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3,567,218

BENDING EXERCISING DEVICE

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ABSTRACT OF THE DISCLOSURE

The disclosure includes a base, a seat carried by the base, an outer roller carried by said base outwardly thereof together with an inner roller carried by the base inwardly of said outer roller and lower than the same relative to the base.

SUMMARY OF THE INVENTION

The invention relates to an improvement in exercising devices and more particularly to a device for exercising the hip joints, spine, abdomen and other muscles and joints. It is an object of the invention to provide a base having a seat mounted thereon with an outer roller mounted on the base, an inner roller also mounted on the base inwardly of the outer roller and below said outer roller whereby a user seated on the seat can position his toes under the outer roller with the inner roller under the arch of the foot of the user. The feet are thereby held in a firm position whereby the user can bend backwards and pull up from the backward position. The rollers allow movement of the feet thereon as the backward and forward bending is done by the user.

These and other more detailed and specific objects will be disclosed in the course of the following specification, reference being had to the accompanying drawing, in which—

FIG. 1 is a top plan view of a device for exercising embodying the invention.

FIG. 2 is a side elevational view of the device showing in outline a person in an exercising position thereon in broken lines.

FIG. 3 is an exploded perspective view of the foot engageable portion of the device removed.

FIG. 4 is a sectional view on the line 4—4 of FIG. 1.

Referring to the drawings in detail, the exercising device A includes the base 10 adapted to be placed on the floor. The extent of the base is sufficient to allow a bench 12 which forms a seat to be placed thereon in spaced relation to the front end of the base. The base in one form may be a sheet of plywood two feet by four feet and approximately three-fourths of an inch thick.

Further provided is a stirrup assembly S which includes the first side support 14 including the horizontal bar portion 16 formed with the flattened inner end portion 18 in which the bolt holes 20 and 22 are formed. Secured to the outer free end of the horizontal bar portion 16 is the vertical leg portion 24 the lower end portion 26 thereof extending below the bar 16 to form a foot. The vertical leg portion 24 terminates at the upper end in the right angular horizontal extension portion 27 which forms a first outer upper bearing mount. A second side support 28 is provided which includes the horizontal bar portion 30 formed with the flattened inner end portion 32 in which the bolt holes 34 and 36 are formed. Secured to the outer free end of the horizontal bar portion 30 is the vertical

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leg portion 38 the lower end portion 40 of which extends below the bar 30 to form a foot. The vertical leg portion 38 terminates at the upper end thereof in the right angular horizontal extension portion 42 which forms a second outer upper bearing in alignment with the first outer upper bearing 27.

The numeral 44 designates an extension rod secured at a right angle to the first horizontal bar portion 16 which forms a first inner lower bearing mount. The bearing mount 44 is spaced inwardly of the outer end of the vertical leg portion 24. The numeral 46 designates an extension rod secured at a right angle to the second horizontal bar portion 30 which forms a second inner lower bearing mount. The bearing mount 46 is spaced inwardly of the outer end of the vertical leg portion 38.

Further provided is the elongated upper tubular bearing member 48 the inside diameter of which is sufficient for the same to receive the bearing mount 27 in one end and the bearing mount 42 in the other end for rotation thereon. The rubber tubing member 50 is frictionally mounted on the tubular member 48 prior to the mounting of the member 48 on the bearing mounts 27 and 42.

The numeral 52 designates an elongated lower tubular bearing member the inside diameter of which is sufficient for the same to receive the bearing mount 44 in one end and the bearing mount 46 in the other end for rotation thereon. Frictionally mounted on the member 52 is the rubber tubing 54, the mounting of the tubing being made prior to mounting the member 52 on the bearing mounts 44 and 46.

The flattened portions 18 and 32 of the bars 16 and 30, respectively, are secured to the top surface of the base 10 by means of the nut equipped bolts 56 secured through the holes of the flattened portions 18 and 32 and extending through the base.

In using the device A, the user illustrated as U, sits on the seat 12 in an upright position with his toes hooked under the outer roller 48 with the roller 52 under the arches of the feet. In this position the user can bend backwardly to any degree desired and then pull up to an upright position. The rollers 50 and 52 take up the movement of the feet as the bending and pull up movement is made.

It is understood that suitable modifications may be made in the structure as disclosed, provided such modifications come within the spirit and scope of the appended claim. Having now therefore fully illustrated and described my invention, what I claim to be new and desire to protect by Letters Patent is:

1. An exercising device comprising:

- (a) a flat relatively thin base,
- (b) a seat carried by said base and spaced from the front end thereof and intermediate the front and rear ends thereof,
- (c) an outer roller,
- (d) an inner roller,
- (e) rigid means connected to said base for rotatably mounting said outer roller in a position extended outwardly from the front end of said base,
- (f) rigid means connected to said base for rotatably mounting said inner roller in a position extended from said base parallel to and inwardly from said outer roller,
- (g) said outer roller being positioned a greater vertical dimension from an extension of the horizontal axis of the base than said inner roller,

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- (h) said mounting means for said outer roller including second spaced bearing mounts on which the ends of the roller are mounted,
- (i) said mounting means for said inner roller including second spaced bearing mounts on which the ends of the roller are mounted, 5
- (j) said mounting means for both said outer and inner rollers further including first and second spaced horizontal bars carrying said first and second bearing mounts, said second horizontal bars being substantially in the same plane as the base. 10

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