June 10, 1958 J. J. DREW 2,838,307

EXERCISING DEVICE

Filed Oct. 11, 1956

FIG. 1.

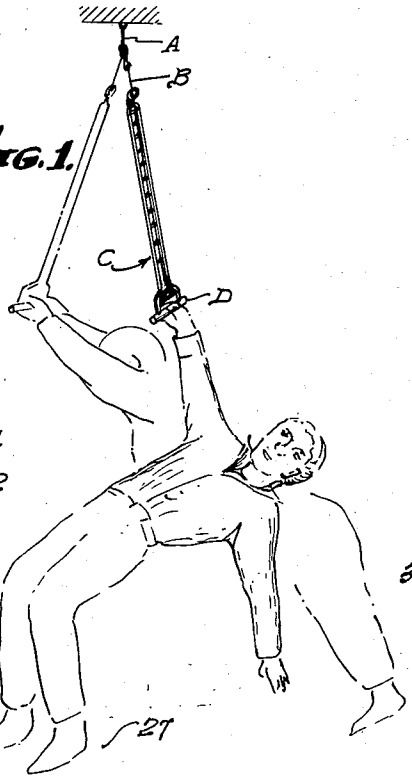


FIG. 2a.

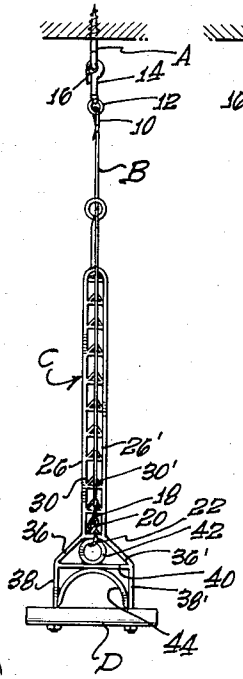


FIG. 2b.

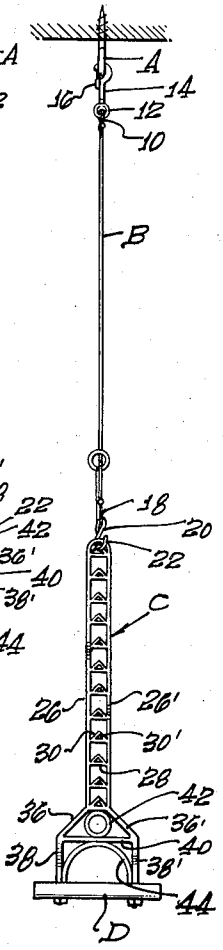


FIG. 3.

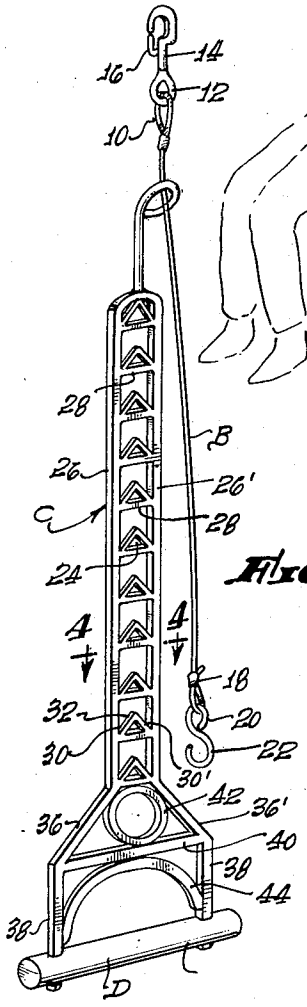
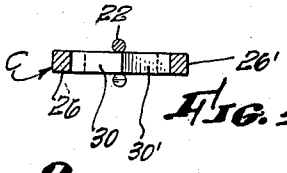


FIG. 4.



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United States Patent Office 2,838,307 Patented June 10, 1958

2,838,307

EXERCISING DEVICE

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Application October 11, 1956, Serial No. 615,316

2 Claims. (Cl. 272—57)

The present invention relates generally to exercising devices, and more particularly to a device of this nature that is especially adapted for use in exercising the arms, shoulders and torso.

A major object of the invention is to supply an exercising device that may be removably mounted from any suitable elevated support, and when thus positioned, permits the user to grasp the handle thereof to pivot from his feet and exercise all of the body muscles, but particularly those muscles in the torso, shoulders and arms, whereby the resulting exercise stimulates the various body portions to a sense of well-being due to increased circulation of blood thereto, as well as being beneficial in the treatment of diseases such as arthritis, rheumatism, and the like, where calcium deposits tend to occur because the body joints normally are seldom exercised.

Another object of the invention is to supply a portable, light-weight exercising device that is of such compact size as to be easily transported, may be installed for use in a minimum of time, and is versatile in that the user thereof may stretch and stress those muscles it is desired to tone up as well as those portions of the body that are afflicted by rheumatism, arthritis, or the like

A still further object of the invention is to supply an exercising device that may be fabricated from standard, commercially available materials, does not require elaborate plant facilities for its manufacture, and can b retailed at a sufficiently low price as to encourage it widespread use.

These and other objects and advantages of the invention will become apparent from the following description of a preferred form thereof, and from the drawing illustrating that form, in which:

Figure 1 is a perspective view of my exercising device removably supported from an elevated hook, showing two positions in which it may be used;

Figure 2*a* is a front elevational view of the invention so adjusted that the handle is at a maximum height from the floor;

Figure 2*b* is another front elevational view of the device so adjusted that the handle is at a minimum height from the floor; and

Figure 3 is an isometric view of the invention showing the same in assembled, uncoupled position ready for adjustment.

Figure 4 is a horizontal cross-sectional view of the device taken on line 4—4 of Figure 1.

Referring to the drawings, and particularly Figures 1 and 3 thereof, for the general arrangement of the present invention, it will be seen to include an eye-defining support A that is disposed in an elevated position. A cable or other elongate member B is removably affixed to support A by means which will hereinafter be described in detail. Cable B is adapted to be adjustably connected to an elongate frame C, on the lower end of which a transversely disposed handle D is mounted.

A loop 10 is formed on the upper end of cable B, which loop engages an eye 12 formed on a snap hook 14.

Hook 14 is provided with a vertically movable member 16 that permits the eye hook 14 to be pivotally supported from support A without danger of the hook being inadvertently displaced therefrom. A second loop 18 is provided on the lower end of cable B. Loop 18 engages an eye 20 formed in a second hook 22, the lower portion of which second hook is adapted to be vertically adjusted on frame C and removably engage any one of a number of vertically spaced openings 24 formed therein to regulate the height at which the handle D will be disposed above the floor 27.

As best seen in Figure 1, frame C is elongate in shape and defined by two parallel, laterally spaced rigid uprights 26 and 26' between which a number of vertically spaced transverse cross pieces 28 extend. Each of the cross pieces 28 (Figure 3) has two laterally spaced oppositely disposed, upwardly and inwardly extending members 30 and 30' that project from the ends thereof, which members are joined to one another at an apex 32. Members 30 and 30' cooperate with the cross piece 28 on which they are mounted to define the openings 24 previously referred to, which openings are in vertically spaced relationship. Openings 24 are of such shape and size that each is adapted to removably receive the lower end portion of the second hook 22 and when thus engaged, the frame C is maintained at a predetermined height above the floor 27 and can be used for exercising in the manner illustrated in Figure 1 of the drawing.

The lower ends of the uprights 26 and 26' develop into downwardly and outwardly extending projections 36 and 36', from the lower ends of which downwardly extending parallel portions 38 and 38' depend. For the purpose of reinforcement a rigid cross piece 40 connects projections 36 and 36' and portions 38 and 38' at the junctions thereof. The lower ends of portions 38 and 38' support an elongate handle D as shown in Figure 3. To further reinforce frame C as well as add ornamentality thereto, and also provide an opening 24, a ring 42 is welded or otherwise secured between the lower ends of the uprights 26 and 26' and the cross piece 40. Further reinforcement of the frame is provided by means of an arch-shaped rigid member 44 which is disposed within the confines of projections 38 and 38' and the cross piece 40 and is welded to the interior faces thereof.

Handle D can be fabricated from tubular stock, or should it be desired, formed of a solid cylindrical wooden body. The adjustment of frame C to a position where the handle D is located a maximum height above the ground surface 27 may be seen in Figure 2*a*. In Figure 2*b* the frame C is shown so supported from cable B that the handle D is located a minimum height from the ground surface.

In use, the operation of the invention is extremely simple and is practically self-evident from Figure 1 of the drawing. The hook 14 is affixed to the eye portion of support A, with the cable B depending downwardly therefrom. Frame C is then adjusted to the desired height above the ground surface 27, not only relative to the height of the user, but in accordance with the particular exercise to be performed. Maintenance of handle D in the desired position is accomplished by causing hook 22 to engage a suitable one of the openings 24 such as shown in Figure 2*a*. Frame C and handle D are then freely pivotal relative to support A and an individual can lean forwardly or backwardly while maintaining a grasp on handle D in order to exercise all or certain of the body muscles. Exercising in this manner has been found to be particularly helpful in strengthening the arm muscles, especially for those suffering from arthritis, rheumatism, or like diseases which tend to impair normal muscular efficiency.

Although the invention herein shown and described

is fully capable of achieving the objects and providing the advantages as herein set forth, it is to be understood that it is merely illustrative of the presently preferred embodiment thereof and that I do not mean to limit myself to the details of construction as herein described and shown other than as defined in the appended claims.

I claim:

1. An exercising device which includes: an elongate flexible member; means to affix a first end portion of said member to an elevated support which includes an eye-defining member, so that said elongate flexible member depends downwardly therefrom, said means including a first hook mounted on said first end portion of said elongate flexible member that pivotally engages said eye-defining member, said first hook being provided with manually operable means to prevent inadvertent disengagement of said first hook from said eye-defining member; an elongate rigid frame including two laterally spaced uprights that have a plurality of cross pieces extending therebetween which define a plurality of longitudinally spaced openings; a handle supported on the lower end portion of said frame; means fastened on the upper end portion of said frame and slidably engaging

said elongate flexible member; and means to removably affix a second end portion of said elongate flexible member at a desired longitudinal position on said frame to dispose said handle at a selected elevation above the surface on which the user of said device stands, said last-named means including a second hook mounted on the lower end portion of said member, said second hook being capable of engaging any one of said openings.

2. An exercising device as defined in claim 1 in which said handle is elongate in shape and is normally supported in a horizontal position by said frame.

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