ply elastic arm bands that are attached to a shoulder support portion of the weight lifting support shirt. The triple-ply elastic arm bands are configured to transfer the weight exerted on the shoulder portion into the triceps, pectoral and latissimus region of the lifter, to reduce strain on the rotator cuffs of the lifter. In an embodiment, the shoulder support portion comprises an elastic layer that provides flexibility to the lifter for a predefined range of motion and depth during a barbell weight lifting exercise.

In an embodiment, the shoulder support portion transfers weight and energy of the barbell to the center of the weight lifting support shirt during the descent of the barbell. In an embodiment, the center of the chest support portion is reinforced with figure eight stitching, which further concentrates the load and energy received from multiple angles during the workout to the center of the weight lifting support shirt. In an embodiment, when the lifter lowers the barbell and stretches the elastic material of the weight lifting support shirt, the energy received and concentrated at the center of the weight lifting support shirt is conserved until the lifter presses the barbell away from the body, at which point the concentrated energy rebounds through the chest portion and triceps, pectoral and latissimus region of the lifter.

BRIEF DESCRIPTION OF THE DRAWINGS

The foregoing summary, as well as the following detailed description of the invention, is better understood when read in conjunction with the appended drawings. For the purpose of illustrating the invention, exemplary constructions of the invention are shown in the drawings. However, the invention is not limited to the specific methods and components disclosed herein. The description of a method step or a component referenced by a numeral in a drawing is applicable to the description of that method step or component shown by that same numeral in any subsequent drawing herein.

FIG. 1A exemplarily illustrates a front perspective view of the weight lifting support shirt.

FIG. 1B exemplarily illustrates a perspective view of the weight lifting support shirt that is being used by a lifter during a bench press workout.

FIG. 2A illustrates a front perspective view of the weight lifting support shirt worn by the lifter.

FIG. 2B illustrates a rear perspective view of the weight lifting support shirt.

FIG. 2C illustrates a left-side perspective view of the weight lifting support shirt that's worn by the lifter.

FIG. 2D illustrates a right-side perspective view of the weight lifting support shirt worn by the lifter.

FIG. 3A illustrates a top perspective view of lifter using the weight lifting support shirt during the bench press workout.

FIG. 3B illustrates a side perspective view of lifter using the weight lifting support shirt during the bench press workout.

FIG. 3C illustrates a detailed side perspective view of a lifter using the weight lifting support shirt during the bench press workout.

DETAILED DESCRIPTION OF THE INVENTION

FIG. 1A exemplarily illustrates a front perspective view of the weight lifting support shirt **100**, and FIG. 1B exem-

plarily illustrates a perspective view of the weight lifting support shirt **100** used by a lifter **200** during a bench press workout. The weight lifting support shirt **100** is a wearable device that provides the weight lifter **200** flexibility of movement in any direction during a barbell exercise, while allowing the transfer of the load and energy of the barbell **201** to the center of the weight lifting support shirt **100** and maximizing transfer of the load and energy of the barbell from the shoulders to the triceps, pectoral, and latissimus region of the lifter **200**, to reduce strain on the rotator cuffs and stabilize the shoulder and shoulder girdle of the lifter **200**. The weight lifting support shirt **100** provides support to the lifter **200** during a variety of workouts, for example, a bench press as shown in FIG. 1B. The weight lifting support shirt **100** comprises a chest support portion **101**, a first arm support portion **102** a second arm support portion **103**, a shoulder support portion **108a**, a sleeve portion **102a** in the first arm support portion **102**, a sleeve portion **103a** in the second arm support portion **103**, and an abdominal support portion **104**.

The chest support portion **101** of the weight lifting support shirt **100** extends across the chest portion **111** of the lifter **200** from a first end **111a** to a second end **111b** of the chest portion **111**, as illustrated in FIG. 2A. The first arm support portion **102** extends from the first end **111a** of the chest support portion **111** and the second arm support portion **103** extends from the second end **111b** of the chest portion **111**. The first and second arm support portions **102** and **103** are configured to conform around a first arm **202** and a second arm **203** of the lifter **200**, as shown in FIG. 1B. The shoulder support portion **108a** abuts and extends across boundaries of the first arm support portion **102**, the second arm support portion **103**, and the chest support portion **101**, as illustrated in FIGS. 2A, 2B, 2C, 2D and 3A. The shoulder support portion **108a** is configured to transfer weight from a shoulder portion **108** of the lifter **200** into the triceps, pectoral and latissimus region of the lifter **200**. The sleeve portions **102b** and **103a** are configured to require the lifter to lift the barbell **201** and lower the barbell **201** in a workout along a substantially straight path and substantially perpendicular to the bench **204**. The abdominal support portion **104** is in communication with and extends below the chest support portion **101**. The abdominal support portion **104** is configured to conform and fasten around abdomen of the lifter **200**. Furthermore, a neck relief portion **101c** is in communication with and extends from the chest support portion **101** to provide support to the neck of the lifter **200** during the bench press lifting process. In an embodiment, the weight lifting support shirt **100** is made of varying layers of competition-grade elastic material. In an embodiment, the sleeve portions **102a** and **103a** comprise arm bands that are made of triple-ply competition-grade elastic material **113a**, **113b** and **113c**, as illustrated in FIGS. 1A, 2A, and 2B.

In an embodiment, the abdominal support portion **104** is fastened around the abdomen of the lifter, using, for example, a hook and loop fastener **105**. The abdominal support portion **104** comprises a first lateral extension **104a** and a second lateral extension **104b**. The first lateral extension **104a** and a second lateral extension **104b** are attached to the abdominal support portion **104**. In an embodiment, the first lateral extension **104a** and a second lateral extension **104b** are attached to the lateral sides of the abdominal support portion **104** by stitching. The hook and loop fastener **105** comprises a hook component **106** and a loop component **107**. The hook component **106** is positioned on first lateral extension **104a** and the loop component **107** is positioned on second lateral extension **104b**. The hook component **106** of

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the hook and loop fastener **105** comprises one or more fabric strips with small hooks with hook ends sewn on front of the first lateral extension **104a**. The loop component **107** of the hook and loop fastener **105** comprises one or more fabric strips with small loops with the loop ends sewn on the back of the second lateral extension **104b**. The hook and loop fastener **105** is, for example, VELCRO™ manufactured by VELCRO® BVBA of United Kingdom.

The first lateral extension **104a** and the second lateral extension **104b** are made of an elastic material, for example, spandex, and the hook and loop fastener **105** is sewn over the elastic material. The weight lifting support shirt comprising the chest support portion **101**, the first arm support portion **102**, the second arm support portion **103**, the shoulder support portion **108a**, the sleeve portions **102a** and **103a**, and the abdominal support portion **104**, and the first and second lateral extensions and **104a** and **104b** are made of an elastomer. As used herein, an elastomer is any material that exhibits elastic properties. Examples of elastomers comprise natural rubber, synthetic rubber, nitrile rubber, silicone rubber, urethane rubbers, chloroprene rubber, ethylene vinyl acetate (EVA rubber), etc. In another embodiment, the weight lifting support shirt **100**, excluding the first and second lateral extensions and **104a** and **104b**, is made of a composite material comprising an elastic material lined with a natural fabric, for example, cotton. In an embodiment, the natural fabric lining is provided on portions of the weight lifting support shirt **100** that contact the body of the lifter **200**.

In an embodiment, the chest support portion **101** and the abdominal support portion **104** of the weight lifting support shirt **100** wrap around the chest portion **111** and the abdomen of the lifter **200**, respectively. The abdominal support portion **104** is secured at the back of the lifter **200** using the hook and loop fastener **105**, as illustrated in FIGS. 2B, 2C, and 2D. As illustrated in FIG. 1A, the lifter **200** draws together the first lateral extension **104a** and the second lateral extension **104b** behind the abdomen of the lifter to align the first lateral extension **104a** and the second lateral extension **104b**. Then, the first lateral extension **104a** and/or the second lateral extension **104b** are pulled to a desired level of tightness. The hook component **106** and loop component **107** on the first lateral extension **104a** and the second lateral extensions **104b**, respectively, are thereafter attached to each other to fasten the weight lifting support shirt **100** around the abdomen of the lifter **200**.

FIGS. 2A-2D illustrate perspective views of the weight lifting support shirt **100** that is worn by the lifter **200**, where FIG. 2B illustrates a rear perspective view of the weight lifting support shirt **100** without the lifter **200** in the perspective view. The weight lifting support shirt **100** assists a lifter **200** during the bench press exercise. As shown in FIGS. 1B and 3B, in a bench press, the lifter lays on a bench **204** and secures the barbell **201** with the lifter's **200** arms **202** and **203** that project through the front of the weight lifting support shirt **100**. The lifter **200** thereafter lifts the barbell **201** and lowers the barbell **201** to complete one cycle of the lifting cycle. During such barbell lifting and lowering cycles, as shown in FIGS. 1B and 3B, the sleeve portions **102a** and **103a** of the arm portions **102** and **103**, shoulder support portion **108a**, and the chest support portion **101** allow the lifter **200** to move the barbell **201** in a substantially straight path and substantially perpendicular to the bench **204**, thereby reducing the barbell **201** load and pressure from the shoulders to the triceps, pectoral, and latissimus region of the lifter **200**, which in turn reduces the strain on the lifter's rotator cuffs.

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As illustrated in FIG. 2A, in an embodiment, the shoulder support portion **108a** of the weight lifting support shirt **100** comprises one or more elastic layers **113a** that provides flexibility and range of motion in any direction to the lifter **200** when the lifter **200** raises and lowers a barbell **201**, and also transfers the barbell **201** load to the center **100a** of the weight lifting support shirt **100** when the barbell **201** is lowered by the lifter **200**. Furthermore, when the barbell **201** is lowered by the lifter **200**, the elastic arm bands attached to the shoulder support portion **108a** of the weight lifting support shirt **100** transfer the weight of the barbell **201** from the shoulder portion **108** of the lifter to the triceps, pectoral, and latissimus region of the lifter **200** which reduces strain on the rotator cuffs of the lifter **200**, and the grid plate **109** positioned at the center of the chest support portion **101** of the weight lifting support shirt **100** transfers the barbell weight towards the center of the chest of the lifter **200**, which is further explained in the description of FIGS. 3A-3C.

The shoulder support portion **108a** and the first and second arm support portions **102** and **103** are in communication with and attached to the chest support portion **101**. The abdominal support portion **104** is also in communication with and attached to the chest support portion **101**. In an embodiment, the shoulder support portion **108a**, the first and second arm support portions **102** and **103**, and the abdominal support portion **104** are attached to the chest support portion **101** by stitching together portions of the elastic material that form the shoulder support portion **108a**, the first and second arm support portions **102** and **103**, the chest support portion **101**, and the abdominal support portion **104**. In another embodiment, lateral sides of a plurality of elastic strips **114a** are stitched together, as illustrated by dotted lines in FIGS. 1A and 3A, to form the shoulder support portion **108a**, the first and second arm support portions **102** and **103**, and the chest support portion **101**. In this embodiment, the abdominal support portion **104** is also made of a plurality of elastic strips **114b** stitched together on their lateral sides, and the abdominal support portion **104** is then attached to the chest support portion **101**. The first and second arm support portions **102** and **103** comprise additional elastic strips **114c**, as illustrated in FIG. 3A, stitched together with elastic strips **114a** that form the first and second arm support portions **102** and **103**. In an embodiment, the shoulder support portion **108a**, the first and second arm support portions **102** and **103** are detachably connected to the chest support portion **101**.

FIGS. 3A-3C illustrate perspective views of a lifter **200** using the weight lifting support shirt **100** during the bench press workout. The weight lifting support shirt **100** trains the lifter **200** to adopt the proper barbell **201** path in the bench press workout, namely, lowering the barbell **201** to the lifter's chest **111** and returning the barbell **201** to the fully extended/rack position **301** substantially in a straight path and substantially perpendicular to the bench **302**, as shown in FIG. 3C. Following a substantially straight path, substantially perpendicular to the bench **302** for lifting and lowering the barbell **201** engages the latissimus, pectoral, and triceps muscles, thereby reducing pressure and strain on the rotator cuffs of the lifter **200**. The weight lifting support shirt **100** further comprises a grid plate **109** that is positioned at the center of the chest support portion **101**, which is configured to prevent stretching of the material of the weight lifting support shirt **100**, and to direct the rebound, released energy during the workout into the chest portion **111** and the arms of the lifter **200**.

The sleeves portions **102a** and **103a** are in communication with and connected to the shoulder support portion **108a** and

chest support portion **101** at an angle that requires the lifter **200** to move the barbell **201** in a substantially straight path, and substantially perpendicular to the bench **302**, as shown in FIGS. **3B** and **3C**. In an embodiment, the shoulder support portion **108a** and/or the arm support portions **102** and **103** of the weight lifting support shirt **100** illustrated in FIG. **2B** comprises at least one elastic material **113a** to provide the necessary flexibility and proper range of motion of the lifter's arm in any direction when the barbell **201** is raised and lowered, and for transferring the barbell's load and energy towards the center **100a** of the weight lifting support shirt **100** when the barbell **201** is lowered. In an embodiment, the shoulder support portion **108a** and/or the arm support portions **102** and **103** of the weight lifting support shirt **100** illustrated in FIG. **2A** comprises at least two elastic layers **113a** and **113b**. In another embodiment, the shoulder support portion **108a** and/or the arm support portions **102** and **103** of the weight lifting support shirt **100** illustrated in FIG. **1A** comprises at least three elastic layers **113a**, **113b**, and **113c**. As illustrated in FIGS. **1B** and **3A**, in an embodiment, the center of the chest support portion **101** is reinforced with the optimally-sized figure eight stitching, which maximizes the transfer of the load and energy received when the barbell is lifted and lowered towards the chest portion **111**, triceps, pectoral, and latissimus region of the lifter **200**. As the lifter **200** lowers the barbell **201** and stretches the elastic material of the weight lifting support shirt **100**, the stretch energy is transferred to the center of the weight lifting support shirt **100** and conserved or stored there until the lifter **200** presses the barbell **201** away from the lifter **200**, at which point the stretch energy rebounds back to the chest portion **111**, triceps, pectoral, and latissimus region of the lifter **200**.

The construction of the weight lifting support shirt **100** comprises an elastic support shirt **100** composition; the use of the weight lifting support shirt **100** holds and transfers more energy to the lifter than prior art shirts, thereby providing more stretch energy rebound to the lifter **200**. Furthermore, the design of the weight lifting support shirt **100** requires the lifter **200** to use the proper barbell **201** path that is substantially along a straight path, substantially perpendicular to the bench **302**, when bench pressing, as shown in FIG. **3C**. These problems are addressed by the weight lifting support shirt **100** disclosed herein, which further comprises wider angles of the arm support portions **102** and **103** that are designed to be tighter at the middle of the weight lifting support shirt **100** via the optimally sized figure eight pattern grid plate **109**, which allows the lifter **200** to get a comfortable and secure fit from the set-up of the weight lifting exercise and throughout the execution of the lift.

As disclosed above, due to the figure eight stitching design **112** in the grid plate **109** at the center of the chest of the weight lifting support shirt **100**, the energy from the arms **202** and **203** and chest is stored in the center of the weight lifting support shirt **100** when the lifter **200** is lowering the barbell **201** down to the chest. This directs the weight lifting support shirt **100** to stretch until the grid plate **109** stops the lifter **200** from proceeding further, at which point the energy in the weight lifting support shirt is released and rebounds to the chest and arms **202** and **203** to assist the lifter **200** in pressing the barbell **201** back to the fully extended/locked out position.

The foregoing examples have been provided merely for explanation and are in no way to be construed as limiting of the weight lifting support shirt **100** disclosed herein. While the weight lifting support shirt **100** has been described with

reference to various embodiments, it is understood that the words, which have been used herein, are words of description and illustration, rather than words of limitation. Furthermore, although the weight lifting support shirt **100** has been described herein with reference to particular means, materials, and embodiments, the weight lifting support shirt **100** are not intended to be limited to the particulars disclosed herein; rather, the weight lifting support shirt **100** extend to all functionally equivalent structures, methods and uses, such as are within the scope of the appended claims. While multiple embodiments are disclosed, it will be understood by those skilled in the art, having the benefit of the teachings of this specification, that weight lifting support shirt **100** disclosed herein are capable of modifications and other embodiments may be effected and changes may be made thereto, without departing from the scope and spirit of the weight lifting support shirt **100** disclosed herein.

I claim:

1. A weight lifting support shirt to allow a lifter to perform one or more workouts, the weight lifting support shirt comprising:

- a chest support portion configured to extend across a chest portion of the lifter from a first end to a second end;
 - a first arm support portion extending from the first end of the chest support portion;
 - a second arm support portion extending from the second end of the chest support portion, wherein the first and second arm support portions are configured to conform around a first arm and a second arm of the lifter;
 - a shoulder support portion abutting and extending across boundaries of the first arm support portion, the second arm support portion, and the chest support portion;
 - each of the first arm support portion and the second arm support portion comprising a sleeve portion, wherein the sleeve portions are configured to enable the lifter to raise a barbell and lower the barbell during a bench press workout;
 - a figure eight stitching at a center of the chest support portion;
 - a grid plate disposed around the figure eight stitching at the center of the chest support portion; and
 - an abdominal support portion in communication with and extending below the chest support portion;
- wherein the weight lifting support shirt comprises an elastic material, wherein when the lifter lowers the barbell and stretches the elastic material of the weight lifting support shirt, load and energy received from the barbell is transferred to the center of the chest support portion and is stored in the grid plate disposed around the figure eight stitching, and wherein when the lifter lifts the barbell, load and energy stored in the grid plate disposed around the figure eight stitching rebounds and transfers to triceps, pectoral region, and latissimus region of the lifter, wherein a combination of the figure eight stitching and the grid plate disposed around the figure eight stitching enables performance of the bench press workout by the lifter in a proper bar path, and wherein the proper bar path for the bench press workout comprises a substantially straight path, substantially perpendicular to a ground surface.

2. The weight lifting support shirt of claim **1**, wherein the abdominal support portion is configured to be fastened about an abdomen of the lifter using a hook and loop fastener.

3. The weight lifting support shirt of claim **2**, wherein the abdominal support portion comprises a first lateral extension comprising a hook component of the hook and loop fastener

and a second lateral extension comprising a loop component of the hook and loop fastener.

4. The weight lifting support shirt of claim 1, wherein the weight lifting support shirt is configured to align hands of the lifter to move in the substantially straight path, substantially perpendicular to the ground surface.

5. The weight lifting support shirt of claim 1, wherein an angle at which the sleeve portions connect to the shoulder support portion and the chest support portion of the lifter is configured to enable the lifter to move the barbell in the substantially straight path, substantially perpendicular to the ground surface.

6. The weight lifting support shirt of claim 1, wherein the sleeve portion comprises triple-ply elastic arm bands that are attached to the shoulder support portion of the weight lifting support shirt, and wherein the triple-ply elastic arm bands are configured to transfer the load and the energy from the shoulder portion of the lifter into the triceps, the pectoral region, and the latissimus region of the lifter to reduce strain on rotator cuffs of the lifter.

7. The weight lifting support shirt of claim 6, wherein the shoulder support portion comprises an elastic layer that provides flexibility to the lifter for a predefined range of motion and depth.

8. The weight lifting support shirt of claim 7, wherein the shoulder support portion is configured to transfer the load and the energy of the barbell into the center of the chest support portion during descent of the barbell.

9. The weight lifting support shirt of claim 8, wherein the figure eight stitching and grid plate disposed around the figure eight stitching are configured to concentrate the load and energy received from multiple angles during the bench press workout to the figure eight stitching and the grid plate disposed around the figure eight stitching at the center of the weight lifting support shirt.

10. The weight lifting support shirt of claim 1, wherein the grid plate is configured to prevent stretching of the elastic material of the weight lifting support shirt, and rebound the load and the energy stored in the grid plate disposed around the figure eight stitching into the chest portion and arms of the lifter during the bench press workout.

11. A weight lifting support shirt to allow a lifter to perform one or more workouts, the weight lifting support shirt comprising:

- a chest support portion configured to extend across a chest portion of the lifter from a first end to a second end;
- a first arm support portion extending from the first end of the chest support portion;
- a second arm support portion extending from the second end of the chest support portion, wherein the first and second arm support portions are configured to conform around a first arm and a second arm of the lifter, respectively;
- a shoulder support portion abutting and extending across boundaries of the first arm support portion, the second arm support portion, and the chest support portion;
- each of the first arm support portion and the second arm support portion comprising a sleeve portion, wherein the sleeve portions are configured to enable the lifter to perform the one or more workouts;
- a figure eight stitching at a center of the chest support portion;
- a grid plate disposed around the figure eight stitching at the center of the chest support portion, wherein a combination of the figure eight stitching and the grid plate disposed around the figure eight stitching enables storing and rebounding of load and energy when the lifter performs the one or more workouts; and
- an abdominal support portion in communication with and extending below the chest support portion.

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