

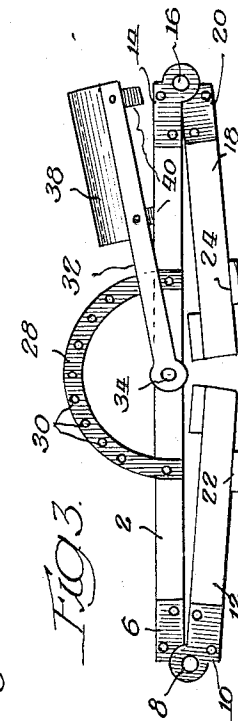
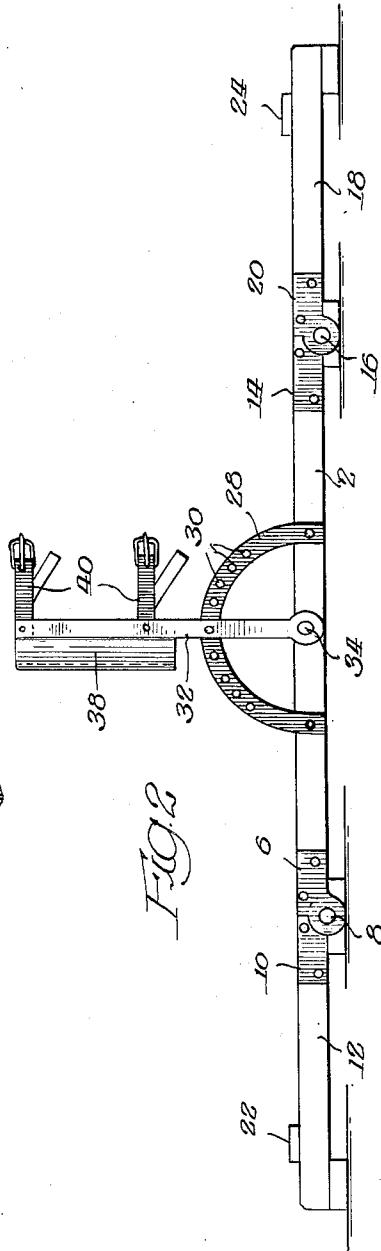
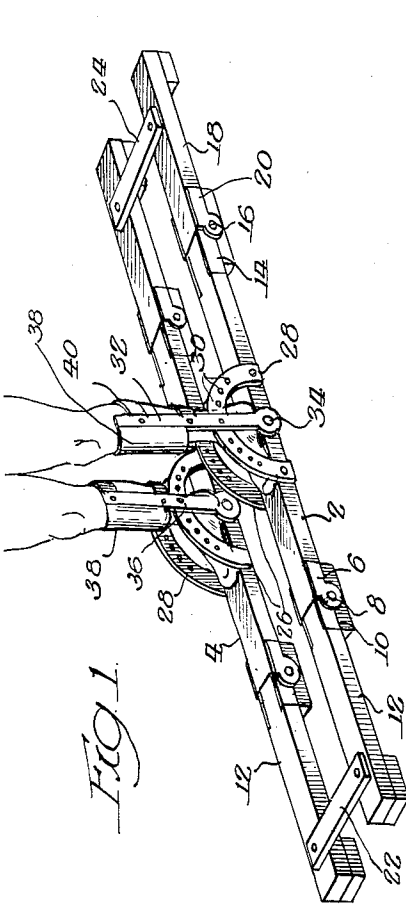
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EXERCISING DEVICE

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EXERCISING DEVICE

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This invention relates in general to exercising devices, and in particular to a device adapted to assist in developing certain muscles of the body and for removing excess weight.

One of the principal objects of the invention is to provide a simple form of exercising device which may be economically manufactured thus making it available to persons of all classes.

Another object of the invention is to provide an exercising device which is simple in operation and which is so constructed as to be readily folded compactly for purposes of transportation.

A further object of the invention is to provide an exercising device which is designed to particularly assist in developing muscles in the legs, stomach and back.

Still another object of the invention is to provide an exercising device which is sturdy and light weight and is so constructed that it may be used not only in a public gymnasium, but also in the privacy of one's own home.

A further object of the invention is to provide an exercising device which is based primarily on the theory of non-balance. In this way the device is so constructed as to hold the body in check entirely by muscle action.

Still another and more specific object of the invention is to provide an exercising device which is capable of holding the lower part of the legs of a body in a fixed position and permit movement of all parts of the body above the knees.

Another specific object is to provide an exercising device which is adjustable for holding the legs below the knees in a fixed position at any desired angle from a plane perpendicular to the horizontal downwardly to approximately 80° from the perpendicular.

Other objects and advantages of the invention will become apparent from reading the following description taken in conjunction with the accompanying drawing in which:

Fig. 1 is a perspective view of the exercising device embodying the present invention;

Fig. 2 is a side elevational view of the device; and

Fig. 3 is a side elevational view of the device shown in Fig. 2 but illustrated in folded position.

Referring now more particularly to the drawing, and especially to Fig. 1, it will be seen that the device consists primarily of two base or supporting members 2 and 4. The forward end of each of the supports 2 and 4 is provided with a hinge member 6 provided with a pivot pin 8 to which a similar hinge member 10 affixed to the rear end of each extension 12 may be pivotally secured.

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The rear end of each of the main supports 2-4 has a similar hinge member 14 mounted thereon and provided with a pivot pin 16. Rear extensions 18 likewise have hinge members 20 affixed to the forward ends thereof, each of which members 20 is pivotally mounted to the pivot pin 16. The hinge members 6-10 and 14-20 are so constructed as to permit the front and rear end extensions 12 and 18 to be folded downwardly in the manner shown in Fig. 3. When these end members are extended for use of the device, however, the rear ends of the extensions 12 abut the forward ends of the members 2 and 4, and in a similar manner the rear ends of the members 2 and 4 abut the forward ends of the extensions 18, so that further upward movement of these end extensions will be prevented.

The front extensions 12 and rear extensions 18 are preferably tied together by means of transverse bars 22 and 24 to prevent any spreading of these members resulting from the strain thereon during the use of the device. The end extensions 12 and 18 thus provide additional supporting area for the device while it is in use and will prevent any movement or tipping of the device while a person is exercising thereon.

As stated previously the device is designed particularly to hold the legs below the knees in a rigid position while other parts of the body above the knees may be moved, whereupon development of the muscles in the legs, stomach and back may be accomplished. To this end each of the base supporting members 2-4 is provided with an arcuate substantially semicircular member 26 at the inner edge thereof and with a similar semi-circular member 28 at the outer edge thereof. These inner and outer arcuate members 26 and 28 have a plurality of corresponding openings 30 therethrough for the reception of a suitable pin. Supporting bars 32 are pivotally secured at 34 at their lower ends to the outer edges of each of the main supporting members 2-4. Similar supporting bars 36 are pivotally mounted at their lower ends to the inner edges of each of the supporting members 2-4. A band 38 is fastened at each side thereof to the inner and outer supporting bars 32 and 36 thereby providing a support for the forward side of the leg portion below the knee. Straps 40 are also secured to the bars 32 and 36 and extend rearwardly therefrom for the purpose of securing the leg rigidly in place between the bars 32 and 36 and against the band 38.

If the person using the exercising device desires to perform certain exercises in an upright position, the person will stand with the feet rest-

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ing on the main supports 2 and 4 and with the legs between the inner and outer arcuate members 26 and 28 and between the upright bars 32 and 36. The straps 40 are then used to secure the legs in position and the bars 32 and 36 are held against movement by pins extending through the bars and into one of the openings 30. In this position, the user may bend forwardly, backwardly and from side to side for the purpose of exercising and developing muscles in the legs, stomach and back. Exercising in this position develops only certain muscles. Other muscles may be exercised when different positions of the body are assumed, and for this reason the braces which include the bars 32—36 may be located at various angles to the vertical. Fig. 3 illustrates the brace in its lowermost position whereupon the person may strap the legs in these braces in the manner above described and proceed to exercise from a sitting position. Other exercises may be performed by utilizing these braces in any other location between the vertical and substantially horizontal positions.

The device is simple in construction and may be folded very compactly as shown in Fig. 3 when it is desired to carry the device from home to office or gymnasium. Exercising devices of this general nature heretofore have the disadvantage of placing the weight of the body on the bone structure, whereas the present invention overcomes this disadvantage by stressing more the muscular portions of the body.

Changes may be made in the form, construction and arrangement of parts from that disclosed herein without in any way departing from the spirit of the invention or sacrificing any of the attendant advantages thereof, provided, however, that such changes fall within the scope of the claims appended hereto.

The invention is hereby claimed as follows:

1. An exercising device of the character described comprising an elongated main supporting structure adapted to be positioned horizontally, bracing means mounted for angular adjustment in a substantially vertical plane intermediate the ends of said structure and extending upwardly therefrom and adapted to receive and hold the legs of a person, and means for maintaining said bracing means in any position to which adjusted.

2. An exercising device of the character described comprising an elongated main supporting structure adapted to be positioned horizontally, bracing means pivotally mounted to rotate about a substantially horizontal axis on said structure intermediate the ends thereof and extending upwardly therefrom and adapted to receive and hold the legs of a person, and means for maintaining said bracing means in any position to which rotated.

3. An exercising device of the character described comprising an elongated main supporting structure adapted to be positioned horizontally, bracing means mounted for angular adjustment in a substantially vertical plane intermediate the ends of said structure and extending upwardly therefrom and adapted to receive and

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hold the legs of a person, means for maintaining said bracing means in any position to which adjusted, supporting extensions on each end of said main supporting structure, and means mounting said extensions on said main supporting structure whereby said extensions may be folded and render the device compact for transportation.

4. An exercising device of the character described comprising a pair of spaced substantially parallel main supporting members, leg bracing means on each of said supporting members extending upwardly therefrom and pivotally secured thereto and including means for receiving and holding a leg of a person using the device, arcuate supporting members rigidly secured to the inner and outer sides of each of said main supporting members, and means for adjustably securing said bracing means to said arcuate members in various positions.

5. An exercising device of the character described comprising a pair of spaced substantially parallel main supporting members, leg bracing means on each of said supporting members extending upwardly therefrom and pivotally secured thereto and including means for receiving and holding a leg of a person using the device, arcuate supporting members rigidly secured to the inner and outer sides of each of said main supporting members, means for adjustably securing said bracing means to said arcuate members in various positions, supporting extensions on each end of said main supporting structure, and means mounting said extensions on said main supporting structure whereby said extensions may be folded and render the device compact for transportation.

6. An exercising device of the character described comprising a pair of spaced substantially parallel main supporting members, a substantially semi-circular element secured to the inner and outer sides of each of said members and extending thereabove, a plurality of openings in each of said semi-circular elements, a leg bracing member extending upwardly from and pivotally mounted on each of said main supporting members and including means for receiving and holding a leg of a person using the device, each of said bracing members being located between the ends of its corresponding semi-circular element, and a pin adapted to be inserted in each side of each bracing member and through an opening in each of said semi-circular elements whereby said bracing members may be held in various adjusted positions.

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