Dec. 10, 1968 J. H. OTTO 3,415,515

RUBBER CORD SKIPPING ROPE AND EXERCISER

Filed Jan. 3, 1966

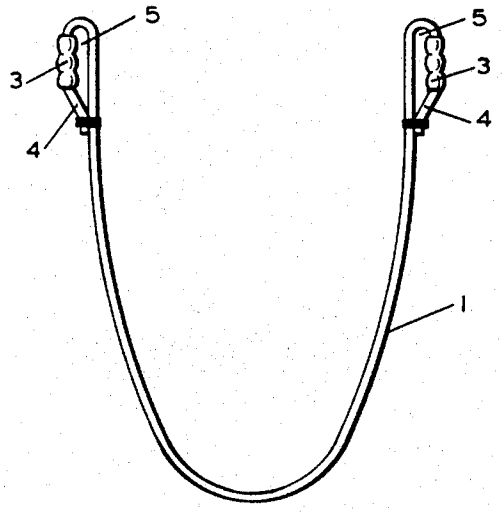



FIG. 1

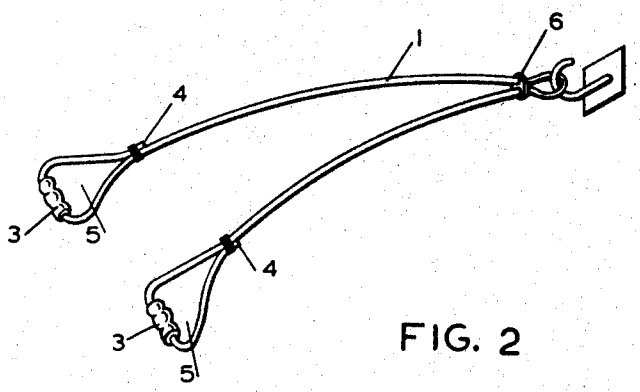
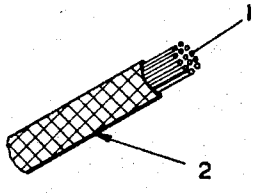



FIG. 2

FIG. 3




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United States Patent Office

3,415,515

Patented Dec. 10, 1968



3,415,515

# RUBBER CORD SKIPPING ROPE AND EXERCISER

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Filed Jan. 3, 1966, Ser. No. 518,095
Claims priority, application Republic of South Africa, Jan. 13, 1965, 196/65
2 Claims. (Cl. 272—75)

## ABSTRACT OF THE DISCLOSURE

A rope of stranded rubber cord has a loop formed at each end. A tubing handle grip is threaded on the looped portion. The loop is of sufficient size to permit the tubular handle grip to slide to a position longitudinally of the length of the cord or to a position at right angles to the length of the cord. The rope may be doubled back midway of its length and a loose ring slipped over the doubled back portion to form a further loop which may be slipped over a stationary hook.

This invention relates to a means whereby the muscles of the body may be exercised, and hereinafter referred to as an exerciser.

It is frequently desirable that a person exercise his body either to maintain or achieve a standard of physical fitness or to recuperate from illness or injury. Gymnastic institutions provide various forms of apparatus whereby such exercise may be obtained but, in general, such apparatus cannot be readily used in private homes because they are expensive and also require large area for their use.

It is the object of the present invention to provide a simple and inexpensive physical exerciser which will enable body exercises to be satisfactorily performed within a limited space requirement.

According to this invention there is provided a physical exerciser comprising a skipping rope of resilient material and provided with hand grips whereby tension may be applied to the rope.

Further features of this invention provide for the skipping rope to be made from stranded rubber in a woven fabric sheath and for the hand grips to be loose fitting sleeves of wood or plastic material positioned in closed loops provided at each end of the rope.

A preferred formed of this invention will be described with reference to the accompanying drawings in which:

FIG. 1 shows the exerciser as it will be used for skipping,

FIG. 2 shows the exercise as it will be used for other exercises, and

FIG. 3 is a detail.

In the embodiment illustrated the exerciser consists of a length of about nine feet of stranded rubber cord **1** sheathed in an outer covering of woven fabric **2**. This cord **1** is commercially available and has an outside diameter of about three eighths of an inch and a piece of such cord is illustrated in FIG. 3.

A short length of rigid tubing **3**, preferably wood, but lightweight plastic material is also useful, is fitted over each end **4** of the cord **1** which ends **4** are then folded back and secured to cord **1** around the tubing **3** to form closed loops **5**.



A loose ring **6** may also be provided with the cord **1** and is adapted to slide over the doubled thickness of the cord as shown in FIG. 2.

In use with the tubing **3** has its outer surface shaped to form proper handgrips positioned in the loops **5** to extend in a direction along the length of the cord **1**, the latter forms a skipping rope used in the usual way to provide beneficial exercise.

Alternatively, the tubing **3** may be moved in the loops **5** to positions at right angles to the length of the cord **1** as shown in FIG. 2 to act as handgrips. With the cord doubled midway of its length the loose ring **6** is slipped over this doubled portion to form a further loop the size of which can be varied by sliding the ring to any position.

In use the exerciser in this way, the loop in the middle of the cord is slipped over a rigid fixed stop which may, for example, be a door handle, a bed post or the like, and the ring **6** slipped down the cord **1** to releasably secure the latter to the stop. The exerciser may then be used by pulling or pushing the cord by means of the handgrips against the inherent resilience of the cord to provide the desired exercise. It will be appreciated that the handgrips may also be used as footholds for other exercises.

It has been found that the exerciser above described affords good exercising of almost any body muscle depending on how it is used and may even, when suitably looped and held between the hands, be used in the manner of the well known and generally expensive chest expanding apparatus.

What I claim as new and desire to secure by Letters Patent is:

**1.** A physical exerciser comprising a rope of stranded rubber cord in a woven fabric sheath and including tubing handle grips having a corrugated outer surface positioned at each end of the cord, said cord being fitted through said tubing handle grips and folded back and secured to the cord around the tubing to form closed loops on which said handle grip is slidable to a position longitudinally of the length of the cord or to a position at right angles to the length thereof whereby the rope may be used as a skipping rope exerciser or as a pulling exerciser.

**2.** A physical exerciser as defined in claim **1** wherein said rope is doubled back midway of its length and a loose ring slipped over the doubled portion to form a further loop of adjustable size which may be slipped over a rigid fixed stop.

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