

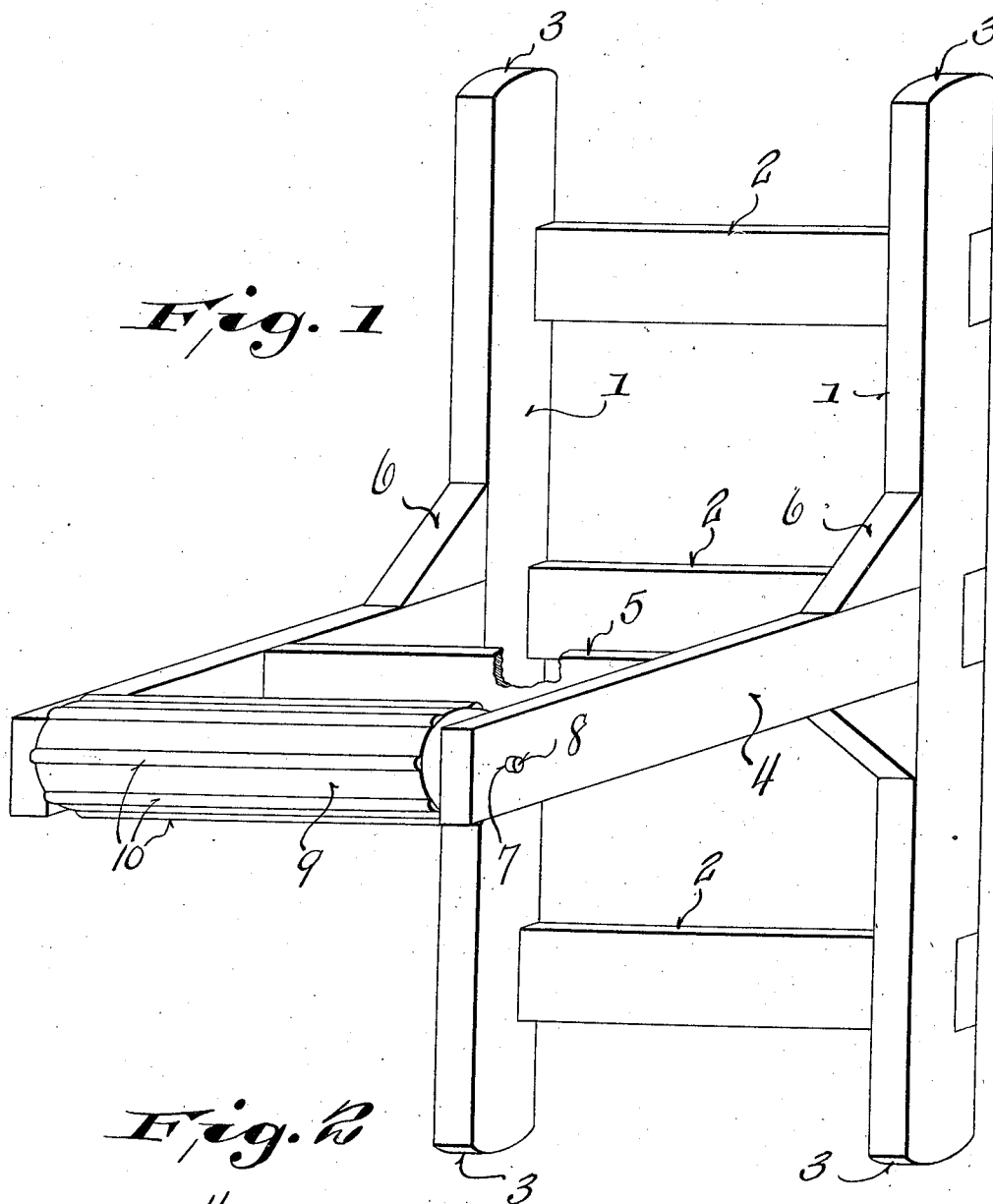
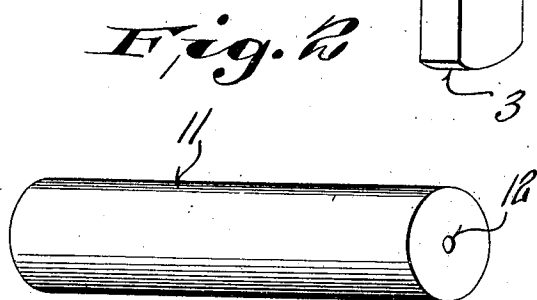
Nov. 12, 1929.

R. B. HALL

1,735,538

EXERCISING DEVICE

Filed Jan. 25, 1929



Inventor:
R. B. Hall
305 Third Avenue
New York

UNITED STATES PATENT OFFICE

RICHARD BAXTER HALL, OF MADISON, WISCONSIN

EXERCISING DEVICE

Application filed January 25, 1929. Serial No. 334,972.

This invention relates to an exercising device.

Various exercising devices have been made for reducing the waist line and massaging the abdomen of the user, but these devices are frequently difficult to operate and are relatively complicated.

Objects of this invention are to provide an exercising device, particularly for operating upon the abdomen of the user, which is of very simple and strong construction; which may be cheaply made, and which is easy to operate.

An embodiment of the invention is shown in the accompanying drawings, in which:

Figure 1 is a perspective view of the device with a part broken away and showing a corrugated or ribbed roller in place.

Figure 2 is a view of a plain roller adapted to be used with the device.

Referring to the drawings, it will be seen that the device comprises a pair of uprights 1, which are joined by bracing members 2. These uprights are provided with rounded upper and lower ends 3. The uprights carry a pair of spaced, horizontal, outwardly projecting arms 4 which, if desired, may be provided with a transverse brace 5. Braces 6 are placed between the uprights and the arms 4 in order to secure the utmost rigidity for the structure. The arms 4 are provided with apertures 7 in their outer ends, through which removable trunnions 8 pass. These trunnions are adapted to receive interchangeable rollers to revolutely hold these rollers between the uprights.

In Figure 1 a corrugated roller 9 is shown in position, and this roller, as apparent from Figure 1, is provided with ribs 10. It is preferable to also provide a plain roller, or smooth-faced roller 11, as shown in Figure 2. These rollers are each provided with apertures 12 in their ends, for the reception of the removable trunnions 8.

In using the device, the uprights are placed

upon a floor and the operator stands directly in front of the apparatus, reaches over and grasps the upper ends of the uprights, thus causing the roller to bear against his abdomen. He then rocks the uprights back and forth, thereby causing the roller to travel up and down his abdomen.

This produces the desired massaging and exercising action upon the abdomen, and improves the condition thereof materially. At first, it may be preferable to use the plain roller for two or three weeks until the muscles of the abdomen harden up. Thereafter, the corrugated roller is substituted.

It will be seen that a novel exercising device has been provided by this invention which is of the utmost simplicity of construction, which is rugged, and which may be easily operated and cheaply produced.

Although this invention has been described in considerable detail, such description is intended as illustrative rather than limiting, as the invention may be variously embodied and as the scope of such invention is to be determined as claimed.

I claim:

1. An exercising device comprising a pair of spaced uprights, means joining said uprights, a pair of outwardly projecting, horizontal arms carried by said uprights, and a roller revolutely mounted between said horizontal arms, said uprights being adapted for rocking back and forth by an operator while standing in front of the device, to thereby cause said roller to roll up and down upon the abdomen of the operator.

2. An exercising device comprising a pair of uprights having rounded ends; a pair of horizontal, outwardly projecting arms; braces joining said uprights and said arms; a roller revolutely mounted between said horizontal arms; and removable trunnions passing through said horizontal arms and into said roller.

3. An exercising device comprising a pair

of uprights having rounded ends, braces join-
ing said uprights, a pair of horizontal arms
projecting outwardly approximately central-
ly of said uprights, said horizontal arms hav-
ing apertures in their outer ends, and re-
movable trunnions adapted to revolvably
carry any one of a plurality of inter-change-
able rollers.

In testimony that I claim the foregoing I
have hereunto set my hand at Madison, in
the county of Dane and State of Wisconsin.

RICHARD BAXTER HALL.

15

20

25

30

35

40

45

50

55

60

65