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[54] **PORTABLE JOGGING RECORDER**
1 Claim, 5 Drawing Figs.

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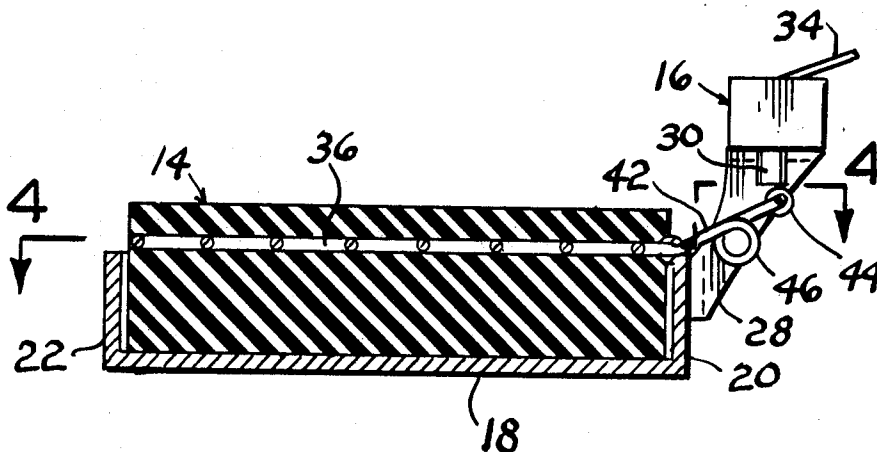
[50] Field of Search..... **273/181;**
235/99; 272/74, 60, 59, 57, 69

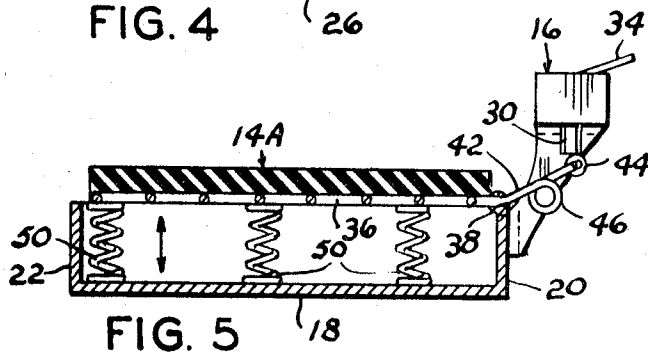
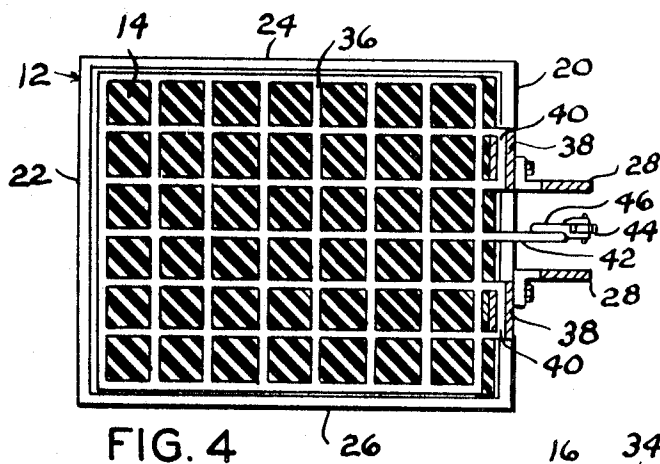
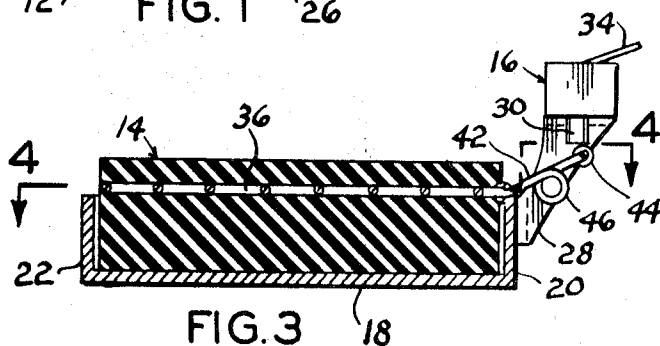
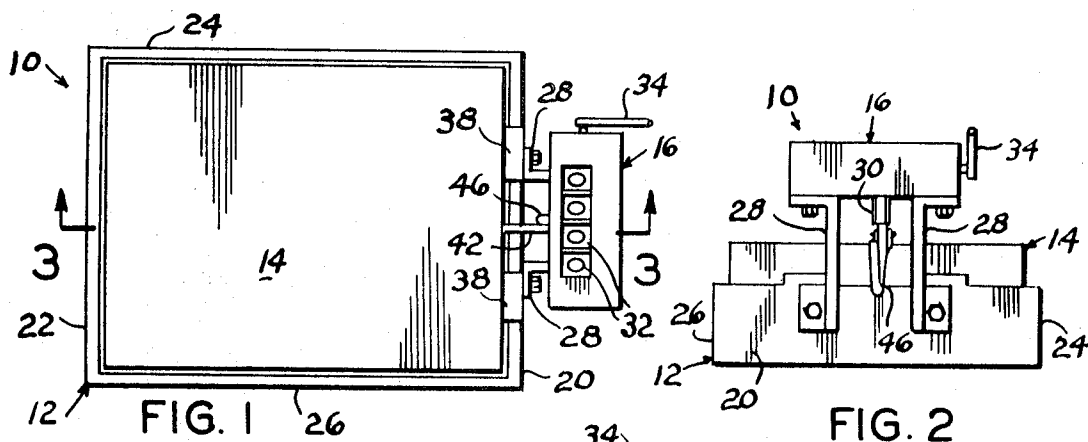
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ABSTRACT: A base frame horizontally supports a resilient pad in turn supporting the feet of the user. A fulcrumed lever actuates a counter mounted on the base each time the padding is depressed by the feet of the user.





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PORTABLE JOGGING RECORDER

BACKGROUND OF THE INVENTION

1. Field of the Invention

The present invention relates to exercising devices and more particularly to an indicator recording the movement or steps of a user in stationary running or jogging.

For health reasons it is desirable and, with some individuals, necessary that they exercise such as by running or jogging. Some individuals prefer to do the jogging or running while substantially stationary rather than out-of-doors for various reasons, such as inclement weather. It is desirable that such jogging or running be accomplished in progressive stages particularly when the individual begins such exercise. This progressive degree or amount of exercise is usually governed by the distance of travel out of doors or the number of steps or times the feet touch the floor if performing stationary jogging or running actions. For example, in beginning stationary jogging it is usually specified that the exerciser execute a selected number of steps which may be subsequently repeated in series until they reach a maximum or required amount of jogging per day.

This invention provides a means whereby the user's jogging steps will be recorded and whereby through means of conversion tables the efforts of the exerciser may be approximated in terms of an equivalent of distance traveled.

2. Description of the Prior Art

U.S. Pat. Nos. 1,364,699 and 1,766,089 disclose treadmill-type exercising devices which simultaneously record distance traveled.

The principal distinction of this invention over these devices is its relatively simple construction rendering it portable and easily stored in an out-of-the-way place as well as economical in production.

SUMMARY OF THE INVENTION

A base member horizontally supports a resilient pad. A mat or grid, connected with the pad, is pivotally connected to one side of the base. A leverlike arm, connected with the grid, projects laterally of the base and actuates a counter supported by the base each time the grid is moved downwardly from a position of repose by the feet of the user. The counter thus records each step of the user.

The principal object is to provide a portable exercising device for recording steps of the user in stationary running or jogging.

BRIEF DESCRIPTION OF THE DRAWINGS

FIG. 1 is a top view;

FIG. 2 is a right end elevational view of FIG. 1;

FIG. 3 is a vertical cross-sectional view, partially in elevation, taken substantially along the line 3—3 of FIG. 1;

FIG. 4 is a horizontal cross-sectional view, partially in elevation, taken substantially along the line 4—4 of FIG. 3; and,

FIG. 5 is a vertical cross-sectional view, partially in elevation, similar to FIG. 3, of an alternative embodiment.

DESCRIPTION OF THE PREFERRED EMBODIMENTS

Like characters of reference designate like parts in those figures of the drawings in which they occur.

In the Drawings:

The reference numeral 10 indicates the device, as a whole, which is rectangular in general configuration and includes a base or frame 12 having an overlying pad 14 and a counting device 16 supported by the base. The base or frame 12 is upwardly open boxlike in general configuration having a horizontal bottom 18 and integrally connected front and rear walls 20 and 22, respectively, and opposing sidewalls 24 and 26. The overall dimensions of the frame 12 is such that it encompasses an area greater than the combined area occupied by the feet of the user for conveniently supporting the user during stationary running or jogging exercises. A pair of

generally upward directed brackets 28 are secured in lateral spaced relation to the forward or front wall 20 and project upwardly above the horizontal plane of the upper limit of the frame 12 for supporting the counting device 16. The counting device is provided with an actuating plunger 30 depending from its lower surface for progressively moving the dials 32 of the counter in response to actuation of the plunger 30 in the manner presently described.

The counter is further provided with a reset lever 34 for returning the counting dials 32 to a zero or starting position.

As shown in FIG. 3, the pad 14 is formed of resilient material substantially rectangular in configuration and dimensioned to be received between the respective side and end walls of the frame 12 and project upwardly from the horizontal plane defining the upper limit of the walls. A rigid mat or grid 36, having an overall dimension substantially equal to the pad 14, is horizontally embedded or supported therewithin. The grid 36 may be formed from any suitable material, for example, expanded metal or crossed rodlike members extending longitudinally and transversely of the frame. In the example shown by FIG. 4, two pairs of the longitudinally extending rod members of the grid are extended beyond the grid at the forward end of the frame to form a U-shape, indicated at 38, with the bight portion of each U-shape journaled by lugs 40 formed on and projecting inwardly of the forward wall 20 thus pivotally connecting the grid 36 to the forward wall and forming a fulcrum point for vertical movement of the other end portion of the grid about the horizontal axis formed by the lugs 40.

One of the longitudinal central rods forming the grid is extended to project forwardly and upwardly from the front wall 20 to form a lever 42 which journals a small roller 44, or the like, at its upwardly disposed free end in contact with the depending end of the counter plunger 30. The lever 42 is preferably formed of resilient spring metallic material, for the reasons readily apparent, and, if desired, may have a loop or coil 46, formed intermediate its ends, to add resiliency to the lever. Thus, each time the free end portion of the grid 36 is forced downwardly the free end of the lever 42 is lifted for actuating the counting plunger 30 by pivoting movement of the grid about the fulcrum point formed by its connection with the lugs 40.

In the example shown by FIG. 3, the resiliency of the pad 14 returns the grid 36 to its position of repose each time the user's weight is removed from the pad.

Alternatively the resistance offered to the weight of the user may be accomplished by interposing a plurality of helically coiled springs 50, or the like, between the grid and frame bottom 18. In this embodiment a relatively thin pad 14A overlies the grid 36.

OPERATION

In operation the user places the device 10 on a horizontal supporting surface with the pad 14 disposed upwardly. The counting dials are reset to zero and the user performs his stationary running or jogging exercise on the pad 14 or 14A. Each time the user's foot contacts the pad his weight pivots the free end portion of the grid 36 in a downward direction thus lifting the free end of the lever 42 which actuates the counting plunger 30 and records each such step on the counter 16. Obviously, the total number of recorded steps may be transposed to equal an equivalent distance traveled when the dimensions of normal jogging action of the particular user is known.

Obviously the invention is susceptible to changes or alterations without defeating its practicability, therefore, I do not wish to be confined to the preferred embodiment shown in the drawings and described herein.

I claim:

1. A exercising device, comprising:

a frame;

a grid overlying said frame in horizontally spaced relation and pivotally connected at one end portion to one end portion of said frame;

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a counter mounted on said one end portion of said frame,
said counter having a depending actuating plunger;
a lever connected with said grid and projecting beyond said
frame,
said lever having a free end portion underlying said plunger; 5
and
resilient means supporting said grid and returning it to a

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horizontal plane each time said grid is pivoted
downwardly, said resilient means comprising a resilient
pad overlying said frame and having said grid imbedded
therein whereby a substantial portion of said pad under-
lies said grid.

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