

FIG.1
PRIOR ART

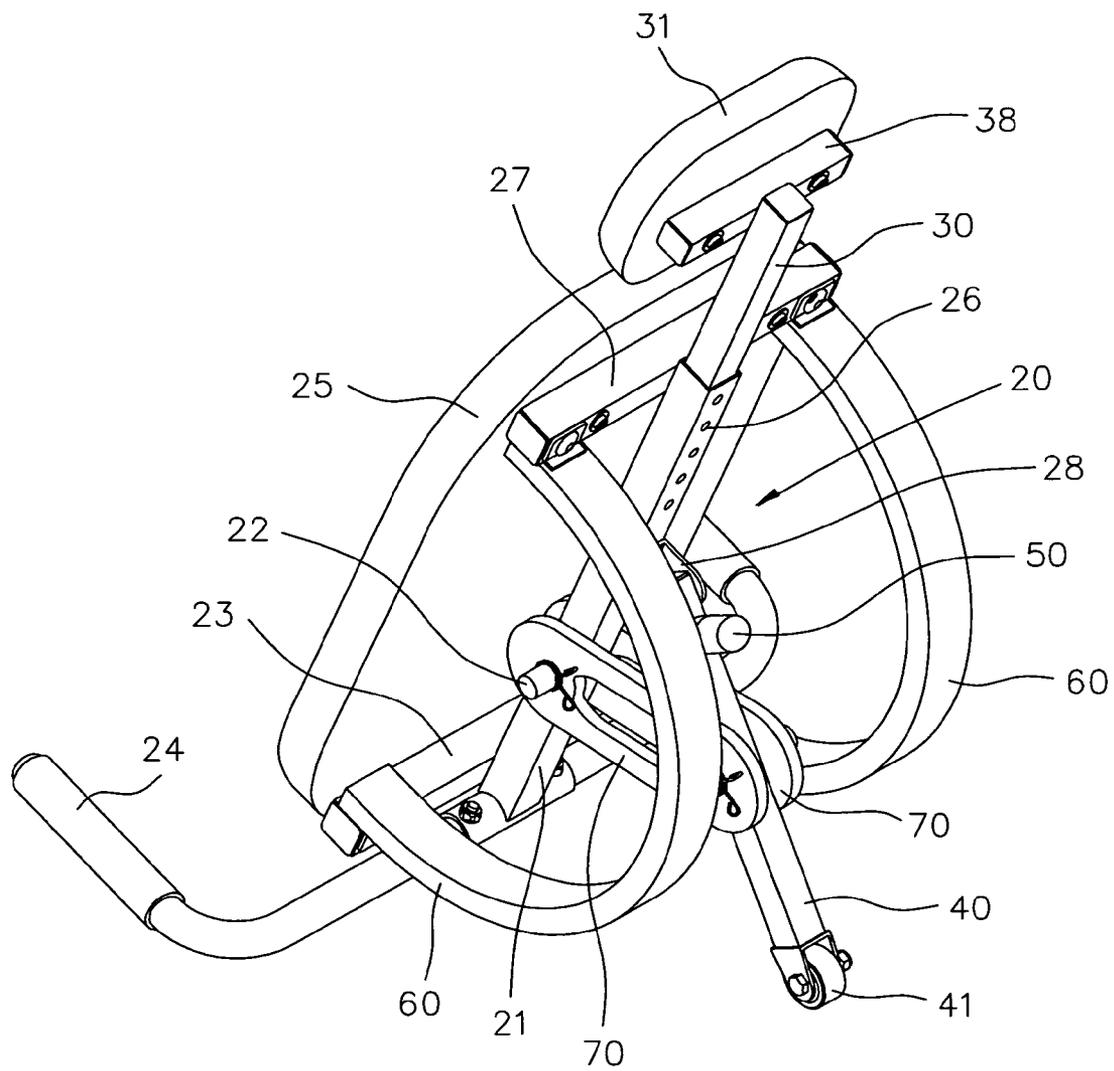


FIG.2

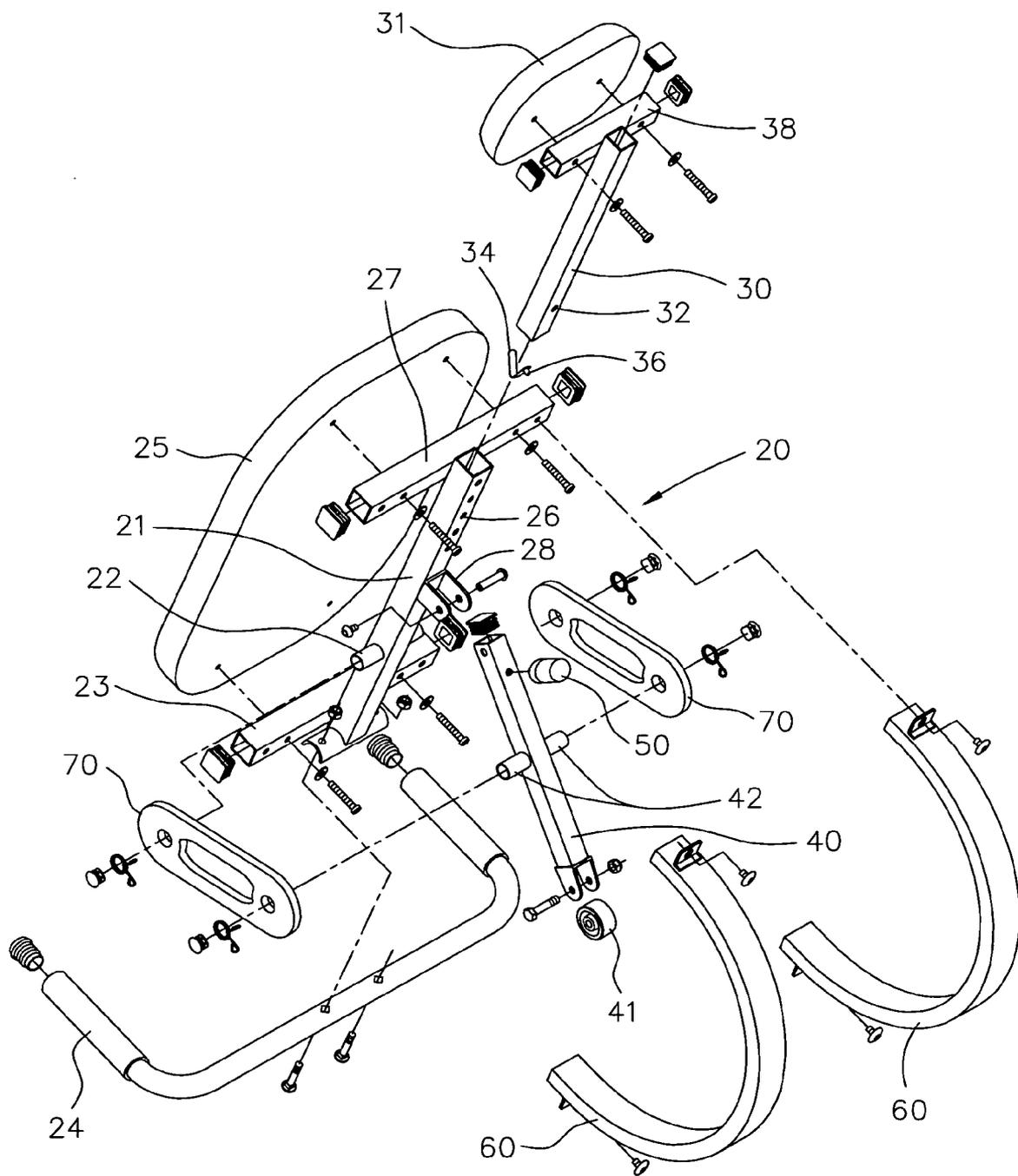


FIG.3

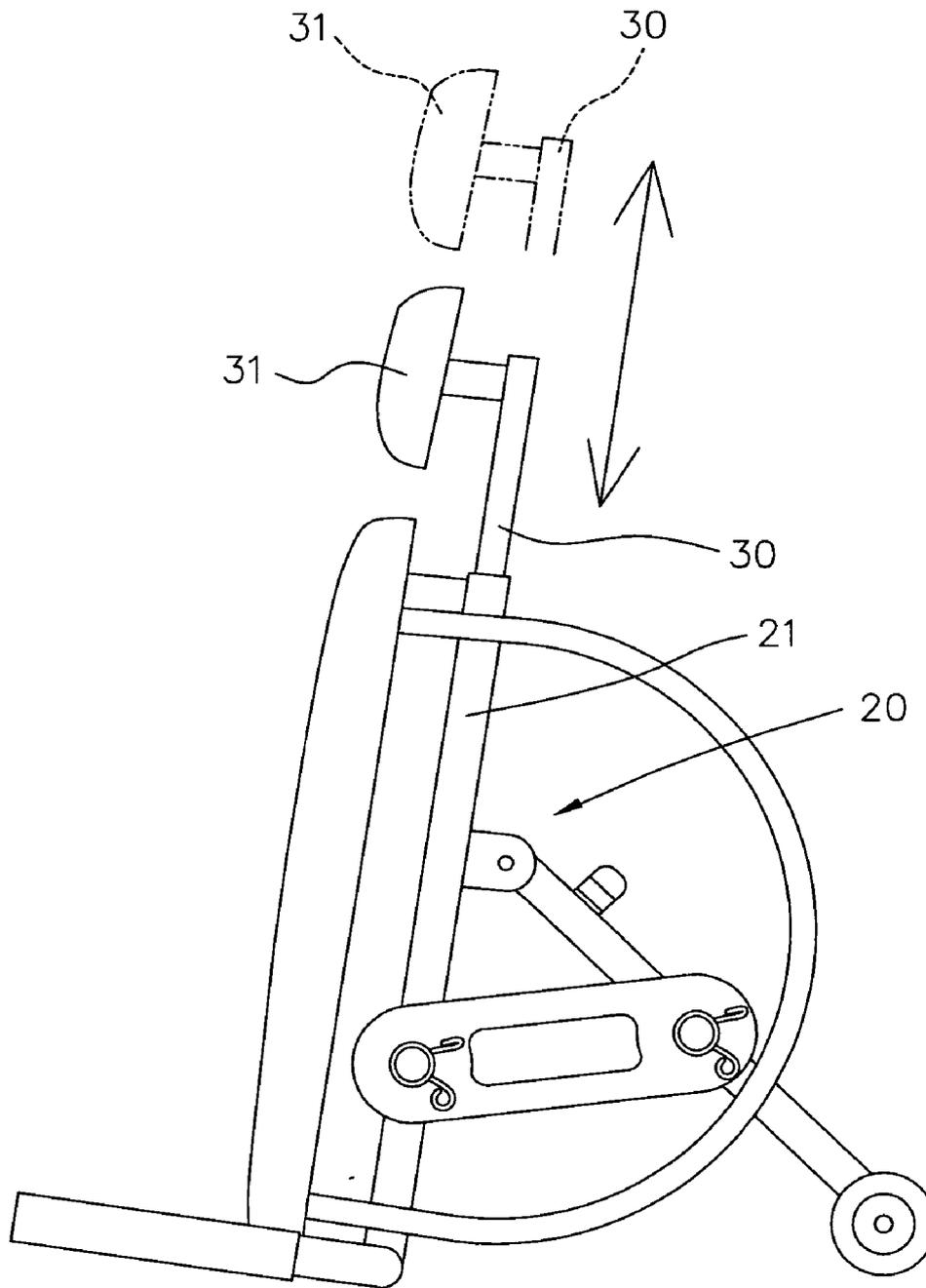


FIG.4

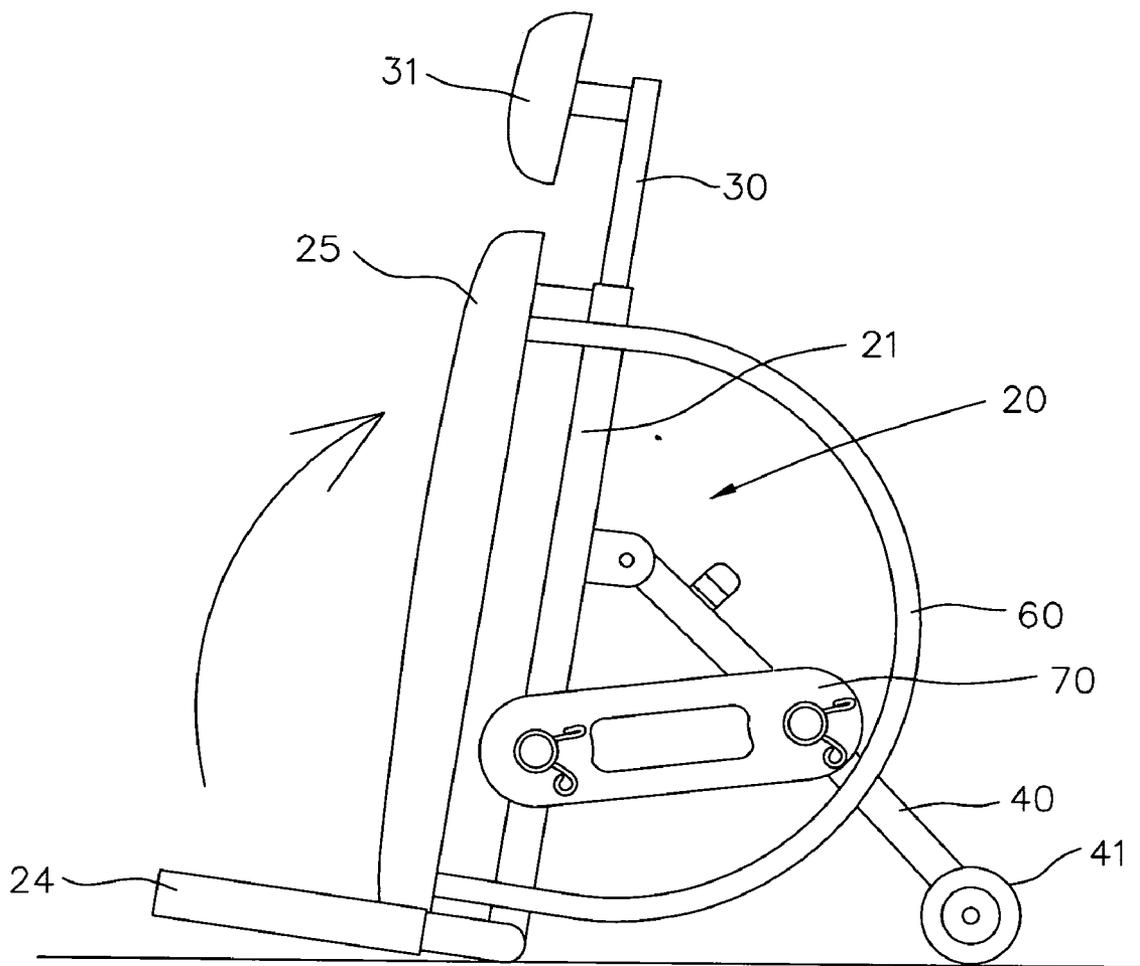


FIG.5

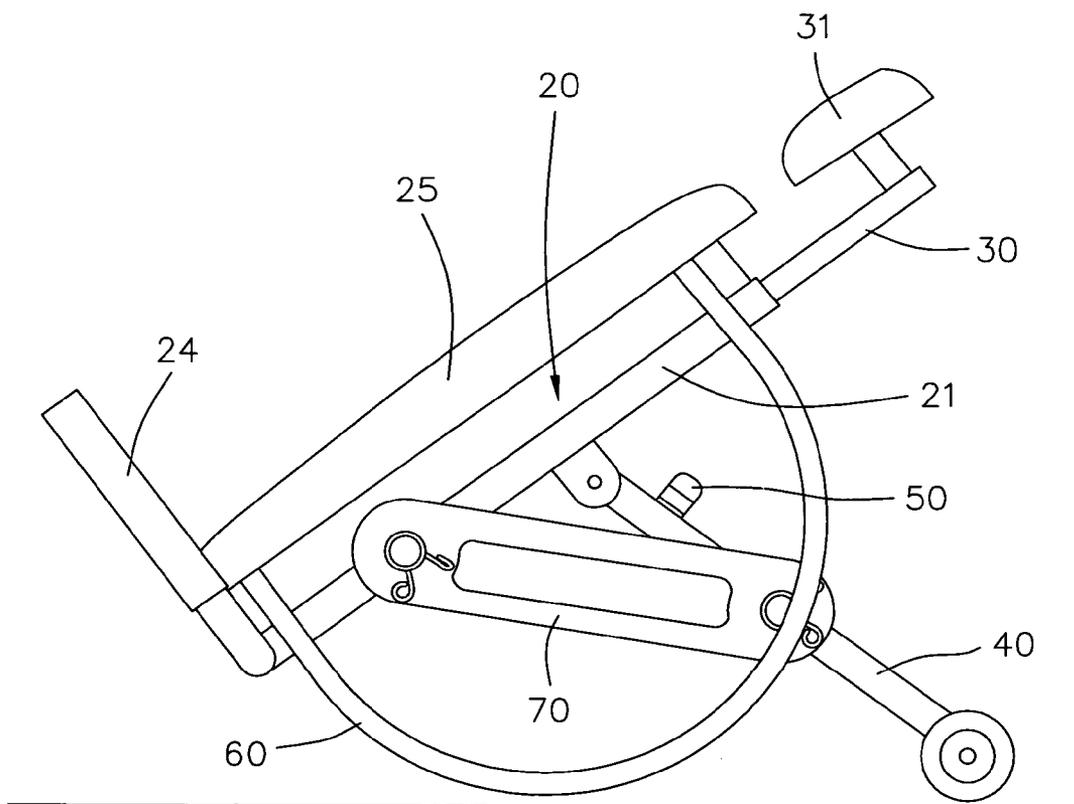


FIG.6

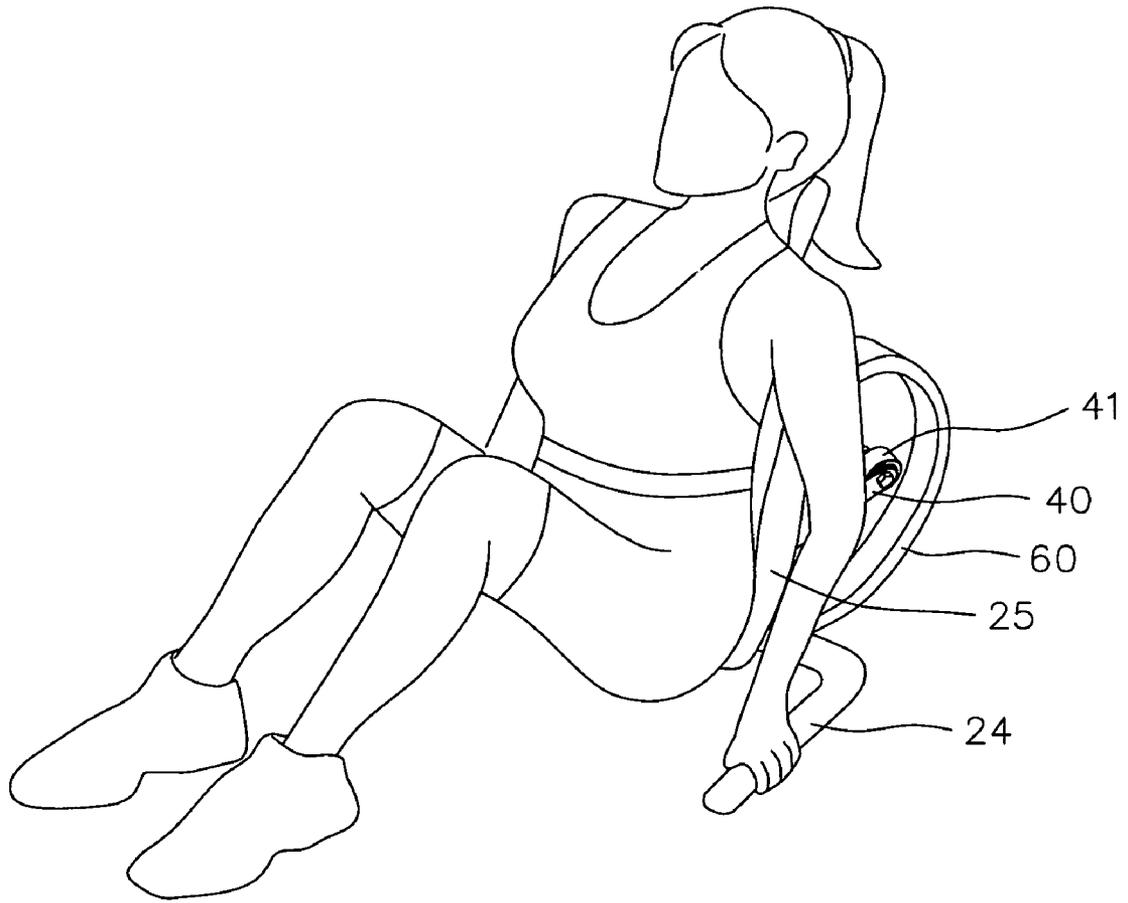


FIG.7

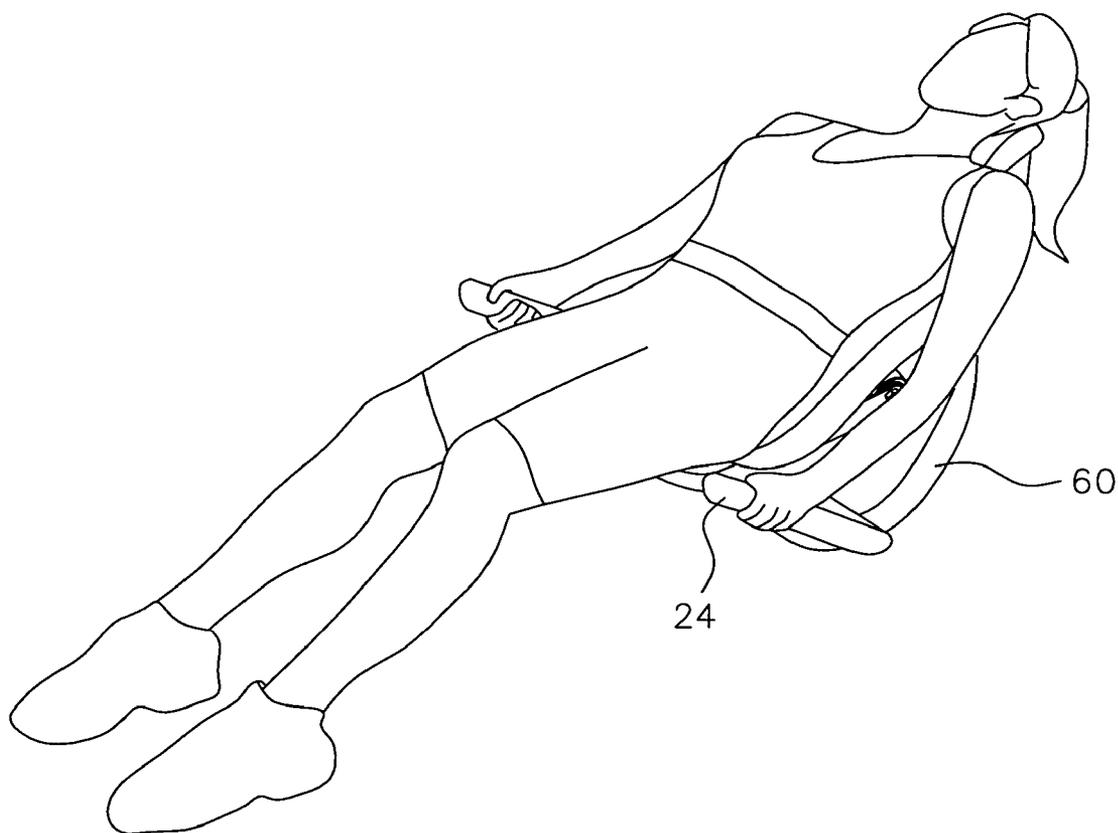


FIG.8

EXERCISING DEVICE

BACKGROUND OF THE INVENTION

[0001] 1. Field of the Invention

[0002] The present invention relates to an exercising device, and more particularly to an exercising device for exercising a user's waist.

[0003] 2. Description of the Related Art

[0004] A conventional exercising device in accordance with the prior art shown in FIG. 1 is used to exercise the user's waist and comprises a bent main frame 10, a seat 12, and two handles 14. In operation, the user is seated on the seat 12, with his/her two hands holding the operation handle 14, and with his/her back being rested on the main frame 10. Then, when the user is moved backward, the main frame 10 is rotated, so that the user's upper body is moved with the main frame 10 so as to exercise the user's waist

[0005] However, the user's back is not easily rested on the main frame 10, thereby causing an uncomfortable sensation to the user. In addition, the main frame 10 is easily rested on the ground entirely due to an excessive rotation, so that the user's back is easily injured due to excessive bending, thereby causing danger to the user. Further, the user has to exert a larger force to operate the conventional exercising device, so that the user consumes much energy and cannot achieve the exercising effect.

SUMMARY OF THE INVENTION

[0006] The present invention is to mitigate and/or obviate the disadvantage of the conventional exercising device.

[0007] The primary objective of the present invention is to provide an exercising device, wherein the user can operate the exercising device to achieve the purpose of exercising the user's waist.

[0008] Another objective of the present invention is to provide an exercising device, wherein the longitudinal bar of the main frame is rested on the stop block, thereby preventing the main frame from being entirely rested on the ground due to an excessive rotation, and preventing the user's back from being injured due to excessive bending so as to protect the user's safety.

[0009] A further objective of the present invention is to provide an exercising device, wherein each of the rocking bars is arc-shaped to satisfy the ergonomic design, so that the user can operate the exercising device in a comfortable and safe manner.

[0010] A further objective of the present invention is to provide an exercising device, wherein the user can operate the exercising device easily and conveniently by the restoring force of each of the two elastic members, thereby facilitating the user operating the exercising device.

[0011] In accordance with the present invention, there is provided an exercising device, comprising:

[0012] a main frame;

[0013] a pivot bar pivotally mounted on the main frame;

[0014] a stop block mounted on the pivot bar and rested on the main frame when the main frame approaches the pivot bar;

[0015] two rocking bars mounted on the main frame; and

[0016] two elastic members each biased between the main frame and the pivot bar.

[0017] Further benefits and advantages of the present invention will become apparent after a careful reading of the detailed description with appropriate reference to the accompanying drawings.

BRIEF DESCRIPTION OF THE DRAWINGS

[0018] FIG. 1 is a perspective view of a conventional exercising device in accordance with the prior art;

[0019] FIG. 2 is a perspective view of an exercising device in accordance with the preferred embodiment of the present invention;

[0020] FIG. 3 is an exploded perspective view of the exercising device as shown in FIG. 2;

[0021] FIG. 4 is a partially side plan operational view of the exercising device as shown in FIG. 2;

[0022] FIG. 5 is a partially side plan view of the exercising device as shown in FIG. 2;

[0023] FIG. 6 is a schematic operational view of the exercising device as shown in FIG. 5 in use;

[0024] FIG. 7 is a schematic operational view of the exercising device as shown in FIG. 2 in use; and

[0025] FIG. 8 is a schematic operational view of the exercising device as shown in FIG. 7.

DETAILED DESCRIPTION OF THE INVENTION

[0026] Referring to the drawings and initially to FIGS. 2 and 3, an exercising device in accordance with the preferred embodiment of the present invention comprises a main frame 20, a retractable bar 30, a pivot bar 40, a stop block 50, two rocking bars 60, and two elastic members 70.

[0027] The main frame 20 is substantially I-shaped, and includes a longitudinal bar 21, a first transverse bar 27 mounted on a first end of the longitudinal bar 21, and a second transverse bar 23 mounted on a second end of the longitudinal bar 21. The first end of the longitudinal bar 21 of the main frame 20 is formed with a plurality of adjusting holes 26. The second end of the longitudinal bar 21 of the main frame 20 is provided with two connecting rods 22 located adjacent to the second transverse bar 23. The longitudinal bar 21 of the main frame 20 has a mediate portion provided with a substantially U-shaped pivot base 28.

[0028] The exercising device further comprises a backrest 25 mounted on the first transverse bar 27 and the second transverse bar 23 of the main frame 20.

[0029] The retractable bar 30 is retractably mounted on the first end of the longitudinal bar 21 of the main frame 20 and has a first end formed with a positioning hole 32 aligning with one of the adjusting holes 26 of the longitudinal bar 21

of the main frame **20** and a second end provided with a transverse fixing bar **38** for mounting a head cushion **31**.

[0030] The exercising device further comprises a substantially V-shaped elastic plate **34** mounted in the retractable bar **30** and having a distal end provided with a positioning stub **36** extended through the positioning hole **32** of the retractable bar **30** and detachably locked in one of the adjusting holes **26** of the longitudinal bar **21** of the main frame **20**.

[0031] The exercising device further comprises a substantially U-shaped operation handle **24** mounted on the second end of the longitudinal bar **21** of the main frame **20**.

[0032] The pivot bar **40** is pivotally mounted on the main frame **20** and has a first end pivotally mounted on the mediate portion of the longitudinal bar **21** of the main frame **20** by the pivot base **28** and a second end provided with a roller **41**. The pivot bar **40** has a mediate portion provided with two connecting rods **42** located opposite to the two connecting rods **22** of the longitudinal bar **21** of the main frame **20**.

[0033] The stop block **50** is mounted on the first end of the pivot bar **40** and is rested on the longitudinal bar **21** of the main frame **20** when the longitudinal bar **21** of the main frame **20** approaches the pivot bar **40**. Preferably, the stop block **50** is made of an elastic material. In addition, the stop block **50** is vertical to a surface of the pivot bar **40**.

[0034] Each of the two rocking bars **60** is substantially arc-shaped, and has a first end secured on an end of the first transverse bar **27** of the main frame **20** and a second end secured on an end of the second transverse bar **23** of the main frame **20**.

[0035] Each of the two elastic members **70** has a flat plate shape, and is biased between the longitudinal bar **21** of the main frame **20** and the pivot bar **40**. Preferably, each of the two elastic members **70** has a first end secured on a respective one of the two connecting rods **22** of the longitudinal bar **21** of the main frame **20** and a second end secured on a respective one of the two connecting rods **42** of the pivot bar **40** to move therewith. Thus, when the pivot bar **40** is pivoted relative to the main frame **20**, each of the two elastic members **70** can provide a restoring force to return the pivot bar **40** and the main frame **20** to the original position.

[0036] As shown in FIGS. 2-4, the positioning stub **36** of the elastic plate **34** mounted in the retractable bar **30** is extended through the positioning hole **32** of the retractable bar **30** and detachably locked in one of the adjusting holes **26** of the longitudinal bar **21** of the main frame **20**, so that the retractable bar **30** is retractably mounted on the longitudinal bar **21** of the main frame **20** adjust the height of the head cushion **31** so as to fit users of different heights.

[0037] In operation, referring to FIGS. 5 and 7 with reference to FIGS. 2 and 3, the user is seated on the ground, with his/her two legs being bent slightly, his/her back being rested on the backrest **25**, and with his/her two hands holding the operation handle **24**. At this time, the roller **41** of the pivot bar **40** is rested on the ground.

[0038] Then, referring to FIGS. 6 and 8 with reference to FIGS. 2 and 3, the user's body is moved backward to press the main frame **20** backward as shown in FIG. 6, so as to pivot the pivot bar **40** and to rock the rocking bars **60**, so that

the pivot bar **40** is pivoted outward relative to the main frame **20** to move from the position as shown in FIG. 5 to the position as shown in FIG. 6 to extend the two elastic members **70**. At this time, the longitudinal bar **21** of the main frame **20** is rested on the stop block **50** as shown in FIG. 6. Then, the pivot bar **40** and the main frame **20** can be returned to the original position by the restoring force of each of the two elastic members **70**. Thus, the user can operate the exercising device to achieve the purpose of exercising the user's waist.

[0039] Accordingly, the user can operate the exercising device to achieve the purpose of exercising the user's waist. In addition, the longitudinal bar **21** of the main frame **20** is rested on the stop block **50**, thereby preventing the main frame **20** from being entirely rested on the ground due to an excessive rotation, and preventing the user's back from being injured due to excessive bending so as to protect the user's safety. Further, each of the rocking bars **60** is arc-shaped to satisfy the ergonomic design, so that the user can operate the exercising device in a comfortable and safe manner. Further, the user can operate the exercising device easily and conveniently by the restoring force of each of the two elastic members **70**, thereby facilitating the user operating the exercising device.

[0040] Although the invention has been explained in relation to its preferred embodiment(s) as mentioned above, it is to be understood that many other possible modifications and variations can be made without departing from the scope of the present invention. It is, therefore, contemplated that the appended claim or claims will cover such modifications and variations that fall within the true scope of the invention.

What is claimed is:

1. An exercising device, comprising:

a main frame;

a pivot bar pivotally mounted on the main frame;

a stop block mounted on the pivot bar and rested on the main frame when the main frame approaches the pivot bar;

two rocking bars mounted on the main frame; and

two elastic members each biased between the main frame and the pivot bar.

2. The exercising device in accordance with claim 1, wherein the main frame includes a longitudinal bar, a first transverse bar mounted on a first end of the longitudinal bar, and a second transverse bar mounted on a second end of the longitudinal bar.

3. The exercising device in accordance with claim 1, wherein the main frame is substantially I-shaped.

4. The exercising device in accordance with claim 2, wherein the second end of the longitudinal bar of the main frame is provided with two connecting rods located adjacent to the second transverse bar, and each of the two elastic members has a first end secured on a respective one of the two connecting rods of the longitudinal bar of the main frame.

5. The exercising device in accordance with claim 4, wherein the pivot bar has a mediate portion provided with two connecting rods located opposite to the two connecting rods of the longitudinal bar of the main frame, and each of

the two elastic members has a second end secured on a respective one of the two connecting rods of the pivot bar to move therewith.

6. The exercising device in accordance with claim 2, wherein the pivot bar has a first end pivotally mounted on the longitudinal bar of the main frame.

7. The exercising device in accordance with claim 6, wherein the longitudinal bar of the main frame has a mediate portion provided with a substantially U-shaped pivot base, and the first end of the pivot bar is pivotally mounted on the pivot base of the longitudinal bar of the main frame.

8. The exercising device in accordance with claim 6, wherein the pivot bar has a second end provided with a roller.

9. The exercising device in accordance with claim 6, wherein the stop block is mounted on the first end of the pivot bar and is rested on the longitudinal bar of the main frame when the longitudinal bar of the main frame approaches the pivot bar.

10. The exercising device in accordance with claim 1, wherein the stop block is vertical to a surface of the pivot bar.

11. The exercising device in accordance with claim 2, further comprising a substantially U-shaped operation handle mounted on the second end of the longitudinal bar of the main frame.

12. The exercising device in accordance with claim 2, wherein each of the two rocking bars has a first end secured on an end of the first transverse bar of the main frame and a second end secured on an end of the second transverse bar of the main frame.

13. The exercising device in accordance with claim 1, wherein each of the two rocking bars is substantially arc-shaped.

14. The exercising device in accordance with claim 1, wherein each of the two elastic members has a flat plate shape.

15. The exercising device in accordance with claim 2, wherein each of the two elastic members is biased between the longitudinal bar of the main frame and the pivot bar.

16. The exercising device in accordance with claim 1, further comprising a retractable bar retractably mounted on the first end of the longitudinal bar of the main frame.

17. The exercising device in accordance with claim 16, wherein the retractable bar has an end provided with a transverse fixing bar for mounting a head cushion.

18. The exercising device in accordance with claim 1, further comprising a backrest mounted on the first transverse bar and the second transverse bar of the main frame.

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