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EXERCISING APPARATUS COMPRISING AN ELONGATE BASE HAVING
STATIONARY AND LONGITUDINALLY MOVABLE SUPPORT
UNITS AT THE ENDS THEREOF

3,130,968

Filed March 12, 1962

2 Sheets-Sheet 1

FIG. 1

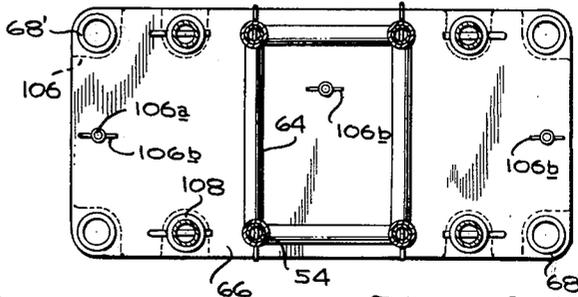
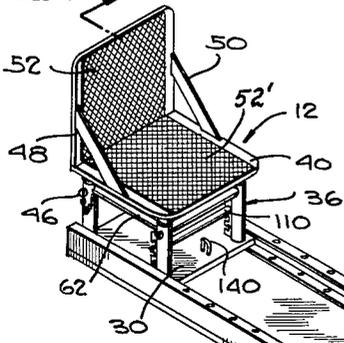


FIG. 4

FIG. 2

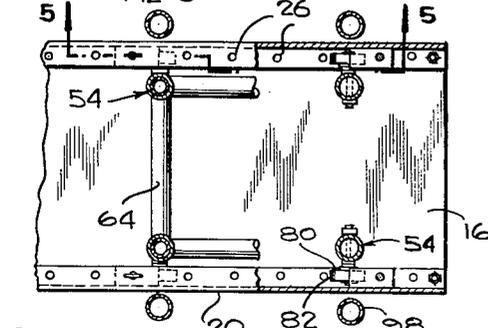
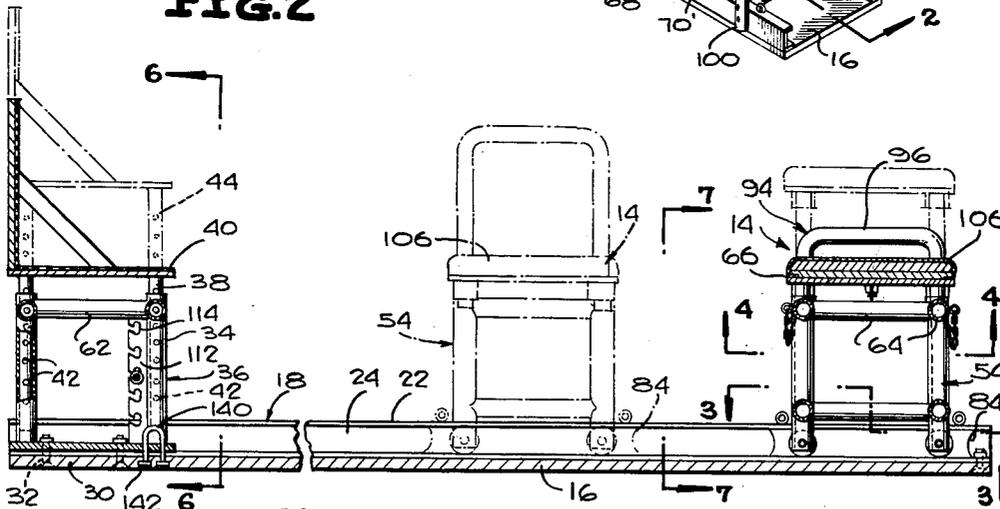


FIG. 3

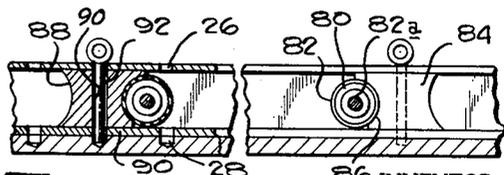


FIG. 5
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April 28, 1964

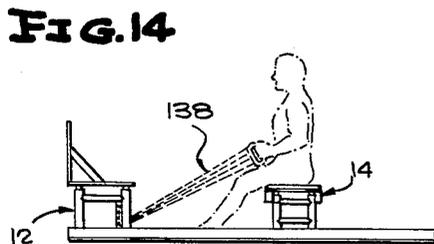
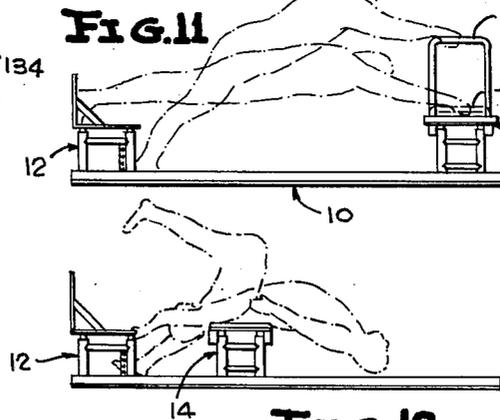
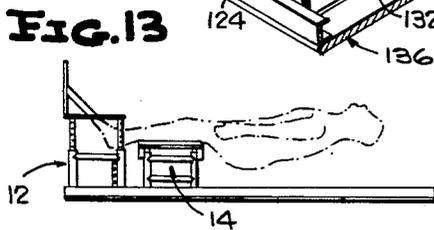
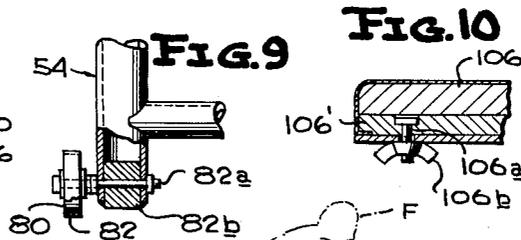
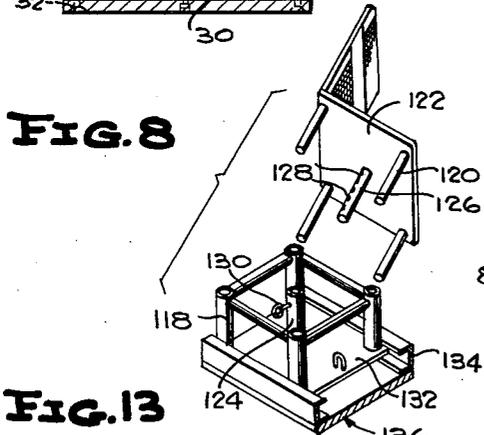
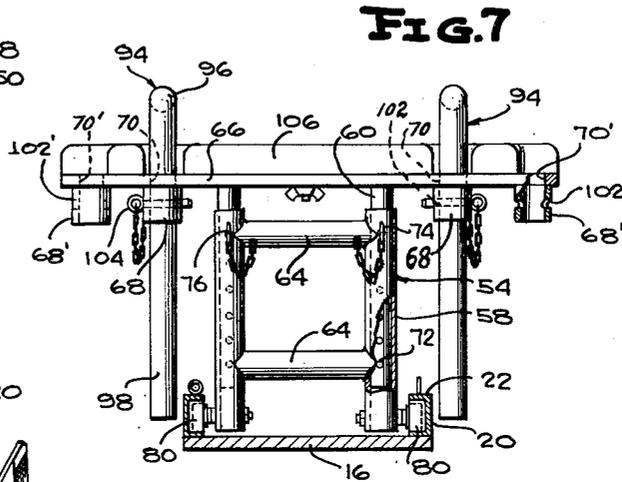
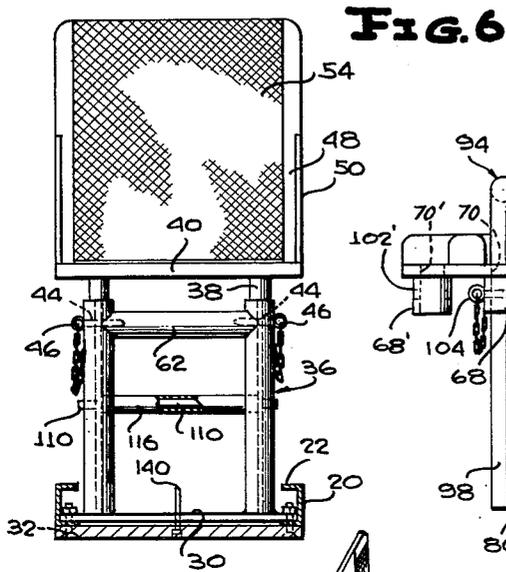
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STATIONARY AND LONGITUDINALLY MOVABLE SUPPORT
UNITS AT THE ENDS THEREOF

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2 Sheets-Sheet 2



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3,130,968

EXERCISING APPARATUS COMPRISING AN ELONGATE BASE HAVING STATIONARY AND LONGITUDINALLY MOVABLE SUPPORT UNITS AT THE ENDS THEREOF

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This invention relates to improvements in apparatus for facilitating the taking of physical exercises.

An object of the present invention is to provide a new and practical apparatus for facilitating the performing of a variety of physical exercises and particularly exercises wherein dynamic tensioning of substantially all of the muscles of the body can be effected.

It is a further object of the invention to provide a new exercising apparatus which is of a form or construction which makes it readily suitable for use in gymnasiums, health centers, and in the home.

Still another object of the invention is to provide a new exercising apparatus by means of which a multiplicity of different exercises can be readily performed by making simple adjustments of units of the apparatus.

A still further object of the invention is to provide a new exercising apparatus of the character hereinabove referred to wherein all of the various parts, which are adjustable or movable as required for the performance of different types of exercise, are assembled upon a single base or platform upon which they retain their positions of adjustment for the different exercises, and wherein the apparatus is not only strong and durable, but is of a size which will permit it being easily and quickly moved from one location to another, or readily stored as the case may be.

The invention broadly embodies the provision of a relatively long base carrying a pair of guide tracks fixed in spaced parallel relation.

At one end of the base there is fixed thereon a stationary platform or unit which includes a top part and a lower part and which top and lower parts are connected for the ready vertical adjustment of the top part whereby the top part of the fixed platform structure can be raised and lowered in accordance with the type of exercise to be taken.

A second platform unit or structure is mounted on the base and embodies supporting rollers which are in operative engagement with the said guide tracks whereby the second platform can be moved longitudinally of the base relative to the fixed platform structure, and novel means is provided for securing the movable platform structure at different desired locations along the base.

The movable platform structure also embodies a vertically adjustable top part and such vertically adjustable top part further embodies gripping rails or bars which can themselves be vertically adjusted and the top part of the movable platform structure carries a suitable cushion for the protection of parts of the body in the performance of certain exercises.

Other features of the exercising apparatus will be particularly referred to and their use described in the body of the specification.

The invention will be best understood from a consideration of the following detailed description taken in connection with the accompanying drawings forming a part of the specification and wherein:

FIG. 1 is a view in perspective of the multi-purpose exercising apparatus of the present invention;

FIG. 2 is a longitudinal sectional view taken in a vertical plane substantially on the line 2-2 of FIG. 1 with

portions of the base broken away and showing broken line positions for parts of the apparatus;

FIG. 3 is a sectional view taken substantially on the line 3-3 of FIG. 2;

FIG. 4 is a sectional view taken substantially on the line 4-4 of FIG. 2;

FIG. 5 is a detail section taken substantially on the line 5-5 of FIG. 3;

FIG. 6 is a sectional view taken substantially on the line 6-6 of FIG. 2, looking in the direction of the arrows;

FIG. 7 is a sectional view taken substantially on the line 7-7 of FIG. 2 looking in the direction of the arrows;

FIG. 8 is a perspective view showing a modified construction of the stationary platform structure with the fixed and movable parts thereof shown in separated relation.

FIG. 9 is a view partly in elevation and partly in section, of the bottom end of a leg showing the wheel mounting, the wheel also being partly in section.

FIG. 10 is a detail of a portion of the movable platform seat, in section, showing one of the seat holding bolts.

FIGS. 11-14 inclusive are diagrammatic side elevational views of the exercising apparatus showing units thereof in different positions of use and illustrating by the broken outline representations of a human figure, some of the different ways of performing exercises on the apparatus.

Referring more particularly to the drawings, the number 10 generally designates the elongate base of the apparatus.

The numeral 12 generally designates the fixed chair platform unit mounted on and secured to the base at one end of the same. Numeral 14 generally designates a movable chair platform unit which is supported on the base and can be fixed thereto or moved to any desired position longitudinally thereof to vary the spacing between the two platform units.

The base of the apparatus comprises the long relatively heavy floor or deck 16 which may rest directly upon the floor of the room in which the apparatus is installed, or directly upon the ground if the apparatus is used out of doors, or the floor may be secured upon suitable longitudinal rails or the like, if desired.

Extending longitudinally of the floor 16 are two spaced parallel guide tracks or guide rails, each of which is designated 18. These guide tracks or rails are of channel formation as shown, each having or embodying the longitudinal wall portion 20 and the spaced flanges 22 to thereby form the track channel 24. The guide tracks or rails 18 are disposed one adjacent to each longitudinal side of the floor 16, each on one side so that one flange 22 rests upon the floor and the other flange of the same rail is elevated above the floor and the rails are placed so that the channels face inwardly in opposed relation. The spaced flanges 22 of each track rail are provided at suitable spaced intervals with the vertically aligned holes 26 and the floor 16 is provided with sockets 28 each in line with the hole 26 of the rail flange resting thereon, as shown in FIG. 5, for the purpose hereinafter described.

The fixed or stationary chair platform unit embodies a bottom part here shown as the plate 30 positioned at one end of the base and extending between the track rails and resting at its opposite edges upon the lower flanges of the track rails as shown in FIG. 6.

The plate 30, here shown as the bottom part of the stationary platform unit is secured in a suitable manner to the track rails. For example, the plate is illustrated as being secured by bolts and when this means is employed, the heads of the bolts will be recessed or countersunk in the under side of the floor 16 so that they will not project

in a way to scratch or mar a floor surface upon which the device is placed. However, while both are here shown, it is to be understood that the plate may be permanently secured in position in any other suitable manner as, for example, by welding or the like.

The plate 30 has fixed thereto the upright tubular posts 34, here shown as four in number and arranged each adjacent to one of the four corners of the plate 30. These tubular posts 34 form the lower sections of vertically extensible legs, each of which is generally designated 36. The upper halves of such legs comprise the movable posts 38, each of which is of a diameter to extend into and slide in a fixed leg post 34 and the upper movable or extensible posts 38 have fixed thereto, and support, a horizontal foot support or seat plate 40.

The movable posts or extensible sections 38 of the legs 36 are provided with a multiplicity of transversely extending, longitudinally spaced holes 42, and the fixed tubular posts or sections are each provided with at least one pair of transversely aligned holes or openings 44 adjacent to the top ends thereof.

These holes 44 are positioned so as to be brought into alignment with the holes 42 of the extensible post sections to receive securing pins 46, whereby the foot plate or movable part of the platform unit 12 may be secured in a desired vertically adjusted position.

Secured rigidly to the back edge of the foot support or seat plate 40 is an upstanding backstop or foot grip plate 48. This backstop plate 48 not only is rigidly secured along its bottom edge to the rear edge of the plate 40, but is braced by the rigid arms 50 which extend from the forward side or face of the plate 48 downwardly to and are secured to the plate 40 as clearly shown in FIGS. 1 and 2.

The front side of the backstop plate, which is the side of the plate which faces the remote end of the base and the movable platform unit thereon, has lying thereover and secured thereto in a suitable manner, a pad 52 or other suitable surface covering, against which the feet of the exerciser, or person taking exercises on the machine, may be placed in the performance of certain exercises, as, for example, is diagrammatically illustrated in FIG. 9. This pad not only is placed against the forward side of the backstop plate but preferably extends to and lies upon, and covers, the top surface of the plate 40, as indicated at 52'. There is much standing upon the top or foot plate 40 of the stationary unit or platform in connection with the performing of many exercises and this covering pad portion 52' prevents possible slipping of the user. The pad portions 52 and 52' may be made of rubber, plastic or any other similar, or suitable, material.

The movable platform unit 14 also embodies a number of vertical, and vertically extensible, legs, each of which is generally designated 54. These legs carry at their bottom ends, and are supported on the track rails by, rollers, as hereinafter fully described.

Each of the legs 54 comprises a tubular lower section 58 and an upper extensible section 60, which slides downwardly into the tubular section, as best seen in FIG. 7.

In both the stationary platform unit 12 and the movable platform unit 14, the legs are suitably braced by horizontal and transverse rungs extending between and connecting the tubular lower sections of the legs. In the stationary platform unit 12, the bracing rungs are designated 62 and in the movable platform unit 14, such bracing rungs for the legs are designated 64.

The upper extensible sections 60 of the supporting legs 54 for the movable platform unit 14, support and have secured thereto, the rectangular seat plate 66, which is of substantial width, as shown, and which extends lengthwise in the transverse direction of the base or bottom part of the exerciser device, projecting, as shown, a substantial distance beyond the track rails 18. This disposition of the seat plate with respect to the machine structure is best seen in FIGS. 1, 4 and 7.

The seat plate 66 is provided, adjacent to each of its outer end edges, and outwardly with respect to the supporting legs 54, with pairs of downwardly extending guide sleeves. The sleeves of the innermost pair and which are nearest to the supporting legs 54, are designated 68 and the sleeves of the outermost pairs are designated 68'.

The sleeves 68 of each innermost pair are spaced apart in the longitudinal direction of the machine and this is true also with respect to the sleeves 68' of each outermost pair.

The sleeves 68 and 68' align with openings 70 and 70' respectively in the plate 66.

As illustrated, the corners of the seat are rounded, as a safety feature, to prevent the person taking exercises from being scratched or cut by accidentally bumping or rubbing against a corner, since the seat plate may be and preferably is, formed of metal. This applies also to the corners of the plates 40 and 48 of the stationary platform unit.

Each of the sections 60 of legs 54 is provided with a multiplicity of transversely extending longitudinally spaced holes 72 and the lower tubular section 58 of each of the legs is provided adjacent to its top end with transversely directed holes 74 with which the holes of the adjacent section 60 may be selectively brought into registry to receive a holding or securing pin 76 which is extended transversely through the leg section in the aligned holes. Thus, upon removal of the pins 76, the seat plate 66 may be raised or lowered to a desired position of adjustment for use in association with the foot plate 40 in its adjusted position.

As hereinbefore stated, the movable platform unit 14 is supported by suitable wheels or rollers upon the track rails. Each of these wheels or rollers is designated 80 and preferably is rubber-tired as indicated at 82.

The wheels 80 are individually attached each to a leg 54 by, and is supported to turn upon, its individual stainless steel axle or axle bolt 82a which, as shown, passes transversely through the lower end portion of the stationary part 58 of the supporting leg 54.

Positioned within the tubular leg part through which the wheel axle extends, is a metal block 82b, preferably of aluminum or some other suitable and economical material. This block strengthens the end of the tubular leg section and, as will be readily apparent, the assembly of the wheel, axle and block is such that the wheels may be individually removed and replaced as may be required.

The wheels or rollers 80 are preferably of the ball bearing type, such as, for example, the wheels of ball-bearing roller skates, and each roller preferably has thereon a rubber tire 82.

As shown in FIG. 5, the wheels 80 are designed to run in the rail channels 24, the tires resting upon the bottom flanges 22 of the rails.

By the provision of the rubber tires 82 upon these wheels, the operation of the apparatus is made quiet during the performance of those exercises which may require the back and forth movement of the movable platform unit on the track rails.

In order to hold the movable platform against movement when desired, there are provided for insertion into the channel of each of the track rails, a pair of stop members, in the form of blocks, each of which is designated 84. These blocks are of a height to fit snugly between the top and bottom flanges 22 and each block has one side provided with a circular recess 86 to receive a portion of the wheel, as shown, and as is also clearly shown in FIG. 5, this recess terminates at the bottom part thereof short of a full semi-circle so that the wheel when engaged therein will maintain its contact with the surface of the bottom rail flange when the periphery of the wheel is fully extended into the recess.

The opposite side of each block from the recess 86 also has a curved or arcuate recess therein as indicated at 88, which recess, like the recess 86 extends from

the top to the bottom of the block, but is shallower than the recess 86.

Each of the blocks 84 has a vertical bore 90 there-through which is designed to be brought into alignment with the holes 26 and the sockets 28 to receive a holding pin 92, whereby the block is maintained firmly in desired set position.

The spacing of the holes 26 and sockets 28 in the flanges of the track rails is such that two blocks in the rail channel may be secured in the proper spaced relationship to receive between them and in the recesses 86 a pair of the wheels 80 as clearly shown in FIG. 5. Thus, when the movable platform is to be maintained in one position for use, there will be no movement whatever of the platform on the tracks.

The blocks will then have the proper relationship with the wheels to maintain the wheels in locked position.

The blocks 84 may be reversed and set farther apart in their respective channels so that the removable platform may be permitted a desired extent of movement back and forth on the track rails when the type of exercise being taken calls for such movement.

The opposite outer ends of the seat plate 66 carry the parallel bars 94. Each of these parallel bars 94 is in the form of an inverted U and comprises the bar or rail portions 96 and the leg portions 98. The bar or rail portions are of substantial length, being in length substantially equal to the width of the seat plate in the longitudinal direction of the apparatus, and these bars or rails are also at substantially right angles to the legs 98 as shown.

The legs 98 of the parallel bars are designed to be slidably received in selected pairs of guide sleeves 68 or 68' at the ends of the seat plate. Thus, the parallel bars can be moved up and down to raise and lower the elevation of the bar or rail portions with respect to the top of the seat plate.

The leg portions 98 of the parallel bars are each provided with a multiplicity of transversely directed and longitudinally spaced holes and each sleeve 68 or 68' is likewise provided with transversely aligned holes 102 or 102' for registry with holes in the leg portions as will be apparent, and there are provided the holding pins 104 for extension through the holes of the sleeves and those in the leg portions, whereby to secure the parallel bars in the desired vertically adjusted position.

As will be readily apparent, one pair or set of parallel bars may be employed for use in connection with the innermost pairs of guide sleeves or the outermost pairs of guide sleeves and accordingly, only two of such parallel bars are here illustrated.

When a pair of the parallel bars are to be put in use, the legs thereof will be extended through the selected pairs of guide sleeves and the elevation of the hand bar or rail portions 96 thereof, with respect to the underlying seat, may be readily fixed by the employment of the holding pins 104 as will be readily obvious. Accordingly, it will be seen that the parallel bars may be raised or lowered to any desired elevation in accordance with the type of exercise to be taken or the parallel bars may be completely removed when found desirable. As will be readily apparent, different types of exercises may require the parallel bars to be moved apart or placed closer together and the inner and outer pairs of guide sleeves provide for such a situation.

The numeral 106 generally designates a pad or cushion to be placed upon the top of the seat plate 66. This cushion includes in its structure a wood base portion 106' and the cushion is held in place upon the plate 66 by bolts 106a having the heads recessed in the top of the board and extending downwardly through suitable openings in the plate 66 to receive the removable wing nuts 106b. Thus, when it is necessary in the performance of some exercises to remove the seat cushion, this can be readily

done by removing the wing nuts and lifting the cushion from the supporting plate.

In order that substantially the entire surface of the plate 66 may be covered by the cushion 106, the cushion may have recesses 108 formed in the edges thereof in the proper locations to receive the legs of the parallel bars when they are in the inner pairs of guide sleeves or in the outer pairs of guide sleeves.

For the performance of certain exercises there is provided a toe bar 110 which is supported for vertical adjustment on the underside of the foot plate 40 adjacent to the front or forward edge thereof.

The means here illustrated for facilitating vertical adjustment of the toe bar 110 to maintain it in desired horizontal position comprises a pair of flanges 112 which are secured vertically against the rear sides of the tubular post sections 34, and each of these flanges has in its rear edge and extending along the length thereof the downwardly and forwardly inclined slots 114 to receive the ends of the toe bar 110. The numeral 116 designates in FIG. 6 a sleeve surrounding the toe bar 110 and which sleeve may be of rubber or other cushion material.

Other means may be provided for maintaining the platform units in a desired elevated position and in this connection, attention is directed to FIG. 8 wherein such alternative means is illustrated in association with the stationary platform unit. The same means, while not illustrated, may be used in association with the movable platform unit 14 for raising and lowering the plate 66 and the parts carried thereby. Since it is believed to be readily obvious how the alternative supporting means may be employed in connection with the movable unit 14, it is not believed that an illustration of the same in association with this latter unit, is required.

In this FIGURE 8, it will be seen that in addition to the four extensible legs, each of which comprises the fixed tubular portion 118 and the sliding portion 120, fixed to the underside of the foot plate 122, there is provided a central tubular post 124 into which is slidably extended the movable post 126, fixed to the underside of the foot plate 122.

The movable post 126 has a number of holes formed transversely therethrough as indicated at 128, which are provided to receive the locking pin 130 which is removably extended through and across the tubular post 124. Thus, with this alternative arrangement, there is provided a rigid and substantial structure which can be readily adjusted and which requires only the manipulation of the single locking pin extensible through the telescopically coupled pairs of posts interposed between the underside of the foot plate and the supporting plate 132. The supporting plate for the stationary unit here shown, is mounted on and secured to the track rails of the base of the apparatus, which rails are here designated 134 and form a part of the base which is generally designated 136.

With the exercising apparatus of the present invention, many different types of exercises may be performed. As an illustration of a number of the many different exercises which may be carried out with the apparatus, FIGS. 11 to 14 are shown where the apparatus is diagrammatically illustrated and, in association with each illustration of the apparatus, there is shown, in broken outline, a human figure which is generally designated "F."

In FIG. 11, two adjustments are illustrated for the parallel bars of the movable platform, and the person of the exerciser is shown in two exercising positions. For each of the exercising positions, the platform units are separated to the limit of their movement on the base, the stop blocks 84 being positioned only at the outer end of the track rails with the other stop blocks removed. Thus, the person exercising, after raising the parallel bars, as shown, places his feet on the floor or deck 16 against the forward edge of the plate 30 at the bottom of the stationary unit and grasping the rails 96, and draws

the movable platform unit toward his body and then straightens out his body to run the movable platform unit back to the far end of the base, thus moving his body back and forth from a bent over position to a stretched out or nearly horizontal position.

As an alternative of the preceding exercise, the parallel bars may be lowered so that the rails will be in the dotted line position shown, and the exerciser may then place his feet on the foot plate 40 with his heels against the backstop 48 and, gripping the rails 96, he would stretch out to his full length and then pull the movable platform back to the stationary platform to raise his body on his arms.

FIG. 12 illustrates two other positions for exercising, which positions require that the movable platform be secured by the blocks 84 in a position adjacent to the stationary platform. Here, use is made of the toe bar for one exercise, where the exerciser seats himself on the cushion 106 and hooks his toes underneath the toe bar and then swings back and down and up again. In another position, he would reverse his body, and while lying on his back across the cushion, grasp the forward edge of the foot plate and swing his legs up and over his head as shown in dotted outline.

FIG. 13 illustrates another exercise for the legs and back. Here the foot plate of the stationary platform unit is elevated and the movable platform unit is run up close to the stationary unit, and the exerciser, in a sitting posture, rests his legs across the cushion of the movable unit and hooks his toes under the foot bar of the stationary unit and then swings back and down, as will be readily obvious from the illustration.

FIG. 14 illustrates the manner in which the apparatus may be used in the nature of a rowing machine by the employment of a set of conventional cable or spring exercisers, designated 138.

For the use of such an exerciser as that indicated at 138, a means such, for example, as the U-bolt 140 may be provided and which bolt is fixed in an upright position in the center of the base plate 30 of the stationary platform 12. The ends of the legs of the U-bolt may be extended into the floor or deck 16 to receive nuts 142 threaded thereon and recessed in the underside of the floor as illustrated in FIG. 2. This U-bolt would be placed approximately four inches back from the front edge of the base plate. If two such cable exercisers are desired for use, then two of the inverted U-bolts would be secured to the base plate each adjacent to one side thereof.

It will be readily apparent upon reference to FIG. 14 that in using the exerciser 138, the person employing the same seats himself on the cushion of the movable platform unit, facing the stationary platform unit. The movable platform unit may be free to roll back and forth by removing the stop blocks 84 so that the exerciser can thus pull on and stretch the exercising spring device or devices 138 while moving the platform to thereby simulate the movements of a person rowing a boat.

The movable platform unit may also be fixed or made stationary at any desired location along the rails of the exercising machine so that the person taking the exercises can maintain a stationary position while exercising his arms only with the spring or cable exercising device.

No attempt is here made to outline or describe all of the numerous exercising movements which can be made with the apparatus of the present invention. It is believed, however, that with the described exercises, it will be apparent how many more exercises may be carried out by the use of the platforms in different positions, at different elevations, and with the parts thereof adjusted to many different positions.

As this invention may be embodied in several forms without departing from the spirit or essential characteristics thereof, the present embodiment is therefore illustrative and not restrictive, since the scope of the invention is defined by the appended claims rather than by the

description preceding them, and all changes that fall within the metes and bounds of the claims or that form their functional as well as conjointly cooperative equivalents, are therefore intended to be embraced by those claims.

I claim:

1. Apparatus for performing a number of different physical exercises, comprising the new combination of an elongate base body, a stationary platform unit secured thereto at one end thereof and having a seat top at an elevation above the base body, a movable second platform unit having a seat top at an elevation above the base body and designed for supporting the human body, and means supporting the movable platform unit on the base body for reciprocable movement longitudinally of the base body, the seat top of each of said platform units being substantially parallel with the underlying base body and being vertically adjustable whereby they are positionable in different planes relative to one another.

2. Apparatus for facilitating the performance of a number of physical exercises, comprising, as a new combination, an elongate base body, a stationary chair unit on and secured thereto at one end thereof and having a horizontal seat, said unit including telescopic legs supporting said seat and each leg embodying a lower portion and an upper portion, said seat being secured horizontally to said upper portions of the legs, means for securing said telescopic legs at different positions of elevation for the seat, a movable chair unit including vertical legs and a seat supported thereon, roller means carried by said seat legs and supporting the movable chair unit on the base body for movement longitudinally of the base body, plural means on and spaced longitudinally of said base body along opposite longitudinal sides of the body and having said roller means therebetween for securing the movable chair unit at different selected locations along the base body, said plural means being separable to different extends longitudinally of the base body for use of the movable chair unit with the stationary chair unit in different exercises whereby in one exercise the movable chair unit may be freely reciprocated between two spaced locations and in another exercise the movable chair unit may be held stationary, and said movable chair unit including means for securing the seat in different positions of elevation.

3. The invention according to claim 2, with a back-stop plate secured to said seat of the stationary seat unit adjacent to an edge of the latter seat remote from the movable seat unit and extending substantially vertically and above the said latter seat.

4. The invention according to claim 2, with hand grips carried by said seat of the movable chair unit.

5. The invention according to claim 2, with a hand grip secured to said seat of the movable chair unit adjacent to each of two opposite sides thereof and lying in part above the seat.

6. The invention according to claim 2, with a vertical guide on and adjacent to each of four corners of the seat of the movable chair unit, and a pair of hand grips each of substantially "U" form and comprising two legs and a connecting rail therebetween, and each hand grip having the legs thereof inserted in a pair of guides with the connecting rail extending in the longitudinal direction of the base and lying above the seat.

7. Apparatus for performing various physical exercises, comprising as a new combination, an elongate base body, a pair of spaced parallel "U" channel guide tracks on and extending substantially the entire length of the base body, said tracks having the channels in opposing relation, a stationary chair unit adjacent to one end of the base body and having a top seat part and supporting legs secured to the base body, a movable chair unit having a top seat part and supporting legs, each of said guide track channels having the lower ends of a pair of legs of said movable unit extending thereacross, a wheel supported on the outer

side of each of the legs of said movable chair unit for rotation on a horizontal axis, each wheel being positioned for rotation in a channel on a bottom flange of the channel whereby the movable chair unit may be reciprocated on the guide tracks, a pair of stop members removably positioned in and supported by each track channel with the wheels of the adjacent pairs of legs positioned therebetween, and means for securing said stop members in different positions of separation longitudinally of the guide tracks whereby said movable chair unit may be used in cooperation with the stationary chair unit in different exercises, in one of which exercises the movable chair unit may be freely reciprocated between two spaced locations determined by the longitudinal spacing of said stop members and in another exercise the movable chair unit may be secured stationary by and between the stop members.

8. The invention according to claim 7, wherein each of said stop members consists of a block having a vertical passage therethrough and said means for securing the stop members comprises a pin for each member insertable vertically through one of a plurality of pairs of vertically aligned apertures in vertically spaced flanges of the block supporting channel and passing through the passage in the block and said pairs of vertically aligned apertures being so spaced longitudinally of the channels that each pair of blocks may be set and secured at different locations on the tracks to simultaneously engage a pair of wheels on their remote sides.

9. The invention according to claim 7, with hand grip

rails carried by and on opposite sides of the seat of said movable chair unit and said rails overlying the top of the last mentioned seat and extending longitudinally of the guide tracks.

10. Apparatus for performing a number of different physical exercises, comprising the new combination of an elongate base body, a stationary platform unit secured thereto at one end thereof and having a seat top at an elevation above the base body, a movable second platform unit having a seat top at an elevation above the base body and designed for supporting the human body, and means supporting the movable platform unit on the base body for reciprocable movement longitudinally of the base body, the said seat top of said stationary platform unit having an upstanding back-stop rising thereabove from a side remote from said movable unit with a foot engaging vertical surface facing the movable unit and said movable unit having transversely spaced hand grips thereon.

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