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(54) **STATIONARY EXERCISE APPARATUS
(TRICEPTOR)**

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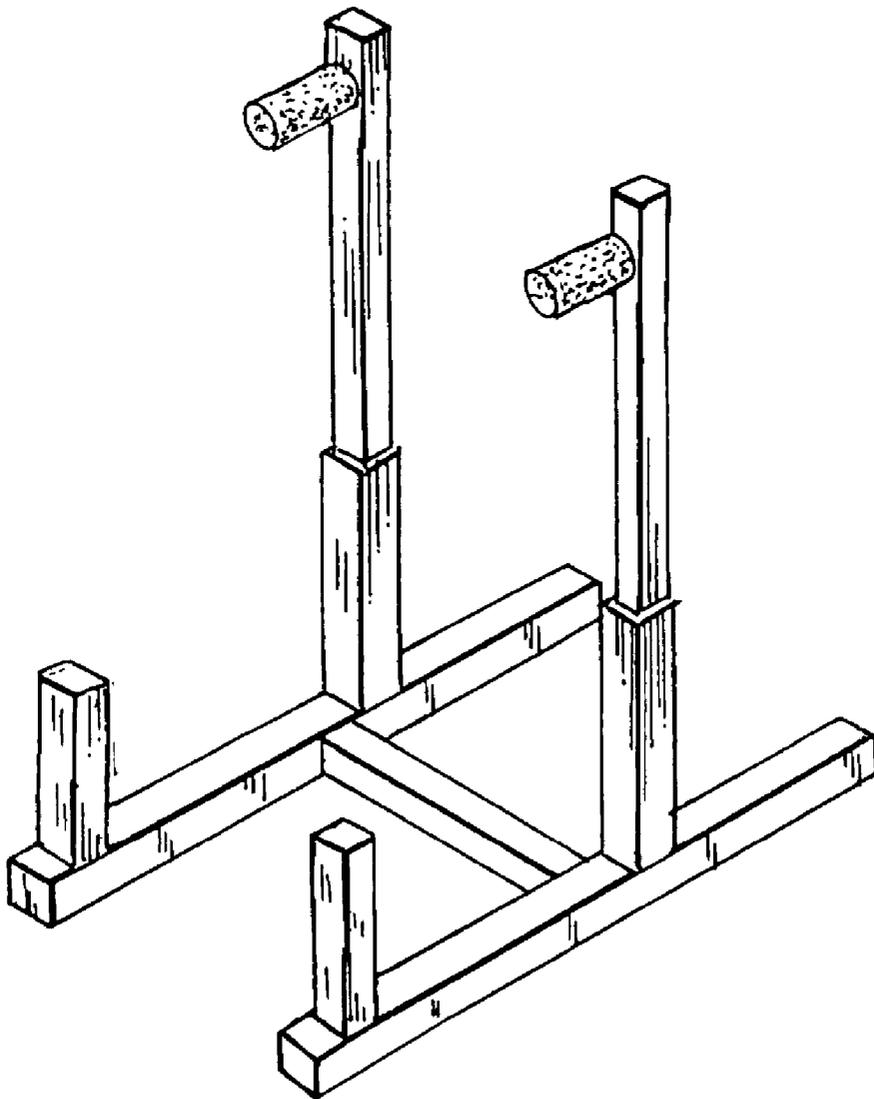
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(57) **ABSTRACT**

The Triceptor that I designed, I do believe is the first of its kind. Its uniquely structured design allows one to do a total upper body workout, in a minimal amount of space. This unit is unlike other larger more cumbersome equipment used to do the same exercises. This lightweight unique unit disassembles into four major parts, which makes transporting and storage convenient.

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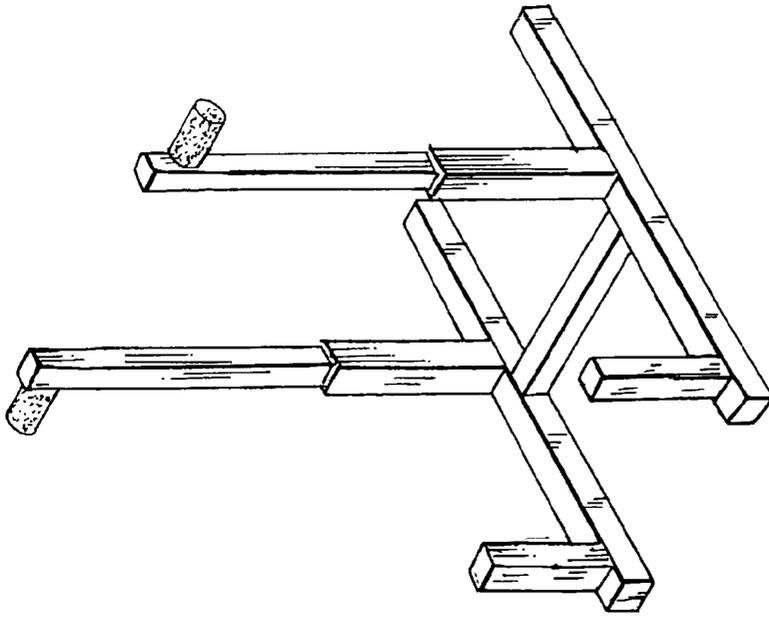


FIGURE 2

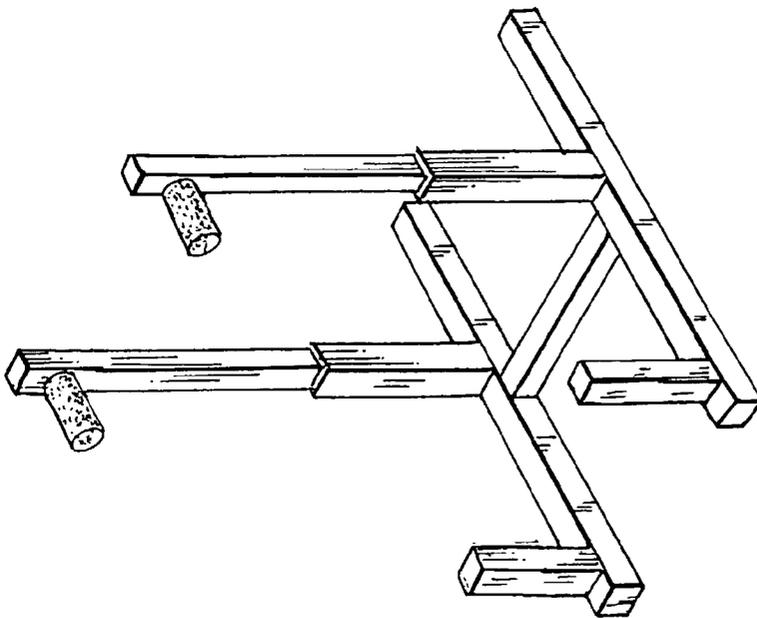


FIGURE 1

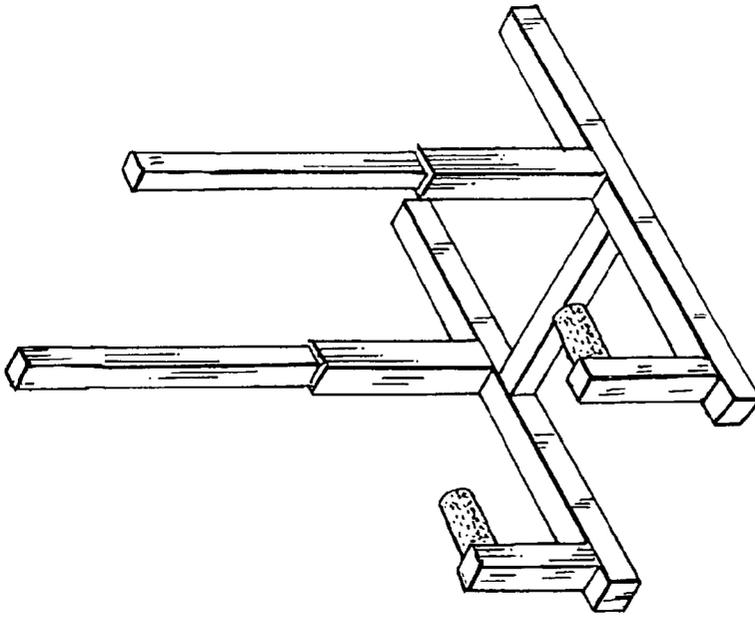


FIGURE 4

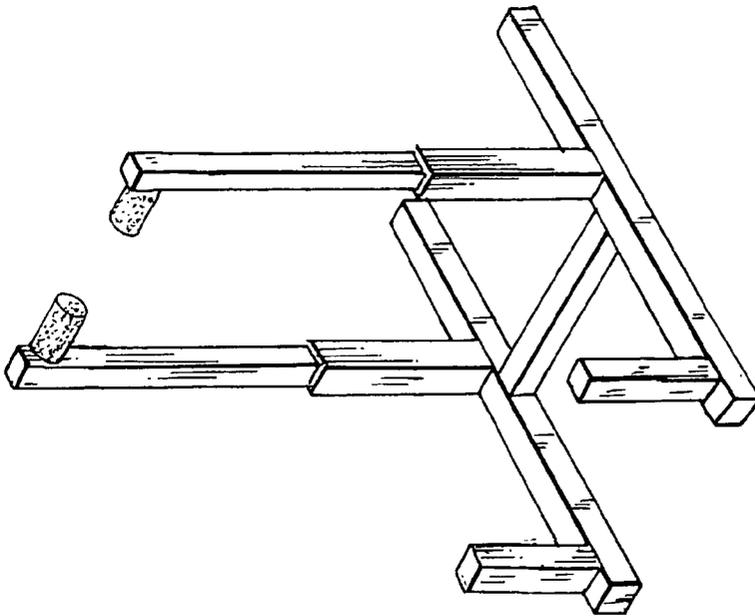


FIGURE 3

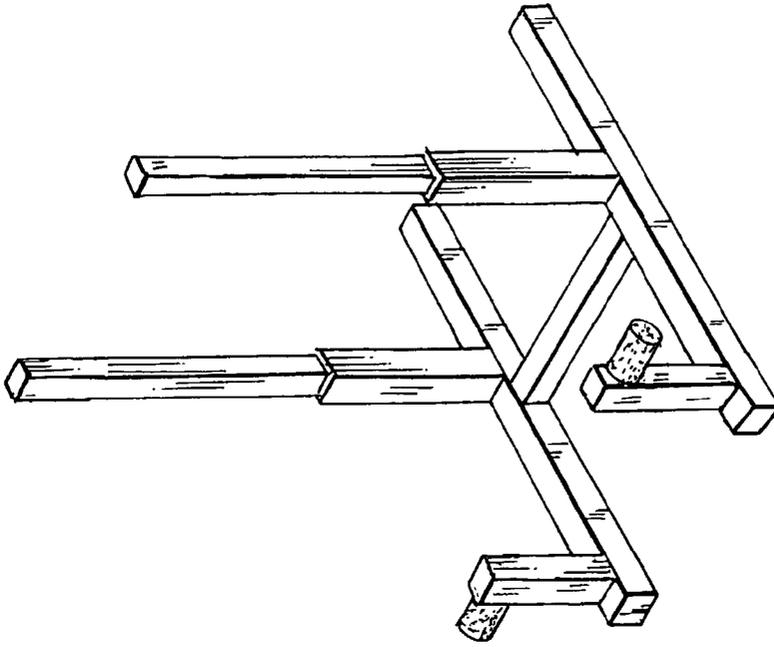


FIGURE 6

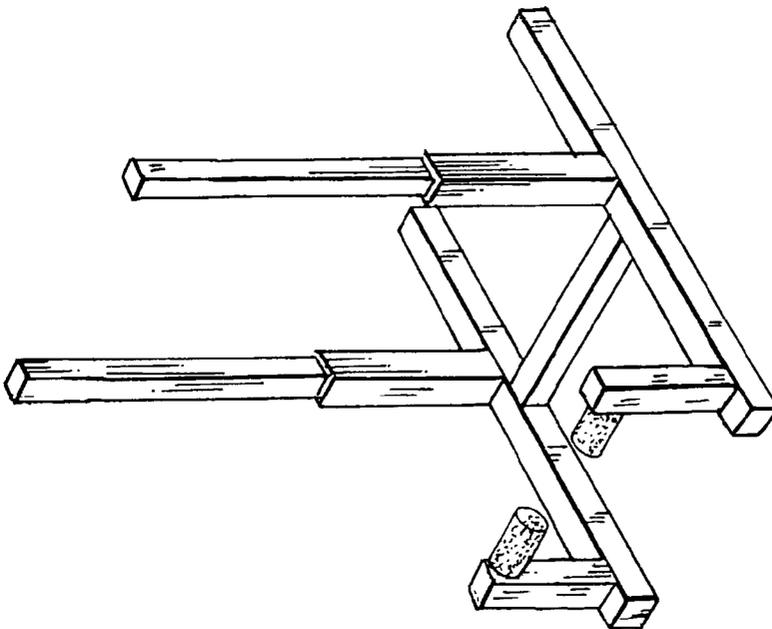


FIGURE 5

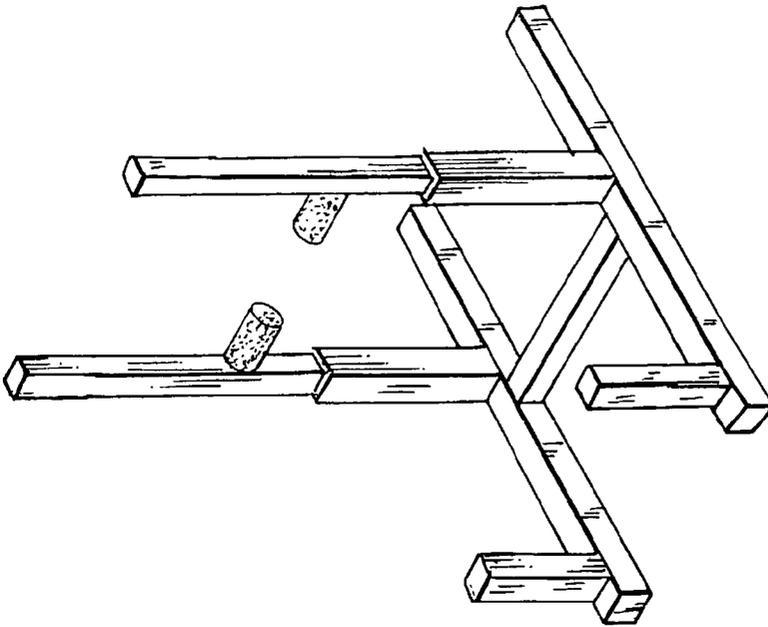


FIGURE 8

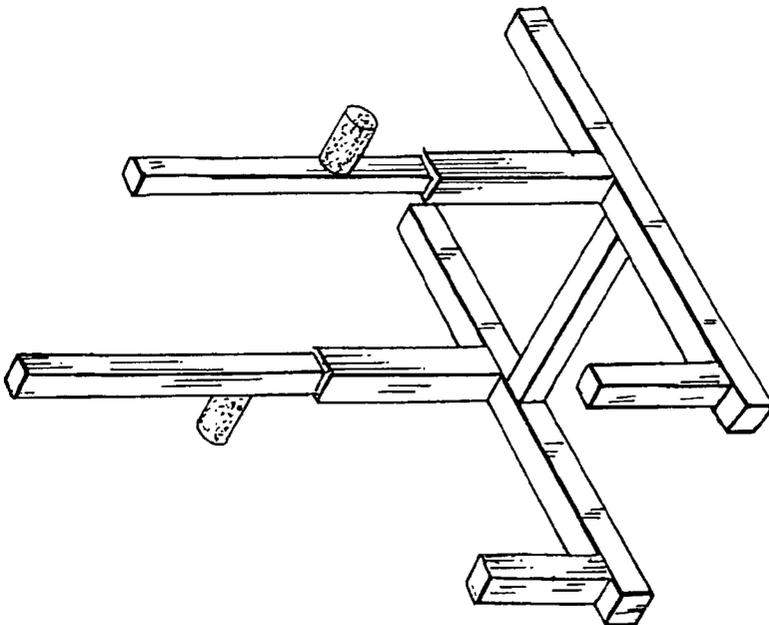


FIGURE 7

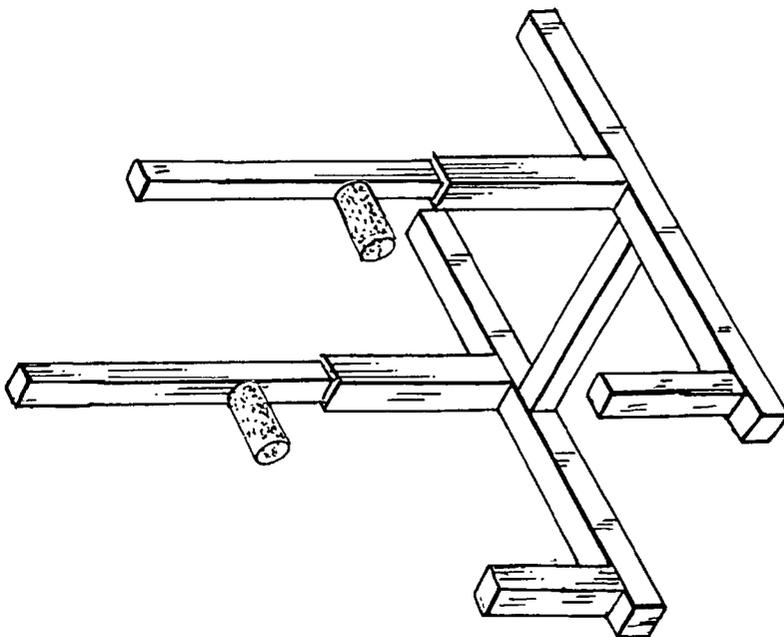


FIGURE 10



FIGURE 9

STATIONARY EXERCISE APPARATUS (TRICEPTOR)

BACKGROUND OF INVENTION

[0001] I am the sole inventor of this Stationary Exercise Apparatus. The application for the design patent has been filed as of Oct. 23, 2002. This Apparatus has its own unique design under the classification D21/. Its unique design allows you to do four different isometric workout exercises with nine different positions.

BRIEF SUMMARY OF THE INVENTION

[0002] The Stationary Exercise Apparatus is called the Triceptor. This is a lightweight, easily assembled piece of workout equipment that stands no more than 50 inches in height. It allows you to do a total upper body isometric workout, with very little space needed. This unit will allow you to do push-ups, dips, abdominal crunches, and pull-ups, in a total of nine different positions.

BRIEF DESCRIPTION OF THE SEVERAL VIEWS OF THE DRAWING

[0003] FIG. 1:

[0004] Shows the handles in the position to do your dips, abdominal crunches, and pull-ups.

[0005] FIG. 2:

[0006] Shows the handles in the position to do your wide grip pull-ups (rows) and wide angled push-ups.

[0007] FIG. 3:

[0008] Shows the handles in the position to do in close angled push-ups and dips.

[0009] FIG. 4:

[0010] Shows handles in the position to do your hammer type push-ups.

[0011] FIG. 5:

[0012] Shows handles in the position to your close grip (diamond push-ups).

[0013] FIG. 6:

[0014] Shows handles in the position to do wide grip push-ups.

[0015] FIG. 7:

[0016] Show handles in the position to do wide angled push-ups.

[0017] FIG. 8:

[0018] Show handles in the position to do in close push-ups and dips.

[0019] FIG. 9:

[0020] Shows handles in the position to do deep hammer push-ups and dips.

[0021] FIG. 10:

[0022] Design used for padded handles.

DETAILED DESCRIPTION OF THE INVENTION

[0023] This Stationary Exercise Apparatus, called the Triceptor has its own unique design. This unit disassembles into eleven separate pieces as described:

[0024] 1. Five pins

[0025] 2. Two interchangeable padded gripped handles.

[0026] 3. Two parallel adjustable shafts.

[0027] 4. Two T-shaped base frame supports.

[0028] The unit is a lightweight metal stock, powered coated structure with decals. This unit allows you to do five positions of push-ups, two positions of dips, two positions of pull-ups and one position of abdominal crunches.

1. What I claim as my invention is the triceptor, which is a stationary exercise apparatus that I designed.

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