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(54) **UPPER AND LOWER BODY CYCLING EXERCISE DEVICE**

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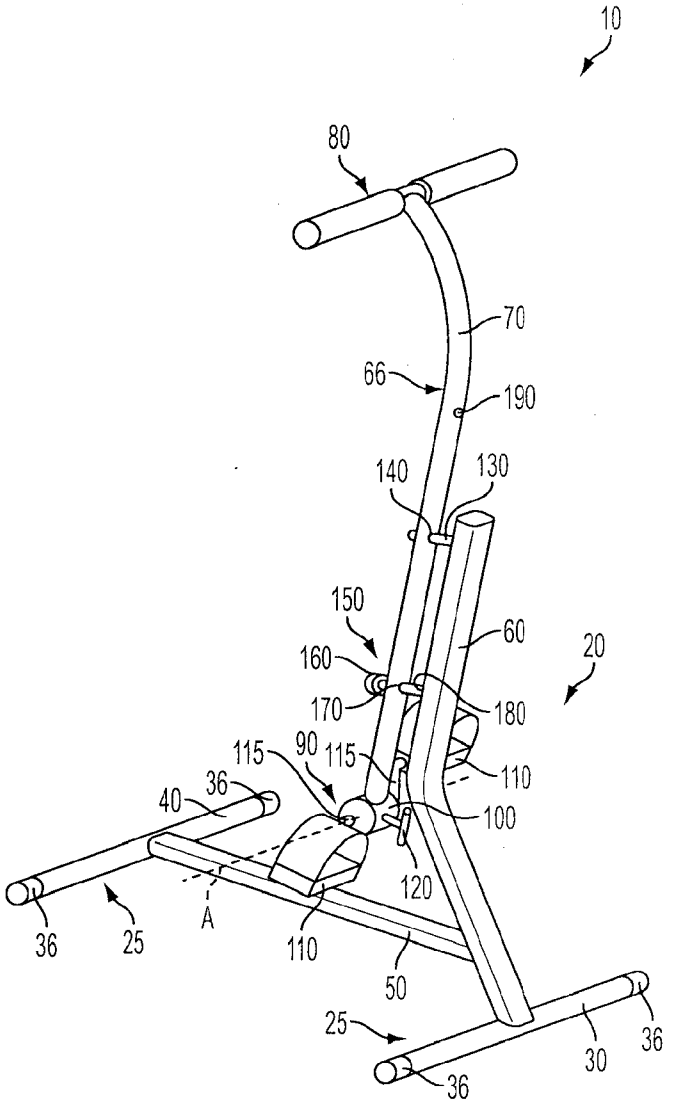
(57) **ABSTRACT**

An exercise device includes a support frame configured to contact a support surface, and a cycler coupled to the frame. The cycler is configured to move with respect to the frame between a first position so as to be engaged by feet of a user of the exercise device, and a second position so as to be engaged by hands of the user. The exercise device also includes a lock configured to lock the cycler relative to the frame in the first and second positions. In an embodiment, the support frame is adjustable, and contains a seat, wherein adjusting the support frame moves the seat relative to the cycler.



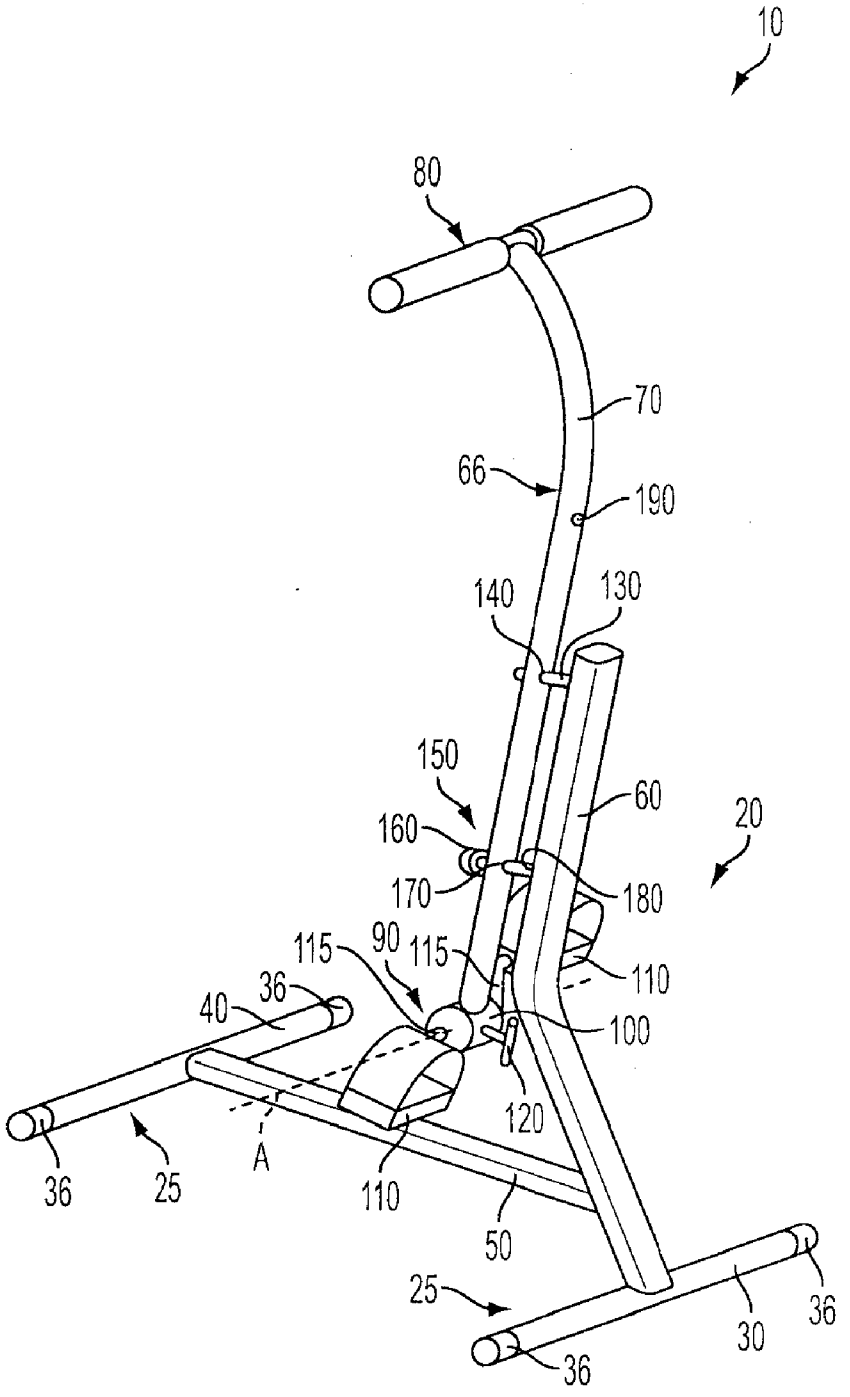

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FIG. 1

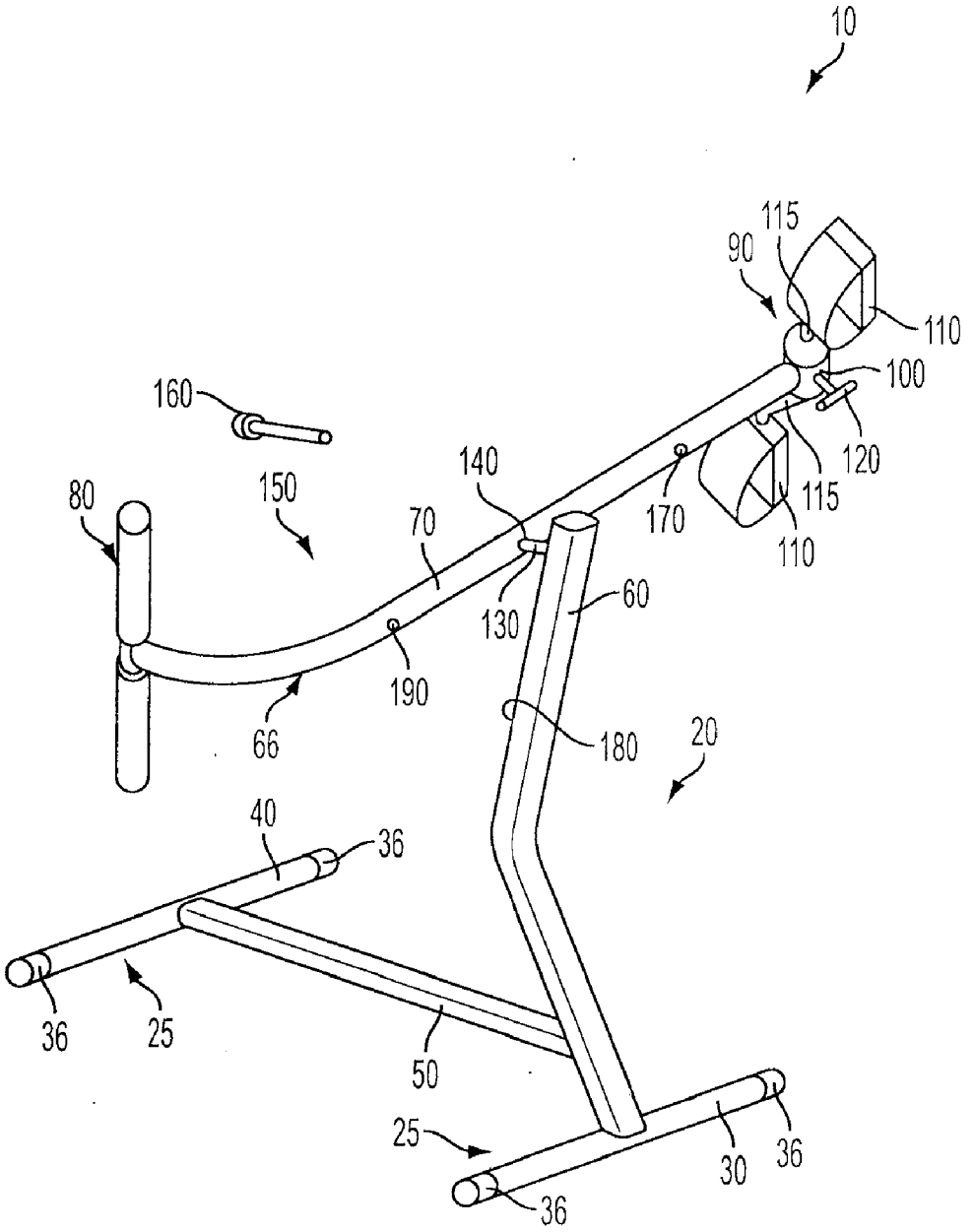
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FIG. 2

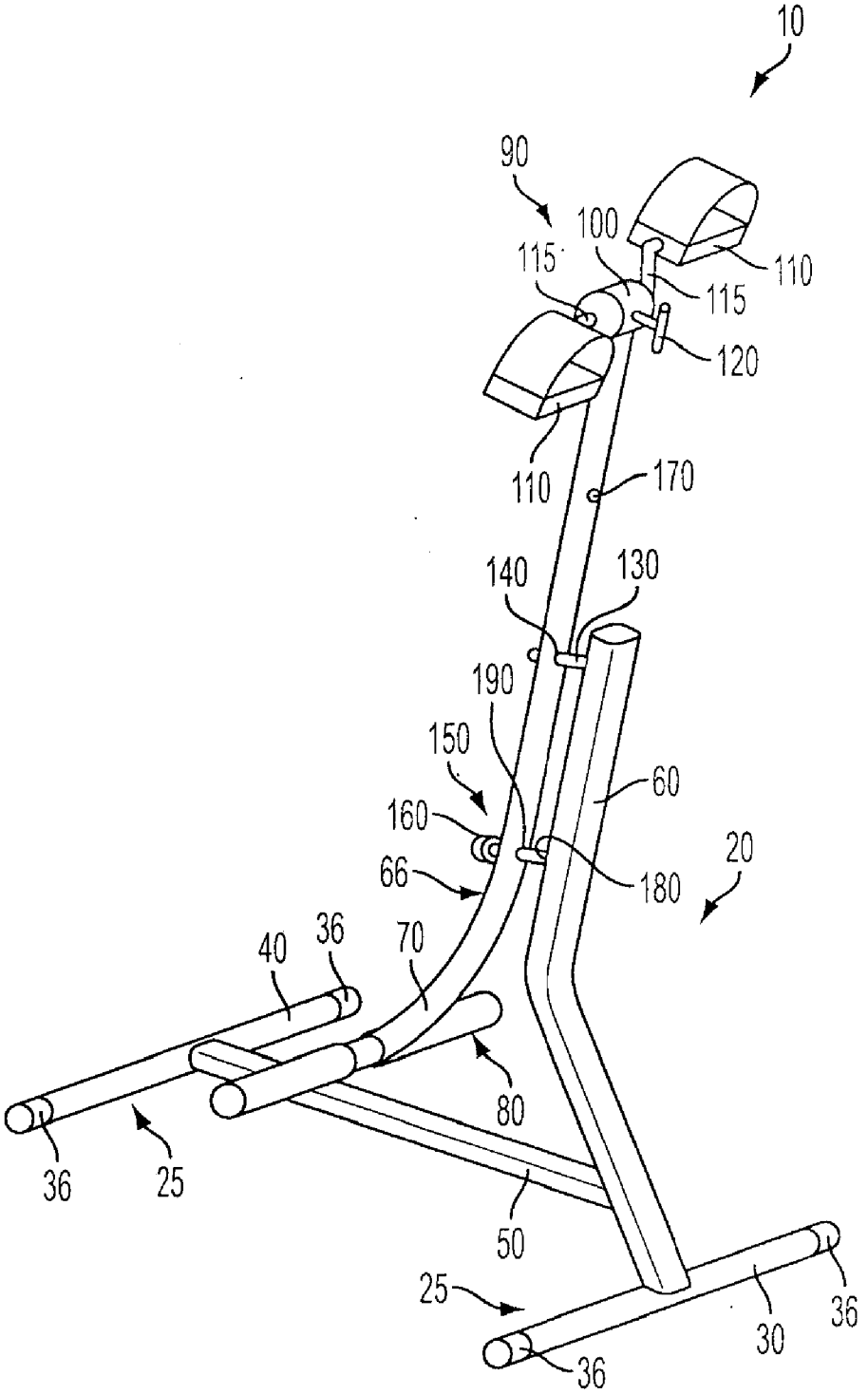
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FIG. 3

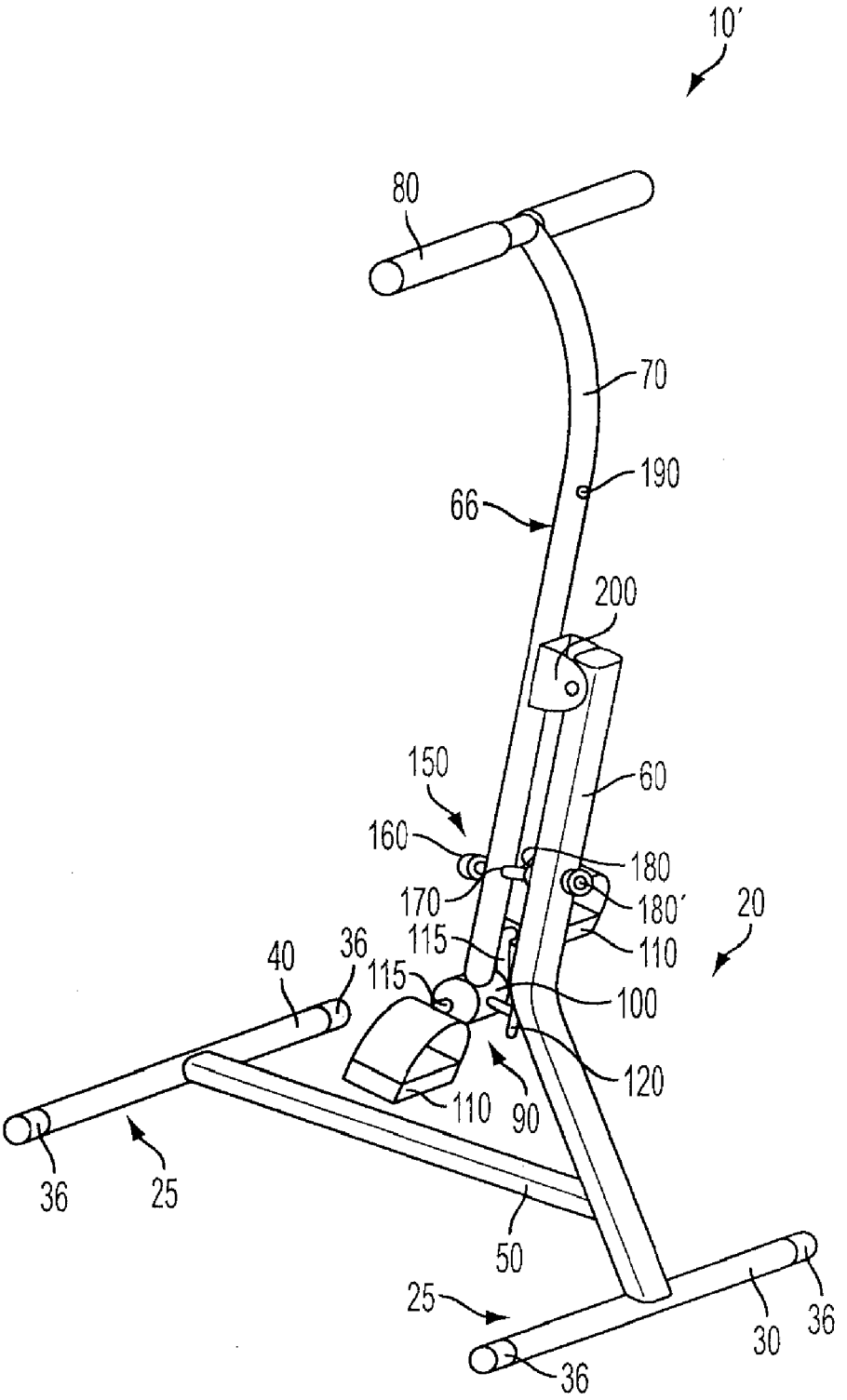
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FIG. 4

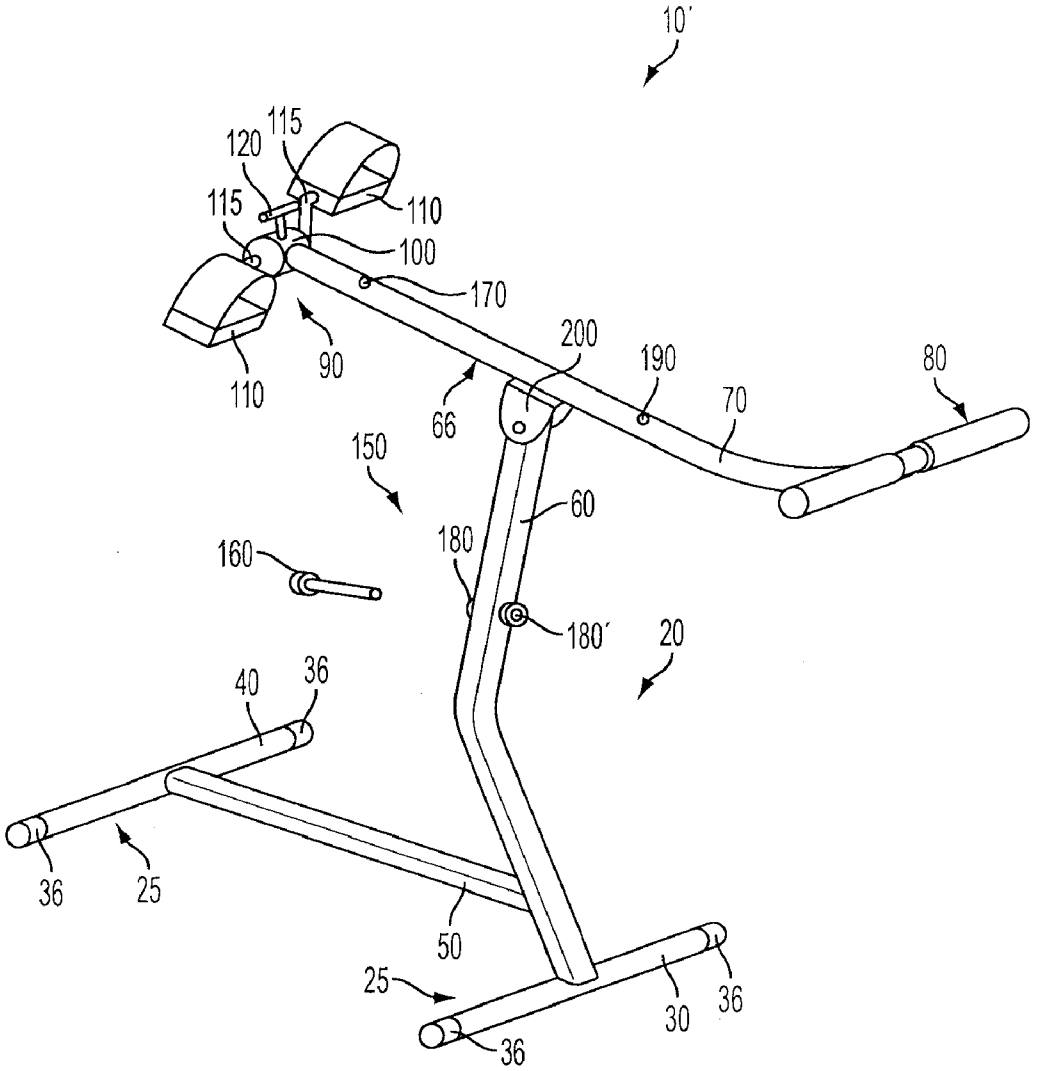
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FIG. 5

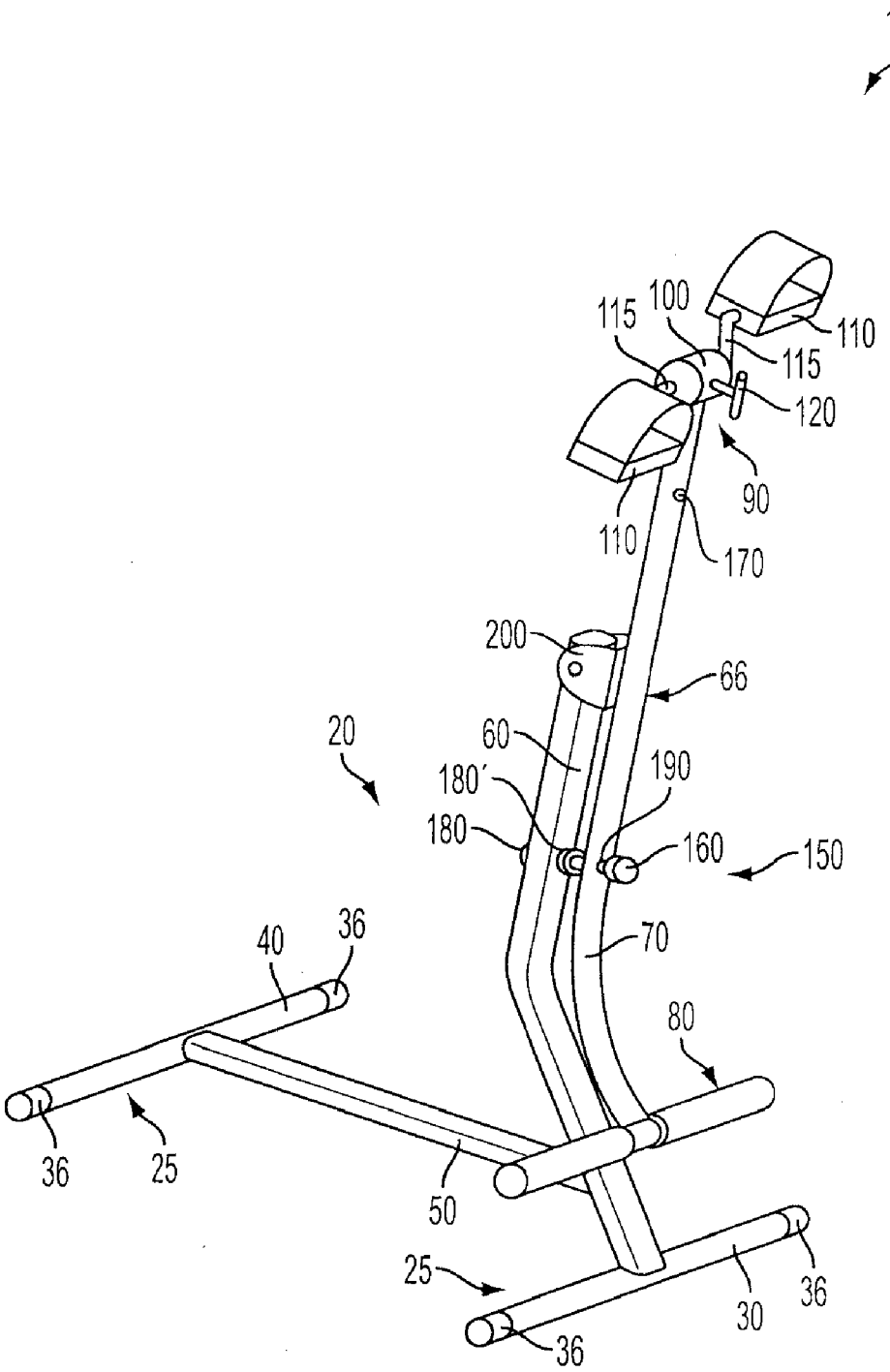
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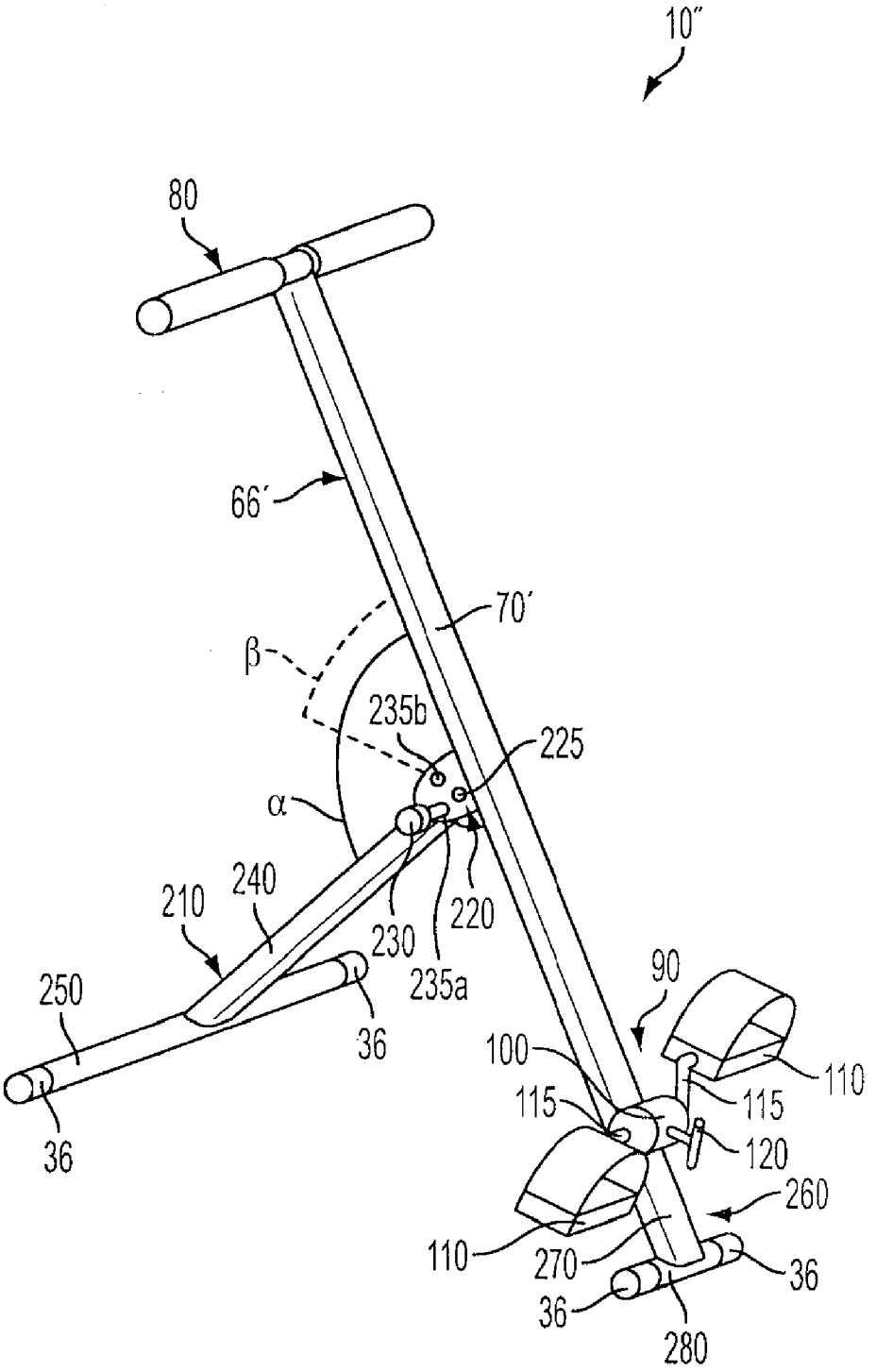
FIG. 6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66′
70′
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235b
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α
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FIG. 7

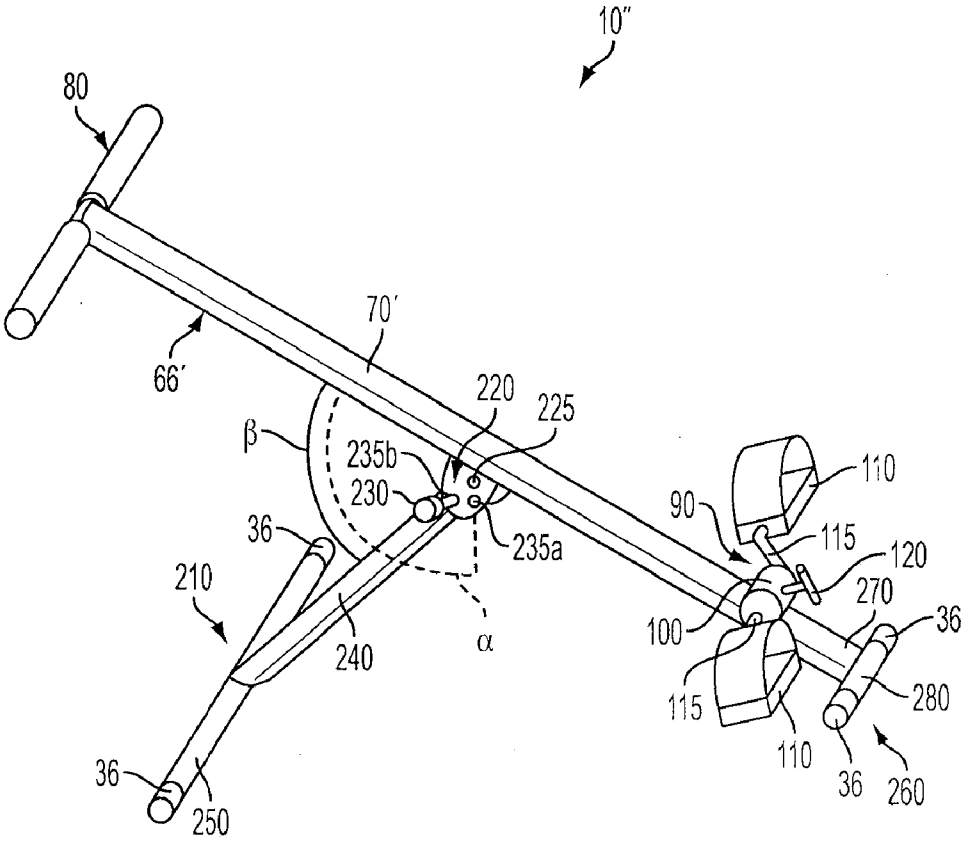
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FIG. 8

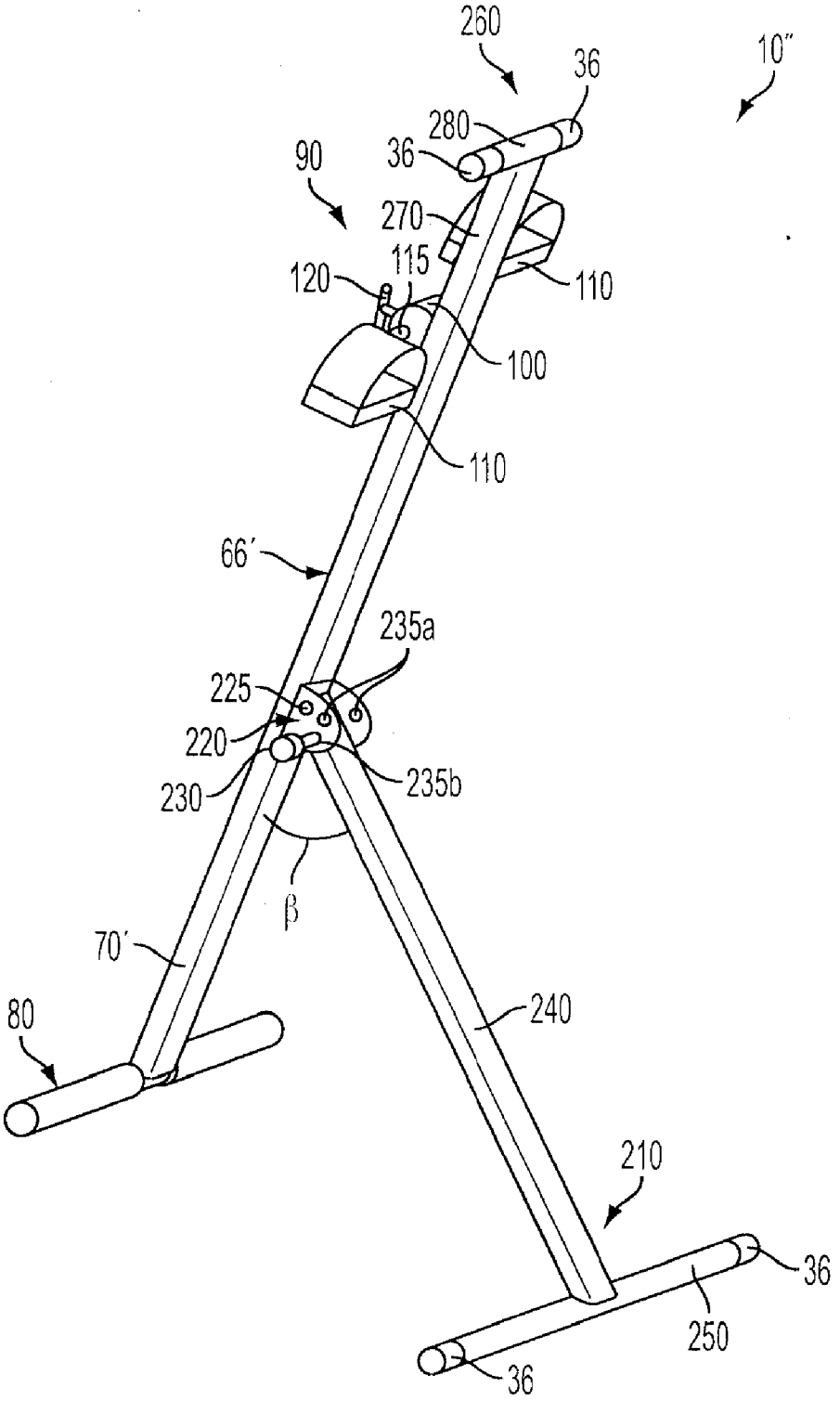
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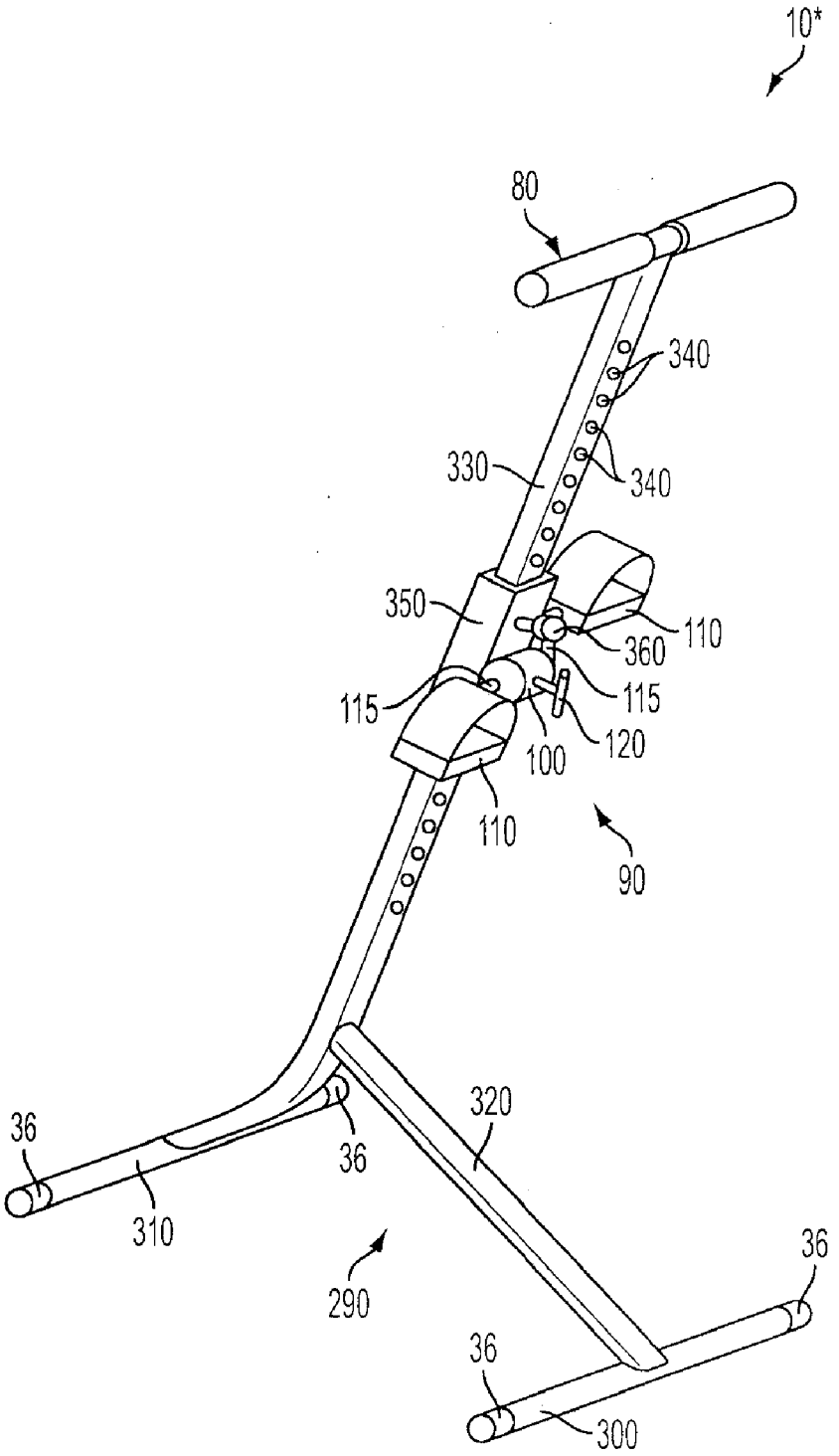
FIG. 9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300

FIG. 10

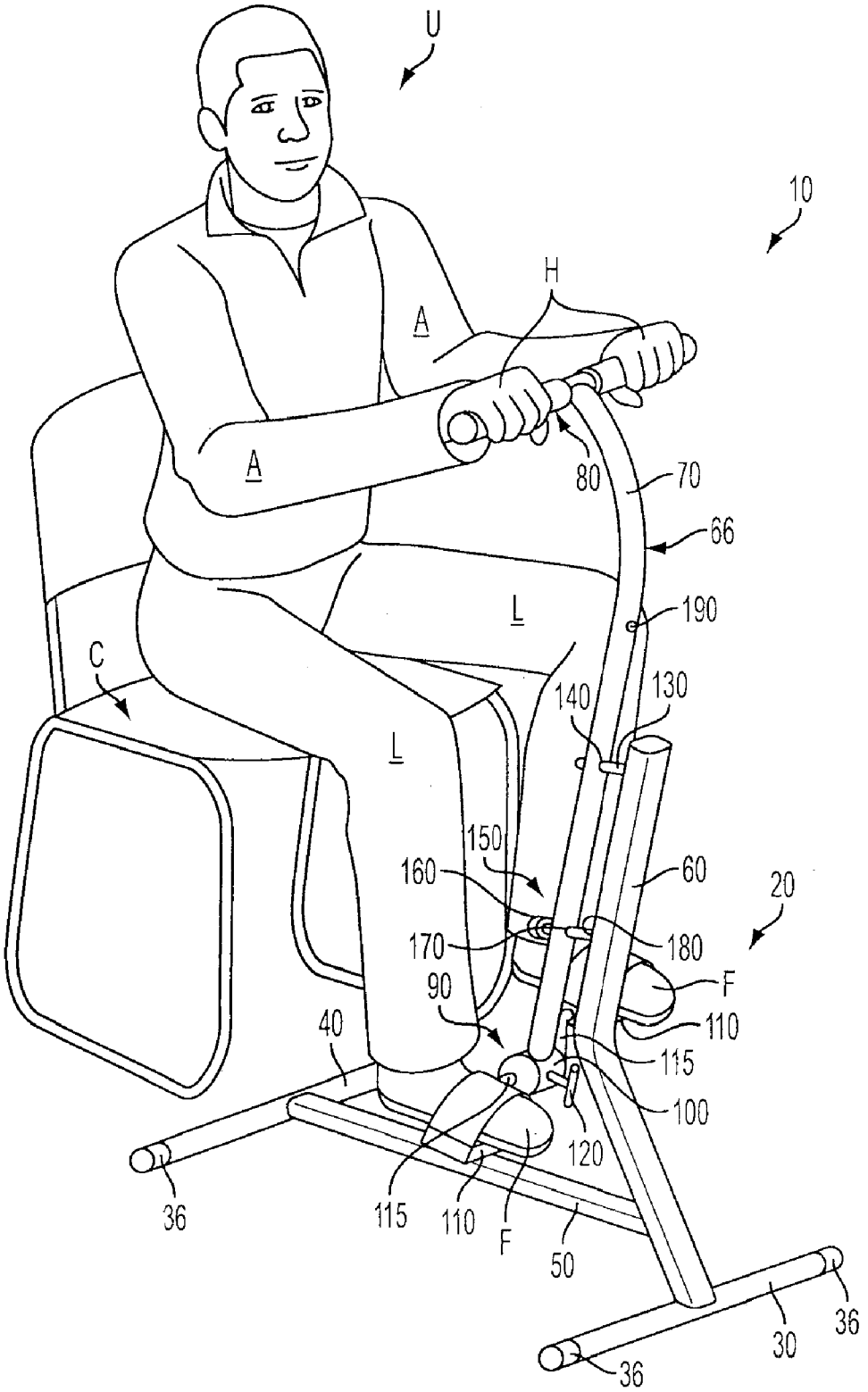
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FIG. 11

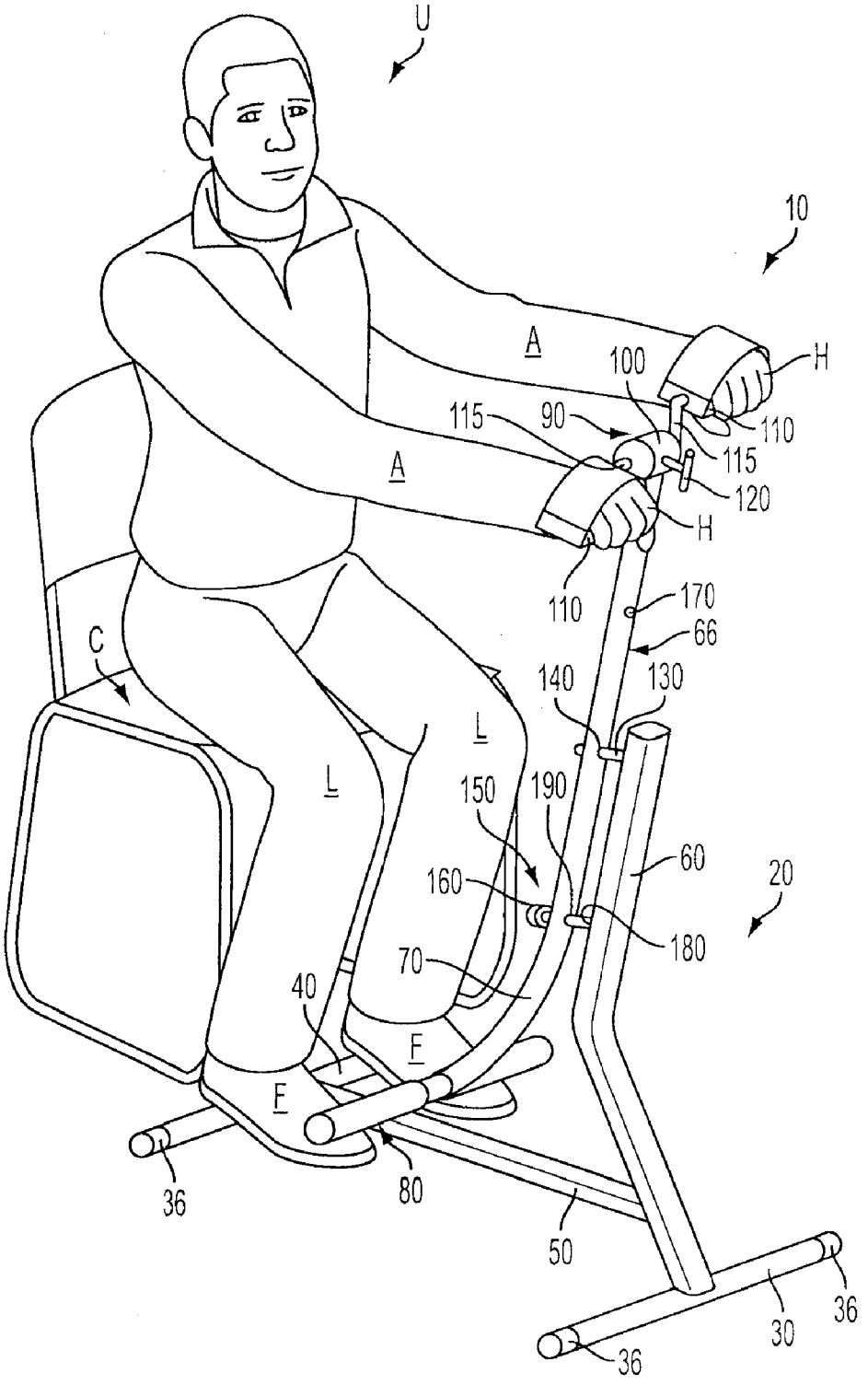
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FIG. 12

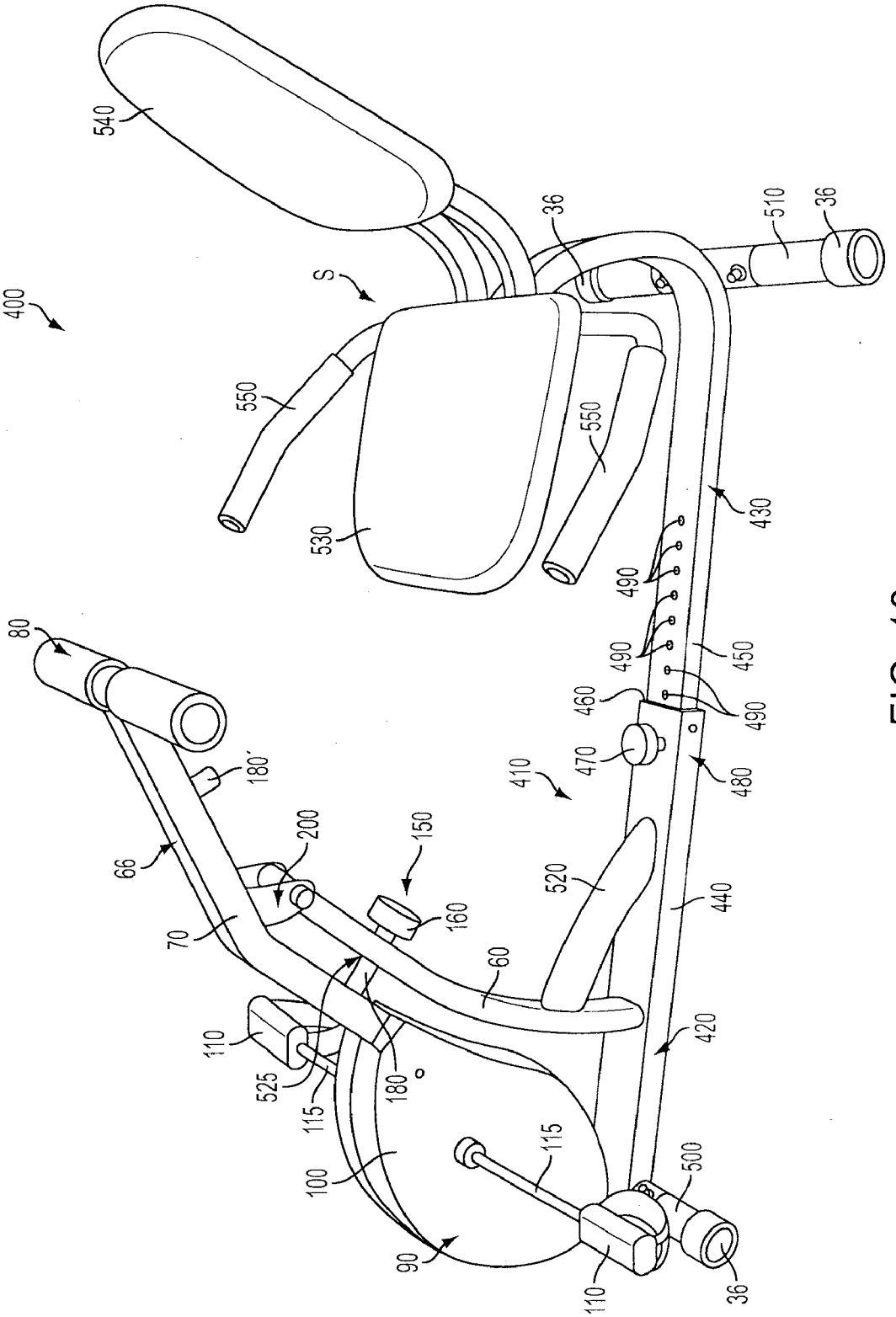
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FIG. 13

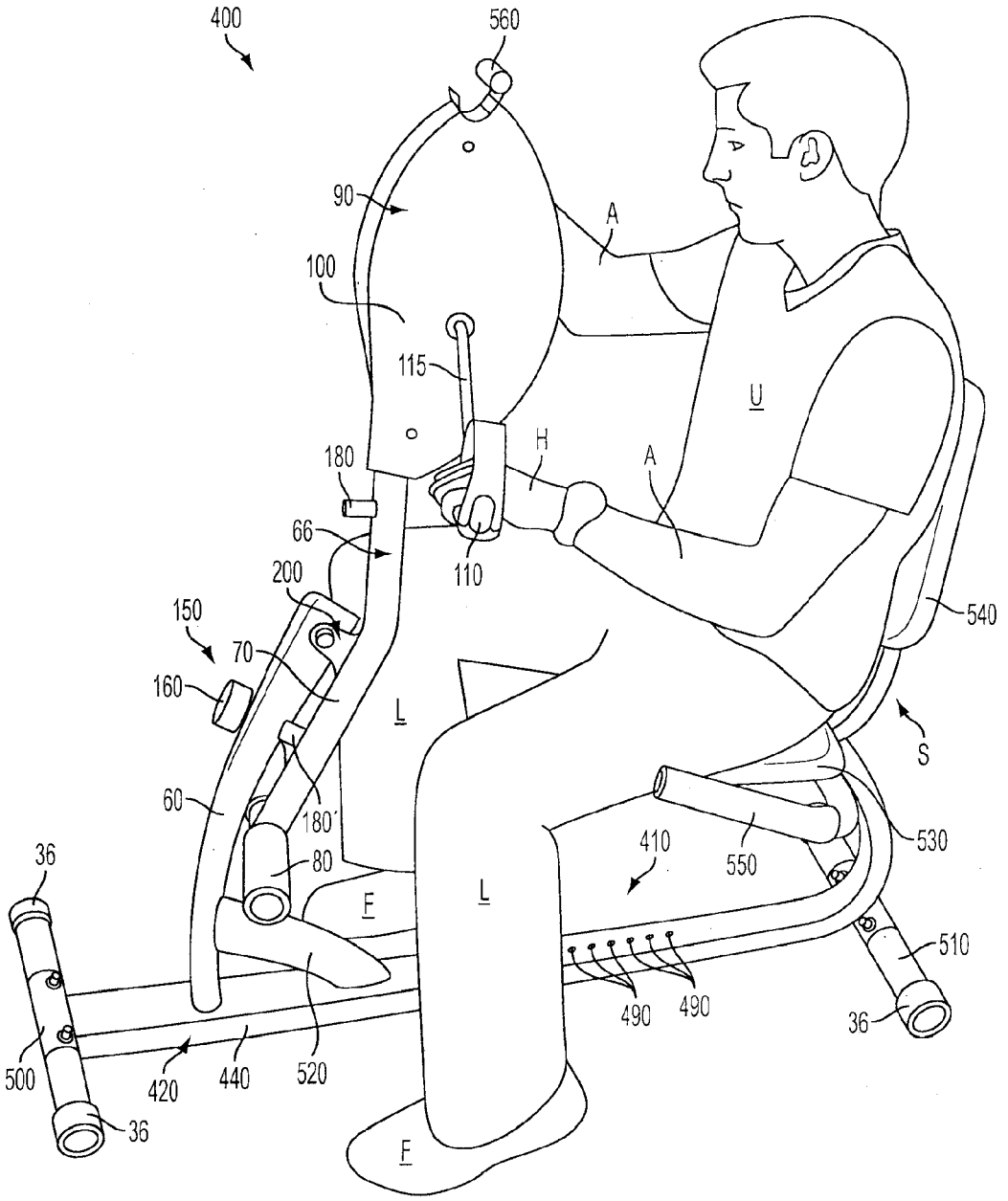
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FIG. 14

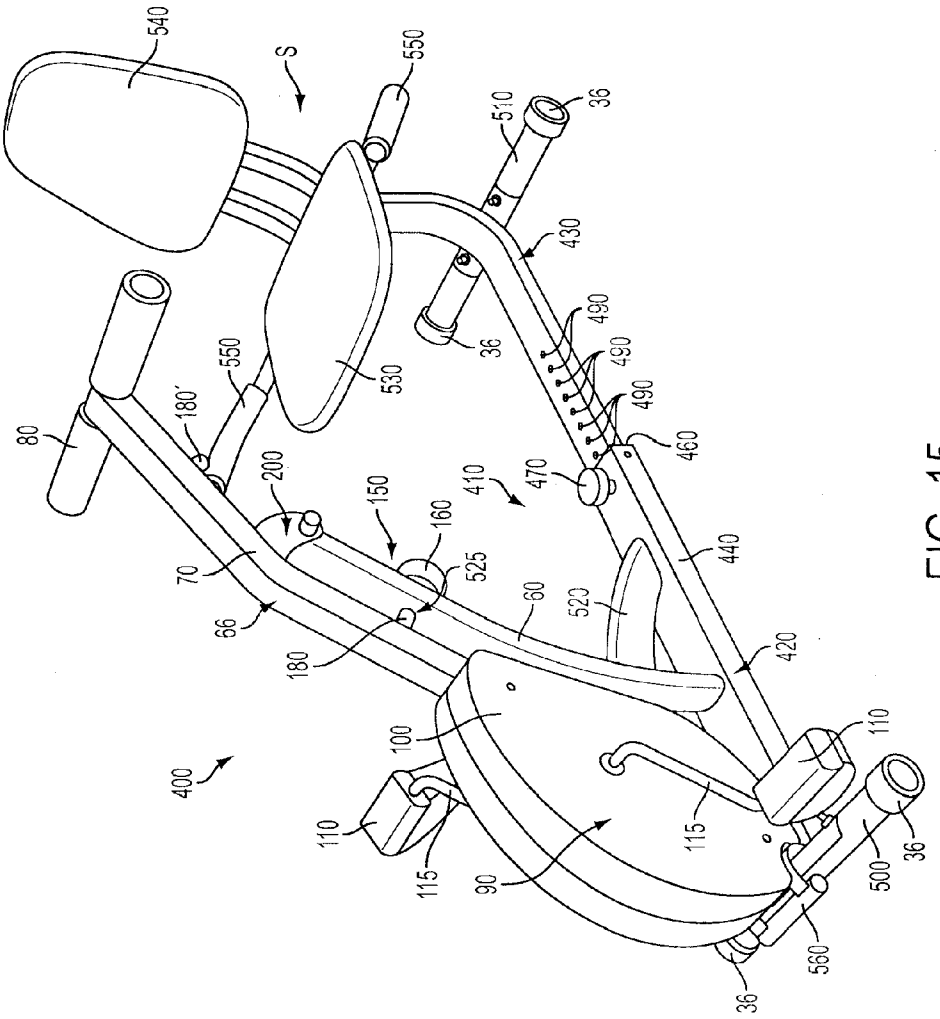
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FIG. 15

UPPER AND LOWER BODY CYCLING EXERCISE DEVICE

[0001] The present disclosure is a continuation-in-part of U.S. patent application Ser. No. 13/051,723, filed Mar. 18, 2011, and incorporated herein in its entirety by reference.

FIELD

[0002] The present disclosure relates to the field of exercise equipment, and more in particular to an exercise device configured to provide a workout for the extremities of a user.

BACKGROUND

[0003] In order to promote good health and physical well being, many individuals engage in physical exercise. It is common for individuals who are engaging in physical activities to employ the use of exercise devices to assist in performing exercises. One type of exercise device is a cycling device, such as a stationary "bicycle" which provides pedals on a crank subject to a resistive force, such that a user may cyclically move their feet to turn the pedals against the resistive force, to provide the workout. Some cycling devices are designed to be portable, and to be placed on either a floor or a tabletop such that a user may engage the pedals with their legs or arms.

SUMMARY

[0004] According to an embodiment, an exercise device includes an adjustable support frame configured to contact a support surface. The exercise device also includes a seat mounted on the adjustable support frame, and a cycler coupled to the adjustable support frame. The cycler is constructed and arranged to be selectively positioned with respect to the adjustable support frame at a first position so as to be engaged by feet of a user of the exercise device, and a second position so as to be engaged by hands of the user. The cycler further includes a lock configured to lock the cycler relative to the frame in the first position or the second position. The adjustable support frame is configured to allow the user to move the seat to a plurality of positions relative to the cycler.

[0005] According to another embodiment, a method of exercising using an exercise device is provided. The exercise device has an adjustable support frame configured to contact a support surface, and a cycler coupled to the adjustable support frame. The cycler is configured to move with respect to the adjustable support frame to alternatively place the cycler in positions to be engaged by hands or feet of a user of the exercise device. The exercise device also includes a seat coupled to the adjustable support frame, whereby the seat is configured to allow a user to move the seat to a plurality of positions relative to the cycler. The method includes adjusting the adjustable support frame to move the seat relative to the cycler. The method also includes locking the cycler in a position to be engaged by a selected one of the hands or the feet of the user. The method further includes engaging the cycler by the selected one of the hands or feet, to exercise the selected one of the hands or feet.

[0006] According to another embodiment, an exercise device includes a support frame configured to contact a support surface, and a cycler coupled to the adjustable support frame. The cycler is constructed and arranged to be selectively positioned with respect to the adjustable support frame at a first position so as to be engaged by feet of a user of the exercise device, and a second position so as to be engaged by hands of the user. The'exercise device also includes a lock configured to lock the cycler relative to the frame in the first position or the second position. The cycler further comprises a frame engaging member configured to engage the support frame when the cycler is in the first position, and disengage from the support frame when the cycler is in the second position.

[0007] These and other objects, features, and characteristics of the present disclosure, as well as the methods of operation and functions of the related elements of structure and the combination of parts and economies of manufacture, will become more apparent upon consideration of the following description and the appended claims with reference to the accompanying drawings, all of which form a part of this specification, wherein like reference numerals designate corresponding parts in the various figures. In one embodiment, the structural components illustrated herein can be considered drawn to scale. It is to be expressly understood, however, that the drawings are for the purpose of illustration and description only and are not a limitation. In addition, it should be appreciated that structural features shown or described in any one embodiment herein can be used in other embodiments as well. It is to be expressly understood, however, that the drawings are for the purpose of illustration and description only. As used in the specification and in the claims, the singular form of "a", "an", and "the" include plural referents unless the context clearly dictates otherwise.

BRIEF DESCRIPTION OF THE DRAWINGS

[0008] Features of the disclosure are shown in the drawings, in which like reference numerals designate like elements. The drawings form part of this original disclosure in which:

[0009] FIG. **1** illustrates a side perspective view of an embodiment of an exercise device utilizing a movable frame pivotally mounted to move generally parallel to a support frame, wherein the movable frame is positioned to hold a cycler on the movable frame to facilitate leg exercises;

[0010] FIG. **2** illustrates a side perspective view of the exercise device according to FIG. **1**, wherein the movable frame is in the process of being moved from being positioned to hold the cycler to facilitate leg exercises to being positioned to hold the cycler to facilitate arm exercises;

[0011] FIG. **3** illustrates a side perspective view of the exercise device according to FIGS. **1** and **2**, wherein the movable frame is positioned to hold the cycler to facilitate arm exercises;

[0012] FIG. **4** illustrates a side perspective view of another embodiment of the exercise device utilizing a movable frame pivotally mounted to move generally across a support frame, wherein the movable frame is positioned to hold a cycler on the movable frame to facilitate leg exercises;

[0013] FIG. **5** illustrates a side perspective view of the exercise device according to FIG. **4**, wherein the movable frame is in the process of being moved from being positioned to hold the cycler to facilitate leg exercises to being positioned to hold the cycler to facilitate arm exercises;

[0014] FIG. **6** illustrates a side perspective view of the exercise device according to FIGS. **4** and **5**, wherein the movable frame is positioned to hold the cycler to facilitate arm exercises;

[0015] FIG. **7** illustrates a side perspective view of another embodiment of the exercise device utilizing a movable frame pivotally mounted to move generally across a support frame, wherein a portion of the movable frame in conjunction with the support frame supports the exercise device on a support surface, wherein the movable frame is positioned to hold a cycler on the movable frame to facilitate leg exercises;

[0016] FIG. **8** illustrates a side perspective view of the exercise device according to FIG. **7**, wherein the movable frame is being locked into position to hold the cycler to facilitate arm exercises;

[0017] FIG. **9** illustrates a side perspective view of the exercise device according to FIGS. **7** and **8**, wherein the movable frame is positioned to hold the cycler to facilitate arm exercises;

[0018] FIG. **10** illustrates a side perspective view of an embodiment of an exercise device utilizing a movable frame slidably mounted on a support frame, wherein the movable frame is movable between a position to facilitate arm exercises and a position to facilitate leg exercises;

[0019] FIG. **11** illustrates a side perspective view of the embodiment of FIGS. **1-3**, wherein a user seated on a chair is engaging the exercise device as it is in a position to facilitate leg exercises;

[0020] FIG. **12** illustrates a side perspective view of the embodiment of FIGS. **1-3**, wherein a user seated on a chair is engaging the exercise device as it is in a position to facilitate arm exercises.

[0021] FIG. **13** illustrates a side perspective view of another embodiment of the exercise device, having an adjustable support frame configured to support a seat, as well as support a cycler mounted on a movable frame, wherein the adjustable support frame is configured to move the seat relative to the cycler, the cycler being depicted in a first position to facilitate leg exercises;

[0022] FIG. **14** illustrates a side perspective view of the embodiment of FIG. **13**, wherein the cycler is depicted in a second position to facilitate arm exercises, and depicting a user seated on the seat engaging the cycler with his hands; and

[0023] FIG. **15** illustrates another side perspective view of the embodiment of FIG. **13**, depicting the engagement of a frame-engaging member of the cycler.

DETAILED DESCRIPTION OF THE ILLUSTRATED EMBODIMENTS

[0024] FIG. **1** shows a perspective view of an embodiment of an exercise device **10**. The exercise device **10** includes a support frame **20** that is configured to contact a support surface (i.e. a ground support surface, such as a floor). In some embodiments, the support frame **20** may be a single piece, while in other embodiments the support frame **20** may comprise separate pieces that may be assembled together. In the illustrated embodiment, the support frame **20** comprises a base **25**. In one embodiment the base **25** includes a first ground support **30** and a second ground support **40**. An upper portion of the support frame **20** may comprise an upright member **60**. As shown, the connector bar **50** may be configured to interconnect the first ground support **30**, the second ground support **40** and the upright member **60** in a manner such that the upright member **60** is supported off the support surface to a desired elevation above the first ground support **30** and the second ground support **40**. The connector bar **50** may be connected between the ground supports **30** and **40**, or may be connected between the ground support **40** and the upright member **60**, which in turn is connected to the ground support **30**. In another embodiment, the connector bar **50** is connected to all three of these members.

[0025] The support frame **20** may be made out of any suitable material or combination of materials. For example, the first ground support **30**, the second ground support **40**, the connector bar **50**, and the upright member **60** may selectively be made of metal, wood, hard plastic, composite materials (such as epoxy coated carbon fiber material), or other material having sufficient durability to permit exercises while maintaining structural stability of the exercise device **10**. In the illustrated embodiment, each of the first ground support **30**, the second ground support **40**, the connector bar **50**, and the upright member **60** are made of hollow metal tubes, having connecting apertures therein to receive connecting fasteners, such as screws, bolts, or other connecting members. Although in some embodiments the pieces and members are connected by removable fasteners such that the pieces and members are detachable for ease of packaging or other space-saving storage, in other embodiments the unit may be solid, or the pieces or members may be permanently fastened to one another, through welding, one-way fasteners, or so on. Although the use of shaped tubes is desirable due to their structural strength and ease of manufacture, other configurations of the pieces and members may be used to form the pieces and members of the exercise device **10**. Furthermore, although in some embodiments various members such as ground supports **30** and **40**, and a movable frame (described below) have a curved or circular cross section, while other members such as connector bar **50** and upright member **60** have a rectangular cross section, other combinations of different shaped parts can be used.

[0026] Each of the first ground support **30** and the second ground support **40** are configured to support the upright member **60** at an elevation above the support surface for the exercise device **10**. In the illustrated embodiment, the first ground support **30** and the second ground support **40** are generally oriented transverse to the connector bar **50**, with the upright member **60** supported by the connector bar **50** generally centered above and between the first ground support **30** and the second ground support **40**. In an embodiment, each of the first ground support **30** and the second ground support **40** may include end-caps, foot-pads **36**, or other materials that may prevent scratching of the support surface, or increase friction on the support surface to prevent shifting or sliding of the exercise device **10** while performing the exercise operation. In an embodiment, the end caps or foot pads **36** may comprise rubber, felt, cloth, plastic, or any other material. In an embodiment, such material may be used to cover hollow openings at the ends of the support frame **20**, such as at the non-connected ends of the first ground support **30**, the second ground support **40**, and the upright member **60**.

[0027] As shown in FIG. **1**, an exercise assembly **66** is operatively connected to the support frame **20**. The exercise assembly **66** includes a movable frame **70**, which is coupled to the upright member **60**, and configured to be selectively movable with respect to the support frame **20**. The mechanism of such movement may vary across embodiments, as those described in greater detail below. In some embodiments, the exercise device **10** may include stationary appendage supports **80**, which may be engaged by the hands or feet of a user of the exercise device **10** during some exercises, or may be used to provide a surface to grasp when moving the exercise device **10**. In the illustrated embodiment, the station-

ary appendage supports **80** are provided on a movable frame **70**. The stationary appendage supports **80** may be of any appropriate construction or configuration, including in some embodiments, being formed from, containing, or being wrapped in a generally soft or otherwise padded material, to facilitate user comfort. In an embodiment, the stationary appendage supports **80** may be coated with an ergonomic material to enhance the ability of the stationary appendage supports **80** to engage a user's hand. Examples of such an ergonomic material include a high friction material for enhanced grip and/or a spongy material to provide for a padded grip. In some embodiments, the stationary appendage supports **80** may include finger grooves, such that a user may wrap his or her fingers around the stationary appendage supports **80**, to provide a stronger grip when the stationary appendage supports **80** are engaged by the hands of the user. In some embodiments, the stationary appendage supports **80** comprise an elongated bar, and in one embodiment that bar may be arranged generally perpendicular to the movable frame **70**. In some embodiments, the stationary appendage supports **80** may be shaped to extend away from and then generally in line with the movable frame **70**, so that a user of the exercise device **10** may alternatively grasp the stationary appendage supports **80** in either a horizontal or vertical orientation. In the illustrated embodiment, the movable frame **70** is an elongated member, whereby a first end is coupled to or otherwise contains the stationary appendage supports **80**. As with other elements of the exercise device **10**, the stationary appendage supports **80** may in some embodiments be removable from the exercise device **10**, and in other embodiments be a non-removable part of the exercise device **10**.

[0028] In the illustrated embodiment, a second end of the movable frame **70** is coupled to or otherwise contains a cycler **90**. The cycler **90** may be any appropriate cycling device, including, for example, comprising a crankset **100** coupled to a pair of pedals **110**. In an embodiment, the crankset **100** has a rotational axis A, about which the pair of pedals **110** rotate. The pair of pedals **110** may be assembled into the cycler **90** by any appropriate mechanism, including, for example, being threadedly fastened onto the crankset **100**, being bolted or clipped onto the crankset **100**, or so on. As shown, the pedals **110** may be offset from the rotational axis A by a pair of crank arms **115**, such that the pedals **110** have their own associated axes spaced from rotational axis A, each of which rotate about the rotational axis A as the cycler **90** is cycled. In an embodiment, each pedal **110** may also rotate about their own associated axes, so that a user of the exercise device **10** may angle his or her arms or feet with respect to the cycler **90** when cycling the cycler **90**, as described in greater detail below.

[0029] The cycler **90** may be configured to have an intrinsic resistance to being cycled, which may be generated in any appropriate fashion. For example, in some embodiments, the crankset **100** may include therein ball bearing, fluid, magnetic, mechanical or other resistance generating elements. In an embodiment, the cycler **90** may include a variable resistance enhancer configured to increase an amount of force required to cycle the cycler **90**. The resistance enhancer may be of any suitable construction or configuration, including in some embodiments being configured to increase friction against the cycler **90**. For example, in the illustrated embodiment, a hand screw **120** is configured to be manually screwed into or out of the cycler **90**, wherein a head of the hand screw **120** increases friction within the crankset **100**, such as by contacting and pressing against the crankset **100**. In some embodiments, the resistance enhancer may comprise a friction belt and/or flywheel arrangement. In other embodiments, other resistance enhancers may be utilized, including but not limited to fluid, electrical, magnetic, mechanical or other mechanisms configured to vary the resistance against rotation of the cycler **90**.

[0030] As indicated above, the movement of the movable frame **70** may vary across embodiments. Such movement may generally be configured to reposition the cycler **90** from a first position that facilitates engagement by feet of a user of the exercise device **10**, to a second position that facilitates engagement by hands of a user of the exercise device **10**. In the illustrated embodiment of FIG. **1**, the movable frame **70** is coupled to an upper portion of the upright member **60** by a pivot pin **130**. As shown, the pivot pin **130** may extend from the upright member **60**, through a pivot receptacle **140** in the movable frame **70**. In another embodiment, the pivot pin **130** may extend from the movable frame **70**, and be received by a pivot receptacle in the upright member **60**. In an embodiment, the pivot pin **130** may be configured to receive a fastener, such as a bolt or a screw, to prevent detachment of the movable frame **70** from the pivot pin **130**. In some embodiments, the fastener may be removable, so that the movable frame **70** may be selectively removed from the support frame **20**, such as for ease of packaging or for storage, for example. In an embodiment, the movable frame **70** pivots around (or with) the pivot pin **130**, such that the movable frame **70** is configured for rotational motion in a plane generally parallel to the upright member **60**. In an embodiment, the pivot pin **130** may couple the movable frame **70** to the support frame **20** near the center of the movable frame **70** and near the top of the upright member **60**, high enough away from the support surface such that the movable frame **70**, the stationary appendage supports **80**, and the cycler **90** do not collide with the support surface, or other elements of the support frame **20**, during the rotational motion. In some embodiments, the pivot pin **130** may couple to the upright member **60** at a plurality of heights above the support surface (i.e. there are a plurality of pivot receptacles in the upright member **60**), such that the height of the exercise assembly **66** may be raised or lowered with respect to the support frame **20** on the support surface.

[0031] To prevent unwanted movement of the cycler **90** with respect to the support frame **20** during use of the exercise device **10**, a lock **150** is provided to lock the cycler **90** relative to the support frame **10**. In the illustrated embodiment, wherein the cycler **90** is supported on the movable frame **70**, the lock **150** is configured to prevent movement of the movable frame **70** with respect to the support frame **20**. The lock **150** may be of any suitable construction or configuration. In an embodiment, the lock **150** comprises a threaded fastener **160** configured to pass through at least a portion of both the movable frame **70** and the support frame **20**. In the illustrated embodiment, a first lock aperture **170**, associated with the cycler **90** being in the first position so as to be engageable by the feet of the user, is provided in the movable frame **70**. The threaded fastener **160** may be configured to pass through the first lock aperture **170**, and be received in a lock receiver **180** in the upright member **60**, such that the movable frame **70** is tightened and secured to the upright member **60**, locking the cycler **90** in the first position. The threaded fastener **160** may comprise a user-graspable head, configured for easy removal to unlock the cycler **90**, or insertion to lock the cycler **90**. As shown in the illustrated embodiment, a second lock aperture **190** may also be provided on the movable frame **70**, posi-

tioned to allow locking the cycler **90** in the second position, so as to be engageable by the hands of the user, as described in greater detail below. In embodiments where there are a plurality of pivot receptacles in the upright member **60**, there may likewise be a plurality of first lock apertures **170** and second lock apertures **190**, so that the movable frame **70** may be locked and secured to the upright member **60** regardless of which pivot receptacle is receiving the pivot pin **130**.

[0032] In other embodiments, the lock **150** may be of any other suitable configuration to prevent movement of the cycler **90** relative to the support frame **20**. For example, in an embodiment a user-graspable pin, which may include one or more spring biased detents therein, may be provided instead of the threaded fastener **160**, to allow for a quicker release and re-engagement of the lock **150** when moving the cycler **90** between the first and second positions. In an embodiment, a lock aperture may be provided in the support frame **20**, while a pair of lock receivers **180** are provided in the movable frame **70**, such that the threaded fastener **160**, the user-graspable pin, or any other locking member may be configured to pass through a portion of the support frame **20**, and be received in the movable frame **70**. In other embodiments, the lock **150** may comprise a latch configured to interfere with the pivoting or other movement of the movable frame **70** with respect to the support frame **20**. In some such embodiments, the latch may be a hook and eye latch, with the hook and eye on different ones of the movable frame **70** and the support frame **20**. In some embodiments, the lock **150** may comprise a hinged or pivotable fork latch coupled to either the support frame **20** or the movable frame **70**, and configured to be movable into and out of the plane of movement for the movable frame **70**, such that the fork latch surrounds either side of the other of the support frame **20** or the movable frame **70**, to prevent movement of the movable frame **70** with respect to the support frame **20**. In some embodiments, the user-graspable pin may be mounted to the support frame **20**, and may be spring-loaded into an engagement position with a lock receiver **180** in the movable frame **70**. In other embodiments, a pair of spring-loaded user graspable pins may be mounted to the movable frame **70**, such that one of them is biased into an engagement position with a lock receiver **180** provided on the support frame **20**. In yet other embodiments, a single spring-loaded user graspable pin may be mounted to the movable frame **70**, where the upright member **60** extends above the pivot pin **130** and contains lock receivers **180** on either side, such that the spring loaded user-graspable pin on the movable frame **70** may engage a different lock receiver **180** on the upright member **60** that corresponds with the cycler **90** being in either the first or second position.

[0033] As indicated above, the mechanism to reposition the cycler **90** between the first position for engagement by the feet and the second position for engagement by the hands may vary across embodiments. In the embodiment of FIG. **1**, where the exercise device **10** contains the pivot pin **130**, and the movable frame **70** is configured to pivot in a plane generally parallel to the upright member **60**, the cycler **90** is shown in the first position. Also shown is that the lock **150** is engaged by securing the threaded fastener **160** through the movable frame **70**, into the upright member **60**. In an embodiment, the support frame **20** and/or the movable frame **70** may be configured such that in the first position seen in FIG. **1**, the stationary appendage supports **80** are at an appropriate height above the support surface to be engaged by the hands of a user who is sitting in a chair adjacent to the exercise device **10**, while the cycler **90** is at an appropriate height above the support surface to be engaged by and be repeatedly cycled by the user in the chair, as described in greater detail below. In an embodiment, the upright member **60** and the movable frame **70** may be angled away from perpendicular (i.e. slightly towards the support surface), so as to provide clearance for the user's knees away from the stationary appendage supports **80** when the user is operating the cycler **90** with their feet when sitting in the chair.

[0034] The view of FIG. **2** shows that after disengaging the lock **150** by removing the threaded fastener **160**, the movable frame **70** is free to pivot about the pivot pin **130**, which in the illustrated embodiment, is generally in a plane that is parallel to the upright member **60**. As shown, in rotating the movable frame **70**, the stationary appendage supports **80** move from distal to the support surface, to proximal to the support surface. Likewise, the cycler **90** moves from proximal to the support surface to distal to the support surface. FIG. **3** depicts the exercise device **10** with the cycler **90** in the second position, configured to be engaged by the hands of the user. In an embodiment, the height of the cycler **90** in the second position may be approximately that of the stationary appendage supports **80** when the cycler **90** is in the first position, such that the user may utilize the cycler **90** to exercise his or her arms, without having to reposition the chair. As shown, in the illustrated embodiment of FIG. **3** the lock **150** is engaged to hold the cycler **90** in the second position by inserting the threaded fastener **160** through the second lock aperture **190**, into the lock receiver **180** on the upright member **60**. Although in the illustrated embodiment the second lock aperture **190** is in the movable frame **70**, in an embodiment, the second lock aperture **190** may be located in a generally central portion of the stationary appendage supports **80**.

[0035] FIGS. **4-6** illustrate an embodiment of an exercise device **10'**, which is similar to the embodiment of the exercise device **10**; however has a different movement mechanism for the exercise assembly **66**. As shown in FIG. **4**, the movable frame **70** may be coupled to the upright member **60** by a hinge **200**. The hinge **200** may be of any suitable construction or configuration, including in an embodiment being configured to allow the movable frame **70** to pivot over the top of the upright member **60**. In such an embodiment, the hinge **200** may be attached to both a top portion of the upright member **60**, and a middle portion of the movable frame **70**. Although in the embodiment of FIG. **4**, the lock **150** again comprises the threaded fastener **160** as described above, in other embodiments utilizing the hinge **200**, any other locking mechanism may be utilized. In an embodiment of the exercise device **10'** utilizing the hinge **200** that has the threaded fastener **160** as a part of the lock **150**, a second lock receiver **180'** may be provided on an opposing side of the upright member **60**, such that the movable frame **70** may be locked to the upright member **60** regardless of whether the cycler **90** is in the first position to be engaged by a user's feet, or in the second position to be engaged by a user's arms. In an embodiment, the lock receiver **180** and the second lock receiver **180'** may connect within the upright member **60**.

[0036] In FIG. **5**, it is seen that after disengaging the lock **150** by removing the threaded fastener **160**, the movable frame **70** is free to pivot about the hinge **200**, which in the illustrated embodiment, is generally across a top portion of the upright member **60**. As shown, this rotation across the upright member **60** moves the stationary appendage supports **80** from a position distal to the support surface to a position

proximal to the support surface. Likewise, the cycler **90** moves from the first a position proximal to the support surface to the second position distal to the support surface. As illustrated in FIG. **6**, where the cycler **90** is in the second position so as to be engaged by the hands of the user, the lock **150** may again engaged to hold the cycler **90** fixed relative to the support frame **20**, however with the cycler **90** now in the second position. As shown, in the illustrated embodiment this may again comprise inserting the threaded fastener **160** through the second lock aperture **190**, into the second lock receiver **180'** on the opposing side of the upright member **60**.

[0037] FIGS. **7-9** illustrate an embodiment of an exercise device **10"**, which is similar to the embodiments of the exercise devices **10** and **10'**, however has different movement and support mechanisms. As shown in FIG. **7**, instead of the free-standing support frame **20** of the previous embodiments, the exercise device **10"** comprises a support leg **210** that is pivotally coupled to an exercise assembly **66'** that includes a movable frame **70'**, described in greater detail below. The coupling of the support leg **210** and the moveable frame **70'** may be by any suitable mechanism, including but not limited to utilizing the hinge **200** described above. In the illustrated embodiment, a pivot flange **220** extends from the movable frame **70'**, so that the movable frame **70'** may pivot about a pivot pin **225** in the pivot flange **220**. A pivot lock **230** may be provided to lock the movable frame **70'** relative to the support leg **210**. In an embodiment, the pivot lock **230** may comprise a pin or threaded fastener that may be inserted into one or more apertures **235** in the pivot flange **220**, and into a corresponding aperture in the support leg **210**, so as to prevent movement of the movable frame **70'** relative to the support leg **210**. In an embodiment, the pivot flange **220** may be configured so as to change an angle formed between the movable frame **70'** and the support leg **210**. In the illustrated embodiment, the one or more apertures **235** individually include opposing apertures **235***a* and opposing apertures **235***b*, which may be mirrored on both sides of the pivot flange **220** to surround the support leg **210**. As shown, the movable frame **70'** may pivot with respect to the support leg **210** such that the opposing apertures **235***a* may align with the corresponding aperture on the support leg **210**, so that the pivot lock **230** may be inserted therethrough. As shown in FIG. **7**, aligning and locking the support leg **210** with the opposing apertures **235***a* may correspond with forming an angle α between the movable frame **70'** and the support leg **210**. It may also be appreciated that opposing apertures **235***b* may correspond with forming an angle β between the movable frame **70'** and the support leg **210**, as described in greater detail below.

[0038] The support leg **210** may be of any suitable construction or configuration, including in the illustrated embodiment having a support bar **240** that couples to the pivot flange **220** at one end, and couples to or otherwise contains a ground support **250** at an opposing end. In some embodiments, the ground support **250** may be similar to the first ground support **30** or the second ground support **40** described above. In some embodiments the support leg **210** may comprise one or more metal tubes, wherein extremities thereof are capped in plastic, rubber, or similar material, so as to reduce incidence of scratching, cutting, or other harm from metalwork in forming the metal tubes, for example. In some embodiments, such as that illustrated, the extremities of the ground support **250** may contain end caps or foot pads **36**, which may be similar to those found on first and second ground supports **30** and **40** described above.

[0039] In some embodiments, exercise assembly **66'** may be similar to the exercise assembly **66** described above. For example, the movable frame **70'** may contain at one end the stationary appendage supports **80**, which may include hand or foot supports that are configured to be engaged by a user of the exercise device **10"**. As above, the stationary appendage supports **80** may be of any suitable shape or configuration, and in some embodiments may be wrapped in a relatively soft material compared to the remainder of the exercise device **10"**, so as to facilitate user comfort. As in the previous embodiments, the cycler **90** is mounted to the movable frame **70'**, however as shown in the illustrated embodiment, a cycler support **260** may extend from the cycler **90** so as to cooperate with the support leg **210** to raise the cycler **90** off of the ground at a sufficient height to be engaged and cycled by the feet of a user. In an embodiment, the cycler support **260** may form a part of the movable frame **70'**, whereby the cycler **90** is mounted to an intermediate portion of the movable frame **70'** as opposed to the extremity of the movable frame **70'** distal from the stationary appendage supports **80**. In an embodiment, where the cycler **90** is mounted to the extremity of the movable frame **70'**, the cycler support **260** may extend from the cycler **90**. In the illustrated embodiment, the cycler support **260** comprises an extension bar **270**. In some embodiments the extension bar **270** may merely terminate with an end cap, such that the combination of the ground support **250** and the extension bar **270** define a plane on the support surface for the exercise device **10"** to create tripod-like stability. In the illustrated embodiment, however, a second ground support **280** is coupled to or otherwise formed on the end of the extension bar **270** distal from the stationary appendage supports **80**. In an embodiment, the second ground support **280** may be smaller than the ground support **250** of the support leg **210**. For example, in the illustrated embodiment, the second ground support **280** is smaller than the width of the crankset **100**.

[0040] The conversion of the exercise device **10"** from a position to be engaged by the feet of a user to a position to be engaged by the hands of a user is depicted in FIGS. **8** and **9**. As shown in FIG. **8**, after disengaging the pivot lock **230**, the movable frame **70'** becomes free to pivot about the pivot flange **220**. In the illustrated embodiment, this movement is generally across a top portion of the support bar **240**. As shown, this pivotal movement may narrow the angle formed between the stationary appendage supports **80** and the ground support **250** from the angle α to the angle β. In an embodiment, this narrower angle β corresponds to the second locking position for the pivot lock **230**, aligning the support bar **240** with the opposing apertures **235***b* to hold the stationary appendage supports **80** and the ground support **250** locked in a more acute configuration. As shown in FIG. **9**, the entirety of the exercise device **10"** may then be pivoted about the ground support **250** until the stationary appendage supports **80** and the ground support **250** support the exercise device **10"** on the support surface. By pivoting the exercise device **10"** in this manner, the cycler **90** moves from a first position proximal to the support surface to a second position distal to the support surface. As illustrated in FIG. **9**, where the cycler **90** is in the second position so as to be engaged by the hands of the user, the pivot lock **230** may prevent movement between the stationary appendage supports **80** and the ground support **250**, such that they hold the cycler **90** fixed above the support surface in the second position.

[0041] In FIG. **10**, an embodiment of an exercise device **10*** is depicted, having a different mechanism for moving the cycler **90** between the first position configured to be engaged by the feet of a user, and the second position configured to be engaged by the hands of a user. As shown, the exercise device **10*** comprises a support frame **290**. In an embodiment, the support frame **290** may be substantially similar to the support frame **20** of the embodiments illustrated above. In the illustrated embodiment, the support frame **290** includes a first ground support **300**, a second ground support **310**, and a connector bar **320**. An upper portion of support frame **290** may comprise or be coupled to upright member **330**. In an embodiment, each of first ground support **300**, second ground support **310**, and the connector bar **320** may be similar respectfully to the first ground support **30**, the second ground support **40** and the connector bar **50**, as described above. In the illustrated embodiment, the first ground support **300** is connected to a bottom portion of the upright member **330** by the connector bar **320**. Likewise, in the illustrated embodiment the second ground support **310** is coupled to a lower portion of the upright member **330**, such that the combination of the first ground support **300**, the second ground support **310**, the connector bar **320**, and the bottom portion of the upright member **330** form the support frame **290** that supports the remainder of the upright member **330** to a desired elevation above the support surface.

[0042] As shown in the exercise device **10***, the stationary appendage supports **80** may be provided at the top of the upright member **330**, distal from the support surface. As such, the upright member **330** may raise to a sufficient height above the support surface such that the stationary appendage supports **80** may be readily grasped by the hands of a user of the exercise device **10***, as described in greater detail below. In some embodiments, such as in the illustrated embodiment, the upright member **330** of the exercise device **10*** may include a plurality of locking positions **340**, which may extend from a position on the upright member **330** that is proximal to the support frame **290** to a position on the upright member **330** that is proximal to the stationary appendage supports **80**. The locking positions **340** may be of any construction or configuration, including but not limited to holes, gaps, slits, grooves, saw teeth, or so on that are formed in or coupled to the upright member **330**. Slidable or otherwise laterally moveable along the upright member **330** is a movable member **350** that supports the cycler **90**. The movable member **350** may be of any suitable construction or configuration, including but not limited to comprising an enveloping member that may at least partially surround the upright member **330**, so as to be raised or lowered along the upright member **330**. In an embodiment, the movable member **350** may be formed in or otherwise coupled to the cycler **90**.

[0043] In an embodiment, the movable member **350** may also contain or be configured to receive a lock **360**. In some embodiments where the exercise device **10*** includes the plurality of locking positions **340**, the lock **360** may be received in or otherwise associate with the plurality of locking positions **340**, to hold the cycler **90** in one of the plurality of locking positions **340**. In an embodiment, the position proximal to the support surface may be characterized as the first position so that the cycler **90** may be engaged by feet of a user of the exercise device **10***, while the position proximal to the stationary appendage supports **80** may be characterized as the second position so the cycler **90** may be engaged by the hands of the user. In an embodiment, one or more lips, flanges, or other bodies coupled to or otherwise formed on the upright member **330** may be configured to prevent the movable member **350** from sliding beyond the first position and/or the second position. In an embodiment, intermediate ones of the locking positions **340** may be provided such that the cycler **90** may be held in a number of discrete positions along the upright member **330** that may be more suitable for a number of users of differing heights or torso/leg lengths. In some embodiments, the lock **360** may be configured to engage the upright member **330** itself (as opposed to the locking positions **340**). In such embodiments, the movable member **350** may engage any number of places along the upright member **330**, such that discrete locking positions **340** may be superfluous. For example, in an embodiment where the movable member **350** at least partially surrounds the upright member **330**, the lock **360** may be configured to Lighten the movable member **350** around the upright member **330**, so as to increase friction therebetween, and prevent slidable movement of the movable member **350**. In some such embodiments, the discrete locking positions **340** may be omitted from the upright member **330**. In other such embodiments, the discrete locking positions **340** may be present on the upright member **330** as guide points, but intermediate locking of the movable member **350** between the locking positions **340** may also be possible.

[0044] Turning to FIGS. **11** and **12**, the operation of the exercise device **10** by a user U is depicted. It may be appreciated that similar operation may be performed with other embodiments, including but not limited to those described herein. As shown in FIG. **11**, the exercise device **10** is configured as depicted in FIG. **1**, where the cycler **90** is in the first position, proximal to the support surface so that it may be engaged by the feet F of the user U. The user U may position a chair C proximal to the exercise device **10**, and while sitting on the chair C, place his feet F on the pedals **110**. The user U may then use his feet F to cycle the cycler **90** through cyclical movement of his legs L. During such motion, each leg L may alternatively be extended away from the user U, while the other leg L may be contracted towards the user U, exercising the leg muscles. Before some exercises, the user U may turn the hand screw **120** to adjust the resistance of the cycler **90**, to alter the difficulty of cycling the cycler **90** through movement of his legs L. Furthermore, during some exercises the user U may engage the stationary appendage supports **80** with his hands H, which may provide additional stability for the exercise device **10**, allow the user U to mimic the feel of riding a bicycle, or so on.

[0045] In FIG. **12**, the exercise device **10** has been configured as depicted in FIG. **3**, where the cycler **90** is in the second position, distal from the support surface so that the cycler **90** may be engaged by the hands H of the user U. Again, the user U may position the chair C proximal to the exercise device **10**. Although during some exercises the user U may place his feet F on the stationary appendage supports **80**, the user U may optionally place his feet on the support surface, or on other portions of the support frame **20**. The user U may then use his hands H to grasp the pedals **110**, and use his arms A to cycle the cycler **90** through cyclical movement of his arms A. During such motion, each arm A may alternatively be extended away from the user U while the other arm A may be contracted towards the user U, exercising the arm muscles. Again, before some exercises, the user U may turn the hand screw **120** to adjust the resistance of the cycler **90**, to alter the difficulty of cycling the cycler **90** through movement of his arms A.

[0046] Although in the illustrated embodiments above, the exercise devices **10**, **10'**, **10"**, and **10*** are depicted as configured to utilize a separate chair, such as the chair C, to support the weight of the user U when engaging the cycler **90**, it may be appreciated that in some embodiments a seat S may be coupled to the cycler **90** for use by the user U. For example, in some of the embodiments described above, the seat S may be mounted to a portion of the support frame **20** or the support frame **290**, allowing the user U to sit thereon to engage the cycler **90** in the various exercises of his arms A or legs L. Accordingly, depicted in FIG. **13** is an embodiment of an exercise device **400** having the seat S coupled to the exercise assembly **66** through an adjustable support frame **410**. As shown, the adjustable support frame **410** is configured to contact a support surface (i.e. the ground support surface or floor, as described above), and to support the exercise assembly **66** relative to the seat S. In the view of FIG. **13**, the exercise assembly **66** is positioned such that the cycler **90** is in the first position, configured to be engaged by the feet F of a user U.

[0047] In the illustrated embodiment, the adjustable support frame **410** comprises separate pieces that may be assembled together and configured such that the seat S may be moved closer to or further away from the exercise assembly **66**. As shown, in an embodiment the adjustable support frame **410** comprises an exerciser base **420**, and a seat base **430**. While in some embodiments each of the exerciser base **420** and the seat base **430** may be unitary bodies configured to move relative to one another, in the illustrated embodiment each of the exerciser base **420** and the seat base **430** are themselves assemblies of constituent members. In an embodiment, the exerciser base **420** includes an exerciser-side adjusting support member **440** while the seat base **430** includes a seat-side adjusting support member **450**. Although in the illustrated embodiment the exerciser-side adjusting support member **440** is configured with an open end **460** configured to receive the seat-side adjusting support member **450** therein, in other embodiments different engagements between the exerciser-side adjusting support member **440** and the seat-side adjusting support member **450** are also possible. As further shown in FIG. **13**, a seat base lock **470** may be provided to lock the seat base **430** (and accordingly the seat S) relative to the exerciser base **420** (and accordingly the exercise assembly **66**). In the illustrated embodiment, the seat base lock **470** is configured as a threaded fastener configured to engage an aperture **480** in the exerciser-side adjusting support member **440**, to be received in one of a plurality of seat positioning apertures **490** in the seat-side adjusting support member **450**. In other embodiments, the seat base lock **470** may comprise a user-graspable pin, or other lockable member configured to prevent movement between the exerciser base **420** and the seat base **430**. In yet other embodiments, the seat base lock **470** may be of any other configuration that would prevent relative movement between the seat S and the cycler **90** when the cycler **90** is positioned in either the first position, proximal to the support surface so that it may be engaged by the feet F of the user U, or the second position, distal to the support surface, so that it may be engaged by the arms A of the user U.

[0048] In the illustrated embodiment, the exerciser base **420** contains an exerciser ground support **500**, which is mounted to or otherwise formed on the exerciser-side adjusting support member **440**. Likewise, the seat base **430** of the illustrated embodiment contains a seat ground support **510**, which is mounted to or otherwise farmed on the seat-side adjusting support member **450**. In some embodiments, the exerciser ground support **500** and the seat ground support **510** may extend generally transverse to the orientation of the adjustable support frame **410**, so as to provide a larger planar support area than the assembly of the exerciser-side adjusting support member **440** and the seat-side adjusting support member **450** alone. As shown, in some embodiments the exerciser ground support **500** and the seat ground support **510** may extend generally parallel to one another, and generally perpendicular to the orientations of the exerciser-side adjusting support member **440** and the seat-side adjusting support member **450**. In some embodiments, each of the exerciser ground support **500** and the seat ground support **510** may be capped by the end caps or foot pads **36**, similar to the engagement of the end caps or foot pads **36** on the first ground support **30** and second ground support **40** in the embodiments described above.

[0049] In the illustrated embodiment of exercise device **400**, the upright member **60** is coupled to or otherwise formed on the exerciser base **420**, and extends away from the support surface so as to support the exercise assembly **66** at a desired elevation above the support surface. As shown, in some embodiments a support member **520** may further extend between the upright member **60** and the exerciser-side adjusting support member **440**, so as to provide an additional point of supporting contact for the upright member **60**. In some embodiments, the upright member **60** may be configured to provide sufficient clearance above the support surface such that the exercise assembly **66** may be moved from the first position (for exercising the feet F of the user U) to the second position (for exercising the arms A of the user U). Likewise, the upright member **60** may be positioned or otherwise angled so as to provide sufficient clearance away from other portions of the exercise device **400**, further facilitating an unimpeded movement of the exercise assembly **66** from the first position to the second position. In some embodiments, the user U might need to expand the adjustable support frame **410** (i.e. moving the seat S away from the exercise assembly **66**) so that there is sufficient clearance for the exercise assembly **66** to move on the upright member **60** such that the cycler **90** may move between the first and second positions.

[0050] Similar to the support frame **20** and the constituent members thereof, the adjustable support frame **410** may be made out of any suitable material or combination of materials. For example, one or more of the exerciser-side adjusting support member **440**, the exerciser ground support **500**, the seat-side adjusting support member **450**, the seat ground support **510**, the upright member **60**, the support member **520**, or so on, may selectively be made of metal, wood, hard plastic, composite materials (such as epoxy coated carbon fiber material), or other material having sufficient durability to permit exercises while maintaining structural stability of the exercise device **400**. In the illustrated embodiment, each of the members of the adjustable support frame **410** are made of hollow metal tubes, having connecting apertures therein to receive connecting fasteners, such as screws, bolts, or other connecting members. As indicated above, in some embodiments one or more of the members may be at least partially smaller than one of the other members, such that the smaller member portion may be inserted into a receiving portion of the larger member.

[0051] In the illustrated embodiment of FIG. **13**, the engagement between the upright member **60** and the exercise

assembly **66** in the exercise device **400** is similar to that of the exercise device **10'** described above. In particular, the exercise device **400** contains the hinge **200**, such that the exercise assembly **66** is configured to pivot above and over the upright member **60** when moving between the first position and the second position. As shown in FIG. **13**, in some embodiments the exercise device **400** may be configured such that when the cycler **90** is in the first position, so as to be engaged by the feet F of the user, the upright member **60** may be positioned between the exercise assembly **66** and the seat S. When the cycler **90** is moved into the second position, however, so as to be engaged by the arms A of the user U as described below, the exercise assembly **66** may be moved such that it is positioned between the upright member **60** and the seat S, so that the cycler **90** is closer to the user U. As further shown in FIG. **13**, in some embodiments either or both of the upright member **60** and exercise assembly **66** may contain angled portions therein, such that when in the first position, the cycler **90** is distal from the seat S (allowing for the longer reach of the legs L of the user U), while the stationary appendage supports **80** are proximal to the seat S (allowing for the shorter reach of the arms A of the user U). While in the second position, however, the angled portions permit the cycler **90** to be closer to the seat S (again allowing for the shorter reach of the arms A of the user U), while the stationary appendage supports **80** are further from the seat S (i.e. so as to limit inadvertent contact with the legs L). In the illustrated embodiment, the angled portion of the exercise assembly **66** is present in the movable frame **70**. In other embodiments, however, the angled portion may instead be found in a portion of the stationary appendage supports **80** and/or in a portion of the cycler **90**.

[0052] As shown, the exercise device **400** may contain the lock **150** configured to hold the cycler **90** in the first or second positions. Although the configuration of the lock **150** may vary across embodiments, in the illustrated embodiment of exercise device **400** the lock **150** is similar to that of the exercise device **10'** described above. Accordingly, the lock **150** contains a threaded fastener **160**, which is configured to be inserted through at least a portion of both the exercise assembly **66** and the upright member **60**. Departing from the embodiment of the exercise device **10'**, however, in the illustrated embodiment of the exercise device **400** the threaded fastener **160** is configured to pass through either of opposing ends of a common lock aperture **525** formed in the upright member **60**, and exit the other, before being received in either the first lock receiver **180** or the second lock receiver **180'**, which are disposed on opposing portions of the movable frame **70**. As noted above, additional or alternative mechanisms are also possible, configured to alternatively lock the cycler **90** in the first position or the second position.

[0053] It may be appreciated that angle of the exercise assembly **66** relative to the support surface may be configured such that the user U may engage the exercise device **400** in a slightly reclined position. Likewise, other portions of the exercise device **400** may further be configured for a slightly reclined engagement by the user U. For example, in the embodiment of FIG. **13**, the seat S contains both a seat bottom **530** and a backrest **540**, both of which may be angled such that the portion of the seat bottom **530** proximal to the exercise assembly **66** is slightly higher relative to the support surface than the portion of the seat bottom **530** distal from the exercise assembly **66**. Likewise, the backrest **540** may be angled so that the portion of the backrest **540** distal from the support surface is angled further away from the exercise assembly **66**, while the portion of the backrest **540** proximal to the support surface is angled closer to the exercise assembly **66**. Such a configuration may allow a user U of the exercise device **400** to recline backwards against the backrest **540**, and further extend his legs L to the cycler **90** when the cycler **90** is in the first position. In the illustrated embodiment, supplemental stationary appendage supports **550** are mounted to the seat S, for the user U to optionally engage when cycling the cycler **90** with his feet F. When the cycler **90** is in the second position, the user U may sit up straighter in the seat S (i.e. forward from the backrest **540**) and reach forward to engage the cycler **90** with his arms A. As was indicated above, while the movement of the cycler **90** between the first and second positions in exercise device **400** is depicted as utilizing a mechanism similar to that of the exercise device **10'**, in other embodiments the exercise device **400** may utilize a different mechanism. For example, in an embodiment the exercise device **400** may have a configuration similar to that of the exercise device **10**, whereby the exercise assembly **66** pivots in a plane generally parallel to the upright member **60**. In another embodiment, the exercise device **400** may have a configuration similar to that of the exercise device **10***, whereby the cycler **90** is slidable up and down the upright member **60** between the first and second positions.

[0054] FIG. **14** shows the exercise device **400** of FIG. **13** with the exercise assembly **66** positioned on the adjustable support frame **410** such that the cycler **90** is in the second position, configured to be engaged by the hands H of the user U, so as to exercise his arms A. As shown, in some embodiments the angle formed on the movable frame **70**, and the connection of the movable frame **70** to the upright member **60** by the hinge **200**, may be utilized to bring the cycler **90** in the second position closer into arms reach of the user U. In some embodiments, the length of a portion of the movable frame **70** proximal to the cycler **90** may be configured such that the crankset **100** is sufficiently above the legs L of the user U, so that the cyclical motion of the arms A when the hands H are cycling the pedals **110** (which move in a circle or other ellipse defined at least in part by the length of the crank arms **115**) does not cause the arms A or the pedals **110** to collide with the legs L. As may be appreciated in the illustrated view of the exercise device **400**, a frame engaging member **560** may be provided on an portion of the cycler **90**, and configured such that when the cycler **90** is moved in to the first position, the frame engaging member **560** engages the adjustable support frame **410** to provide a secondary point of contact between the exercise assembly **66** and the adjustable support frame **410**.

[0055] An example of such a supplemental engagement may be seen in the view of FIG. **15**, which again depicts the exercise device **400** in the first position, only from a different angle from the view of FIG. **13**, whereby a forward portion of the cycler **90** and the exerciser base **420** are visible. In some embodiments the supplemental engagement may be formed between the frame engaging member **560** and the exerciser-side adjusting support member **440**, which may stabilize the exercise assembly **66** against the adjustable support frame **410**, such as when the user U is engaging the cycler **90** with his feet F. As shown in FIG. **15**, in some embodiments the cycler frame engaging member **560** may be configured to pivot onto the exerciser ground support **500** when the cycler **90** is Moved from the secondary position to the first position. In the illustrated embodiment, the frame engaging member **560** has a curved member configured to match a contour of the exerciser ground support **500**. In some embodiments, the

frame engaging member **560** may have padding or other resilient material thereon, so as to prevent scratching or banging between the cycler **90** and the exerciser ground support **500** when the cycler **90** is being lowered into the first position, or from friction during cycling of the cycler **90** by the feet of the user U.

[0056] Although this disclosure describes in detail what is currently considered to be the most practical and preferred embodiments, it is to be understood that such detail is solely for the purpose of illustration, and that the scope of protection sought is not limited to the disclosed embodiments, but, on the contrary, is intended to cover modifications and equivalent arrangements that are within the spirit and scope of the appended claims. For example, it is to be understood that, to the extent possible, one or more features of any embodiment can be combined with one or more features of any other embodiment.

What is claimed is:

1. An exercise device, comprising:

an adjustable support frame configured to contact a support surface;

a seat mounted on the adjustable support frame;

a cycler coupled to the adjustable support frame, the cycler constructed and arranged to be selectively positioned with respect to the adjustable support frame at a first position so as to be engaged by feet of a user of the exercise device, and a second position so as to be engaged by hands of the user; and

a lock configured to lock the cycler relative to the frame in the first position or the second position;

wherein the adjustable support frame is configured to allow the user to move the seal to a plurality of positions relative to the cycler.

2. The exercise device of claim **1**, further comprising a movable frame connecting the cycler and the support frame, wherein the movable frame is adjustably mounted to the support frame to move the cycler between the first position and the second position.

3. The exercise device of claim **2**, wherein the movable frame is configured to pivot with respect to an upper portion of the support frame.

4. The exercise device of claim **3**, wherein the movable frame is configured to pivot generally parallel to the upper portion of the support frame.

5. The exercise device of claim **4**, wherein the movable frame is coupled to the upper portion of the support frame by a pivot pin.

6. The exercise device of claim **3**, wherein the movable frame is configured to pivot across the upper portion of the support frame.

7. The exercise device of claim **6**, wherein the movable frame is coupled to the upper portion of the support frame by a pivot hinge.

8. The exercise device of claim **2**, wherein the movable frame is configured to slide with respect to the support frame.

9. The exercise device of claim **8**, wherein the support frame includes a plurality of incremental lock receivers, such that the lock may secure the movable frame in a plurality of positions on the support frame.

10. The exercise device of claim **2**, wherein the lock is configured to selectively secure the movable frame to the support frame.

11. The exercise device of claim **2**, wherein the lock comprises a threaded fastener configured to be received by receivers in the movable frame and the support frame.

12. The exercise device of claim **1**, further comprising a resistance enhancer that increases an amount of force required to cycle the cycler.

13. The exercise device of claim **12**, wherein the resistance enhancer is configured to increase friction against the cycler.

14. The exercise device of claim **1**, further comprising a stationary appendage support configured to be engageable by the hands of the user when the cycler is in the position to be engaged by the feet of the user.

15. The exercise device of claim **14**, further comprising a movable frame connecting the cycler and the support frame, wherein the movable frame is adjustably mounted to the support frame, and wherein the stationary appendage support and the cycler are distal from each other on the movable frame.

16. The exercise device of claim **1**, further comprising a seat lock configured to lock the seat into one of the plurality of positions relative to the cycler.

17. The exercise device of claim **1**, wherein the cycler and the seat are each coupled to associated portions of the adjustable support frame, such that the portion of the adjustable support frame associated with the seat is configured to move towards or away from the portion of the adjustable support frame associated with the cycler

18. The exercise device of claim **17**, wherein a part of the portion of the adjustable support frame associated with the seat is slidable either within or around a part of the portion of the adjustable support frame associated with the cycler.

19. The exercise device of claim **1**, wherein the cycler comprises a frame engaging member configured to engage the adjustable support frame when the cycler is in the first position, and disengage from the adjustable support frame when the cycler is in the second position.

20. The exercise device of claim **1**, wherein the cycler is further constructed and arranged such that when moved from the first position to the second position, the cycler laterally moves closer to the seat, and vertically moves further from the support surface.

21. A method of exercising using an exercise device having an adjustable support frame configured to contact a support surface, a cycler coupled to the adjustable support frame, the cycler configured to move with respect to the adjustable support frame to alternatively place the cycler in positions to be engaged by hands or feet of a user of the exercise device, and a seat coupled to the adjustable support frame, whereby the seat is configured to allow a user to move the seat to a plurality of positions relative to the cycler, the method comprising:

adjusting the adjustable support frame to move the seat relative to the cycler;

locking the cycler in a position to be engaged by a selected one of the hands or the feet of the user; and

engaging the cycler by the selected one of the hands or Feet, to exercise the selected one of the hands or feet.

22. An exercise device, comprising:

a support frame configured to contact a support surface;

a cycler coupled to the adjustable support frame, the cycler constructed and arranged to be selectively positioned with respect to the adjustable support frame at a first position so as to be engaged by feet of a user of the exercise device, and a second position so as to be engaged by hands of the user; and

a lock configured to lock the cycler relative to the frame in the first position or the second position;

wherein the cycler further comprises a frame engaging member configured to engage the support frame when the cycler is in the first position, and disengage from the support frame when the cycler is in the second position.

23. The exercise device of claim **22**, wherein the cycler is further constructed and arranged such that when moved from the first position to the second position, the cycler laterally moves across the support surface, and vertically moves further from the support surface.

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