

Dec. 14, 1948.

C. L. HEIMBAUGH

2,456,412

EXERCISING DEVICE

Filed Feb. 5, 1945

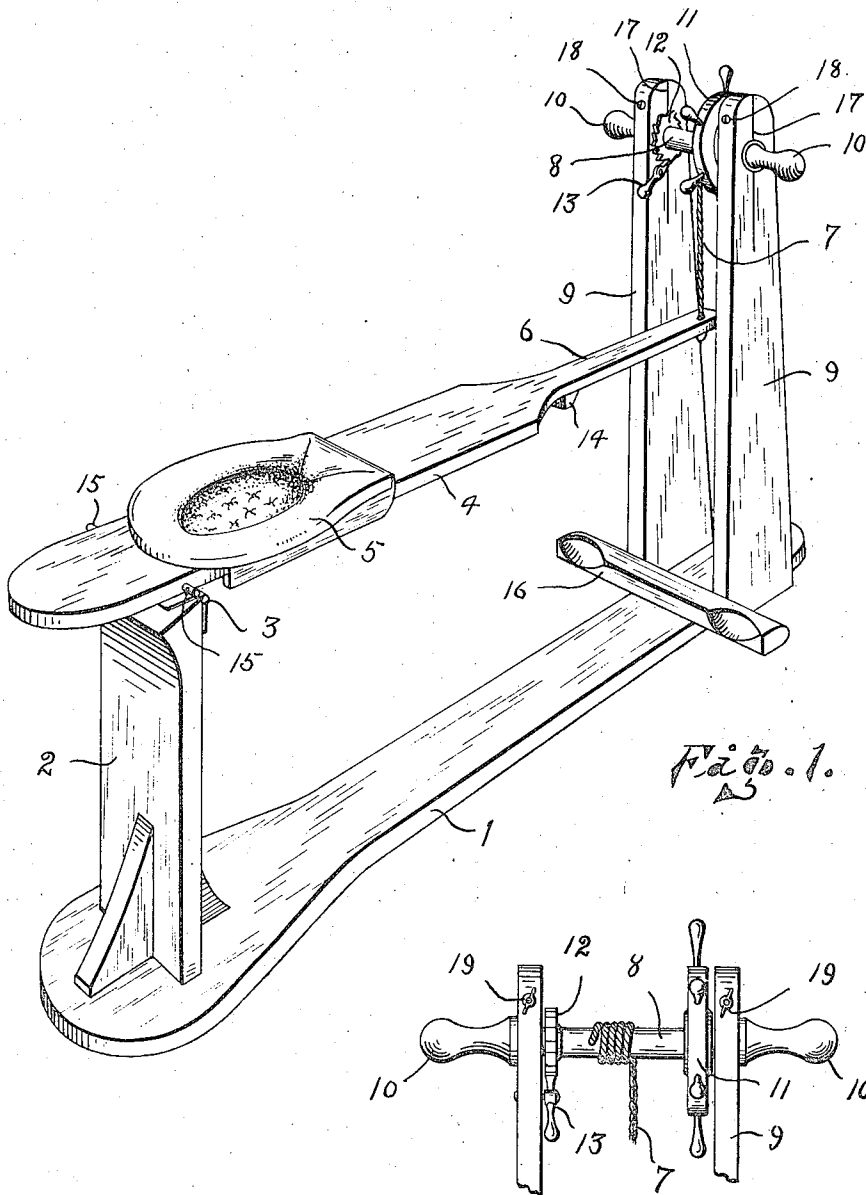


Fig. 1.

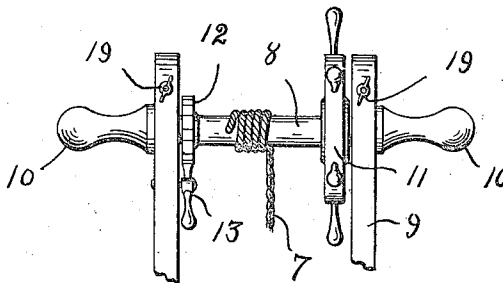


Fig. 2.

INVENTOR.
Clyde L. Heimbaugh.
BY
Shea Stevens
attg

UNITED STATES PATENT OFFICE

2,456,412

EXERCISING DEVICE

Clyde L. Heimbaugh, Duluth, Minn.

Application February 5, 1945, Serial No. 576,268

5 Claims. (Cl. 272-79)

1

This invention relates to physical exercising devices, and has for one principal object, to produce such simple means capable of many easily accomplished adjustments by the user, and even while in use.

Other objects and advantages appear during the further description of the invention.

Referring now to the accompanying drawing forming part of this application and in which like reference characters indicate like parts;

Fig. 1 is a perspective view of one of the completely assembled devices, and

Fig. 2 is a slightly enlarged elevation of the adjusting mechanism at the forward end of the device.

The mount in its entirety is designed to be portable and readily moved about from place to place.

The base 1 may be of any desired shape and preferably of a single piece of material substantially as shown. Upon the broader and slightly more substantial rear end is the upright supporting member or standard 2 which carries hingedly attached at its upper end as at 3 the elongated normally horizontal running board 4 the major length from the rear end of which is formed with parallel sides for convenient holding and guidance of the seat 5 in traversing back and forth upon same.

This seat may be equipped both upon its underside as well as upon the inner walls of its side flanges, with suitable roller or ball bearings (not shown) to avoid friction and common in the art.

From the full width forwardly of the running board 4, it may be contracted as at 6 and from the forward extremity be suspended by the rope 7, wound about the shaft 8, and which latter is journaled within the upper ends of the twin upright members 9-9 fixed rigidly to the opposite edge walls of the forwardly somewhat reduced end of the base 1.

This shaft 8 is equipped with a suitable handle portion 10-10 at either end thereof for convenient access by the operator for pulling and pushing himself back and forth while in the seat 5. For convenient rotation of the shaft 8 it has fixed thereto the hand wheel 11 preferably adjacent one of the members 9-9 and to hold same where desired, and adjacent the opposite member 9 is installed a suitable ratchet wheel 12 and pawl 13, the handle of the latter being within convenient reach of the left hand of the rider of the mount while his right hand may be engaged in the manipulation of the wheel 11.

By this means, it becomes readily possible to

2

raise or lower the forward end of the running board as the rope 7 is wound about the shaft 8 intermediate the operating wheel and ratchet wheel thereupon, this, of course, being for the accommodation of the rider and to comply with his thus expressed wishes.

While application of arm strength has been referred to above, it is equally obvious that the leg muscles will also be brought into play, and relative stress may be varied upon either as desired.

A depending stop is indicated at 14 upon the lower face of the running board 4 to limit the forward movement of the seat 5, and stops 15-15 are provided extending from opposite sides of the running board 4 just back of the seat 5 to limit the rearward movement thereof.

Just back of the uprights 9-9 where they are fixed to the base 4 and transverse the upright face of the latter is fixed the foot rest member 16. This member extends materially beyond the sides of the base to provide ideal rests for the feet of the user so that he may readily control the movement of his body either by his arms or his legs independently or cooperatively as desired.

It is to be noted that the uppermost ends of the uprights 9-9 are split as at 17 downwardly through the bearings for the shaft 8, this being for the purpose of affording simple means for regulating the frictional contact of the shaft within the bearings, and which may be accomplished by simple screws as illustrated at 18 in Fig. 1 or by more convenient thumb screws possibly as illustrated in Fig. 2 at 19.

From the foregoing, it is evident that the device is very simple and susceptible to adjustment to vary or change the angle of the running board so as to require a heavy, light or medium pull or push up or down an incline or back and forth on the level by either hands or feet.

Having thus described my invention, what I claim and desire to secure by Letters Patent is:

1. In an exercising device; an elongated base portion, a fixed upright standard upon one end of said base, a pair of upright spaced standards fixed to the opposite end of said base, and a seat supporting runway hinged adjacent one end upon said standard with the opposite end adjustably suspended intermediate said spaced standards, a winding shaft supported within and transverse the upper end of said standards with an end thereof extending laterally beyond each of said standards to form handholds, a rope with one end wound around said winding shaft and its opposite end fixed to said runway to adjustably suspend

3

same, and a seat slidably mounted upon said runway whereby an operator may slide back and forth in said seat upon said runway by contacting said handholds.

2. An exercising device comprising a base portion for support of said device, a pair of spaced upright supports carried at one end of said base, an elevated selectively inclinable runway supported upon and spaced above said base on the opposite end to said supports, a rider's seat reciprocally mounted upon said runway, a winding shaft carried above one end of said runway and within said two spaced upright supports fixed to said base, a rope connected to and wound around said shaft at one end with its opposite end fixed to one end of said runway to provide adjustment of the incline of said runway.

3. A device set forth in claim 2 further characterized by said shaft having fixed thereto a handwheel for winding same and a ratchet and pawl for holding said shaft in its desired position.

4. A device as set forth in claim 2 further characterized by said shaft extending laterally beyond said spaced supports to form handholds and said shaft having fixed thereto a handwheel, and pawl and ratchet arrangement to adjust and hold said runway to and in its desired position.

5. An exercising device comprising an elongated

4

base portion, a fixed upright standard upon one end of said base, a pair of upright spaced standards fixed to the opposite end of said base, a foot rest member fixed transverse said base portion adjacent said spaced standards, a seat supporting runway hinged adjacent one end upon said standard with its opposite end extending intermediate said spaced standards, a winding shaft supported within and transverse the upper end of said spaced standards and extending laterally beyond each of same to form handholds, a rope fixed at one end to said shaft and wound therearound with its opposite end fixed to said runway so as to adjustably support same, and a seat slidably mounted upon said runway whereby an operator may slide back and forth in said seat upon said runway by contacting said handholds and foot rest.

CLYDE L. HEIMBAUGH.

REFERENCES CITED

The following references are of record in the file of this patent:

UNITED STATES PATENTS

Number	Name	Date
339,638	Goldie	Apr. 13, 1886
1,936,350	Schaff	Apr. 2, 1935