

(12) **United States Patent**
Dugan

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(54) **SYSTEM AND METHOD FOR IMPROVING FITNESS EQUIPMENT AND EXERCISE**

A63B 2230/03; A63F 13/10; A63F 2300/69;
A63F 2300/8029

See application file for complete search history.

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(*) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 0 days.

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This patent is subject to a terminal disclaimer.

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(63) Continuation of application No. 14/619,064, filed on Feb. 10, 2015, now Pat. No. 9,272,185, which is a continuation of application No. 14/313,995, filed on Jun. 24, 2014, now Pat. No. 8,979,711, which is a

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(57) **ABSTRACT**

(51) **Int. Cl.**
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A63B 22/06 (2006.01)

In a first aspect, a method is provided that includes the steps of (1) providing a monitor for determining a level of exercise performance performed by an exerciser and for outputting a signal representative of the performance level; (2) using the monitor to measure a level of exercise performance performed by an exerciser; (3) outputting from the monitor a signal representative of the performance level; (4) providing a video game having a character, the video game inputting and being responsive to the performance level signal output by the monitor, the video game using the performance level signal to control a performance level of the video game character; and (5) while the exerciser is not exercising, controlling a performance level of the video game character based on a performance level signal output by the monitor.

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(58) **Field of Classification Search**
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