Various exercising devices now existing involve straining or considerable muscular work. Most of them require the use of the feet for support on the floor and the hands are also used for maintaining one's position while exercising. Use of a chair for exercising has heretofore been difficult. Besides involving a strain there was danger of slipping off from the front edge of the chair, unless one holds on with his hands or keeps his feet on the floor.

The device embodying the present invention consists literally of an obstruction, whose cross sectional shape is the same, from end to end, placed longitudinally at or adjacent to the front edge of the seat, which obstruction serves as a block, or stop, to prevent a person from slipping off from the front edge, and it furnishes a means for securely holding him on the seat while he is exercising or stretching, while at the same time the feet and hands are entirely free for exercising, as explained later.

My chair seat stop for exercising, hereinafter called chair seat stop, which is attached to a chair which has a back, but preferably without arms, and un-upholstered, has sufficient elevation to prevent a person, who is sitting on the seat, facing the customary way, from slipping off from the front edge, while he is using the chair for exercising, and while his feet, at the same time, are raised off from the floor, and his hands are engaged in exercising. As he stretches out, pushing his shoulder blades against the back of the chair, the chair seat stop prevents him from sliding beyond the line of the obstruction, or stop.

The device embodying the present invention is designed primarily to furnish an easy means for stretching out the abdominal muscles, without straining, for the purpose of facilitating intestinal elimination, and also to improve the circulation of the entire body, but with the need of very little muscular exertion. It should require only a few minutes of stretching each day, and the exercising may be very light, or vigorous, to suit the desires of each person.

This chair seat stop, being placed at or adjacent to the front edge of a seat, so that the human form engages the said stop slightly below the upper joints of the thigh bones of the legs, or not far from the "half way" point between the crown of the head and the soles of the feet, is a means for creating a better balance for the person who is exercising. During the exercising the feet, at all times, are raised above the floor, and stretching is facilitated by counter movements with the hands and arms, which operate simultaneously with the feet and legs and serve as counter weights. For best results the strokes with the hands are mostly in a direction opposite to those of the feet. The exercising is facilitated by contact of the shoulder blades with the back of the chair.

In the accompanying drawing:

Figure 1 is a perspective view of a chair seat stop, embodying the present invention, attached permanently at or adjacent to the front edge of a chair seat by screws, counter-sunk.

Figure 2 is a perspective of another form of chair seat stop, embodying the present invention, consisting of a roller-shaped body of suitable diameter, which is removably attachable, it engages a bent wire framework, hereinafter called a detachable holder, by means of coils of plant wire fastened to screw eyes placed at or near the axis center at the ends of said chair seat stop, the detachable holder, in turn, being fastened by means of its own hooked ends to the back supports of a chair.

Figure 3 is an enlarged horizontal sectional view of the detachable holder shown in Figure 2, with supplemental coils of plant wire, and which is embodied in this invention.

Figure 4 is a perspective view of a chair seat stop made with a flexible body, which consists of a flat pad, folded once, lengthwise, which, in a few seconds, may be removably engaged with the base of the detachable holder, and the latter attached to the chair, without the need of the coils of wire.

Figures 5 and 6 show front elevation views of a chair equipped with the chair seat stop with the roller shaped body and detachable holder shown in Figure 2, and their use by a man who is exercising.

Figure 1 represents a perspective view of the chair seat stop 3, embodying the present invention, permanently attached to a common chair such as is found in many kitchens. The upper surface of the chair seat is indicated by the numeral 1 and front edge of same by numeral 2. Placed longitudinally along the top of the seat and adjacent to the front edge, is a chair seat stop whose cross sectional shape is the same from end to end. This cross section may be of various forms, but in Figure 1 it is a half round, whose flat, or diametric side, engages the surface of the seat. The material of the stop may be of any convenient kind which will offer sufficient resistance to prevent the person, who is facing the customary way, while using the chair for exercising and stretching, from slipping off from the
front edge of the seat. This chair seat stop, 3, made of wood, is fastened at or adjacent to the front edge of said seat by means of ordinary screws, such as a hammer and piercing the top sur- face of the seat. For best results the height of the chair seat stop, 3, at its crest 5, should be one inch to one and one half inches, and for the comfort of the person using the chair, the edge of the chair seat stop which is nearest to the back sup-
ports 7 of the chair should slant, as indicated by the round shown in Figure 1. A strongly
built chair is recommended, preferably one of the Windsor type, with sloping back, and reenforced.
In the form of the invention shown in Figure
2 the chair seat stop 11 is cylindrical in shape, one inch to one and one half inches in diameter, and it is placed longitudinally, so that the end of the horizontal radius lies in the vertical plane of the front edge of the seat, or practically the same position as in Figure 1, but this chair seat stop is not permanently fastened to the surface of the seat. It is slightly attached, being held at a constant distance from the back supports of the chair by a detachable holder designated by the numerals 8, 9 and 10, which will presently be described, and which engages said back supports 7 by the convex hooked end 10, said chair seat stop being attached directly to the detachable holder by coils of plant wire 13 drawn through screw eyes 14 placed at the axial points of the ends of said chair seat stop or fastened by said coils of wire in any other convenient way, and being looped once around either end of the base of the detachable holder to form a complete circuit, which is tightly closed by uniting the loose ends of the said wire to form a ring. The detachable holder, an enlarged drawing of which is shown in Figure 3, comprises a stiff wire of a minimum gauge of 3/16 inch, which is bent in one horizontal plane and with a shape having fundamentally three sides, two of which are parallel to each other and extend in the same direction, beginning at opposite ends, respectively, of the third side 9, or base, and at right angles to same, the detached ends of the parallel sides, at a spec-
ified equal distance, from their starting points, being bent in curved lines towards each other and changing their directions so as to form convex-shaped hooks 10, which lie entirely within the original line of direction of the aforesaid two sides; said detachable holder being of such linear proportions that the said hooked ends may be removable attached to and around the back sup-
ports of said chair at or near the seat, and the third side, or base, may be continuously engaged with the said chair seat stop end for end, by any convenient means, or by coils of plant wire 13, as above indicated. When a person sits on the chair for exercising, the upper parts of his legs and body press upon and against the chair seat stop 11 and hold it firmly in contact with the surface of the seat, while the hooks 10 of the detachable holder furnish means to anchor the chair seat stop at a constant distance from the back supports 7 of said chair. A detachable holder of this description, supplement to the coils of plant wire, may be used for attaching any form of chair seat stop to a chair for exercising purposes, and since the detachable holder may be unhooked from the chair back in several seconds, the chair is available for other purposes.
The detachable holder may be conveniently used with or without the coils of wire for attaching vari-
sous forms of chair seat stops, one of the simplest and best being a flexible pad 15, folded once,