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MANUALLY OPERATED WEIGHT RESISTANT EXERCISING DEVICE

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2 Sheets-Sheet 1

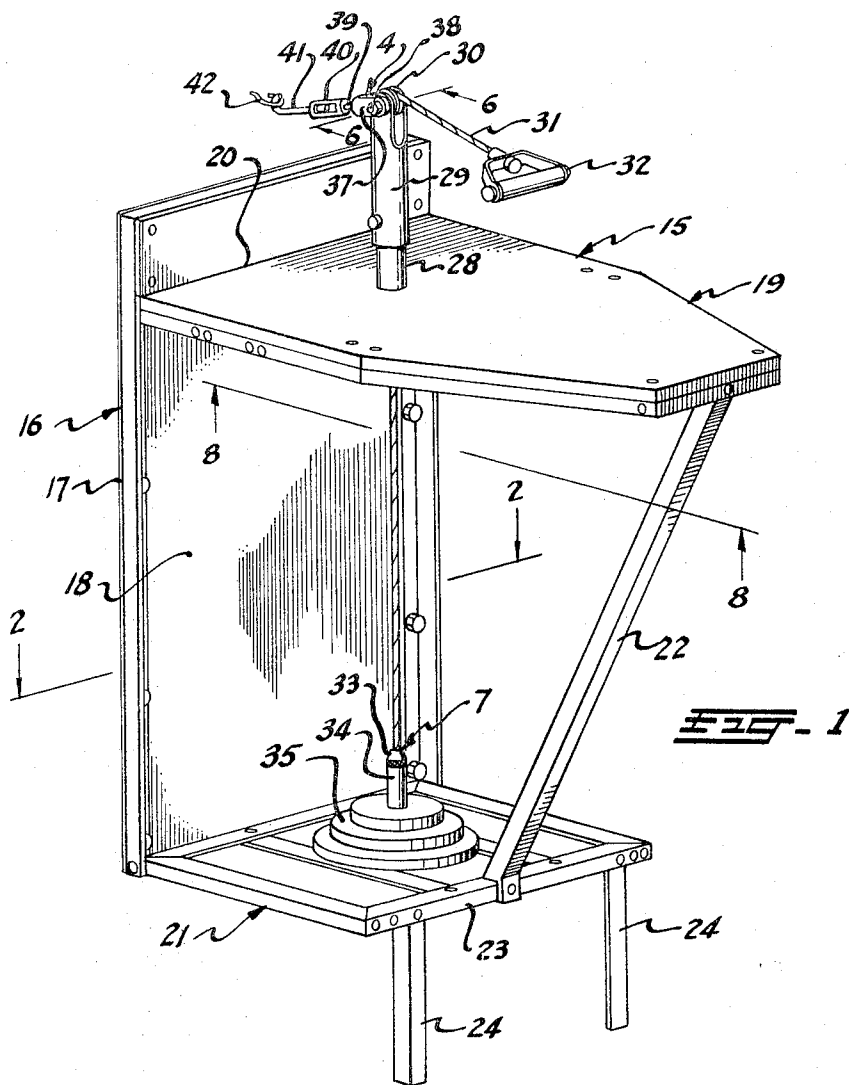
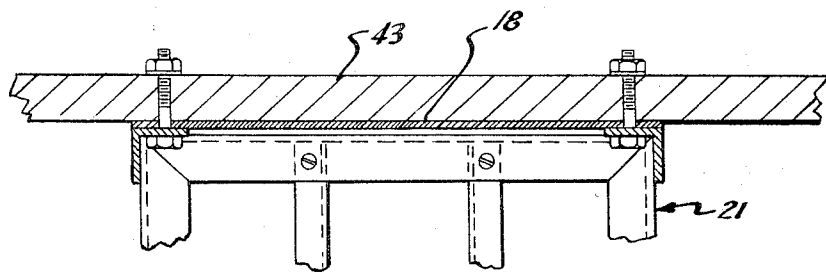


FIG. 2

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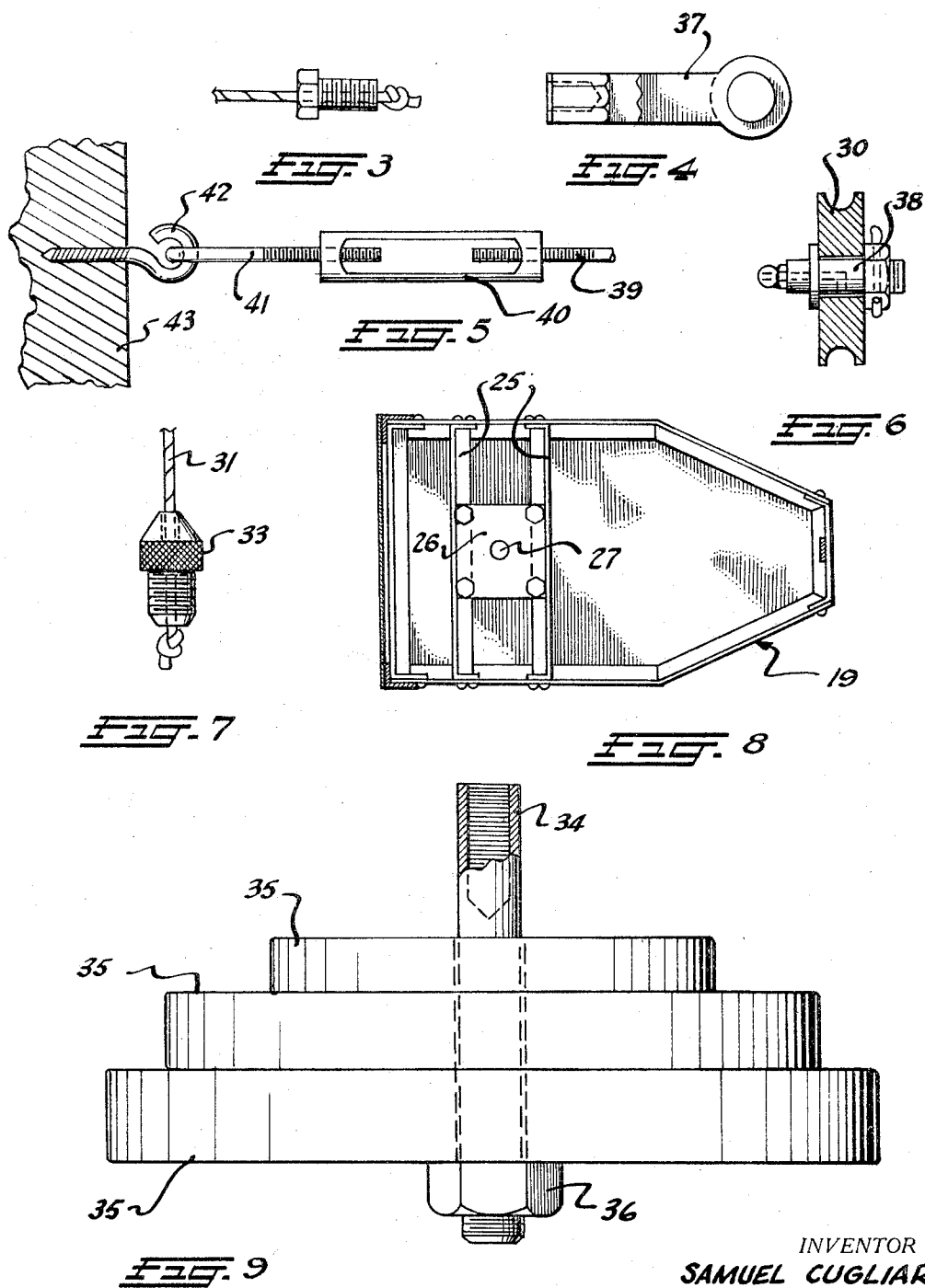
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3,294,399 MANUALLY OPERATED WEIGHT RESISTANT EXERCISING DEVICE

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1 Claim. (Cl. 272-81)

This invention relates to physical culture and, more particularly, to a device used in the art of both exercising and body building.

While one can, of course, obtain some exercise and to some extent build up one's body without the use of any mechanical devices, both experimentation and experience has unquestionably shown that the exercising can be reduced and the body building increased in relation to the time spent if one has a properly designed device. This is becoming more and more important in this day and age when time has increased monetary value for nearly everyone and the maximum amount of both exercise and body building is desired in a minimum of time.

It is, therefore, the principal object of this invention to provide an exerciser and body builder that will permit one not only to get in the best of physical trim, but also to stay in that condition with a minimum of effort.

Another object of this invention is to provide an exerciser and body builder in the form of one compact mechanical device that will take up a minimum of space in any home or office in which it is placed.

Another object of this invention is to provide an exerciser and body builder by which a person can obtain the equivalent to Indian wrestling without the actual need for a partner.

Another object of this invention is to provide an exerciser and body builder that can be used by both short and tall people.

Another object of this invention is to provide an exerciser and body builder that does not contain any springs or other complicated mechanical parts that are apt to need early adjustment or replacement because of constant use.

Another object of this invention is to provide an exerciser and body builder that is loaded with weights of any desired poundage according to the need of the person using the device.

Still another object of this invention is to provide an exerciser and body builder that can be disassembled and stored in a flat box or the like when not in actual use.

Other objects and advantages of the present invention will become apparent from a consideration of the following description, taken in connection with the accompanying drawings, in which:

FIGURE 1 is a pictorial view of this invention ready for use.

FIGURE 2 is a sectional view of this invention taken along line 2-2 of FIGURE 1.

FIGURE 3 is a detail view of one portion of this invention.

FIGURE 4 is a side view of that detail of this invention that is indicated by the arrowed line and numeral 4 on FIGURE 1.

FIGURE 5 is a detail view of one of the securing members of this invention, secured to a wall or other rigid support.

FIGURE 6 is a sectional view of this invention taken along line 6-6 of FIGURE 1.

FIGURE 7 is a side view of that detail of this invention that is indicated by the arrowed line and numeral 7 in FIGURE 1.

FIGURE 8 is a sectional view of this invention taken along line 8-8 of FIGURE 1.

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FIGURE 9 is a side view of some of the weights used in this invention and the tubular member on which they are kept.

Referring now to the drawings in greater detail, there is shown an exerciser and body builder generally indicated by the reference character 15 which consists of a vertical and preferably rectangular supporting member 16 that embodies a framework 17 to the face of which is secured a plate 18. A top 19 that is constructed the same general way as the aforesaid rectangular supporting member 16 has one end 20 secured to the plate 18, thereby placing the top 19 at right angle to the aforesaid rectangular supporting member 16. A rectangular weight-supporting frame 21 is secured both to and at right angle to the rectangular supporting member 16 while a diagonally disposed brace member 22 has its lower end secured to the front member 23 of the rectangular supporting frame 21, while the upper end of the same diagonal member 22 is secured to the front end of the aforesaid top 19, as is clearly shown in FIGURE 1 of the drawing. Two legs, each one of which is characterized by the reference character 24, are suitably secured to the aforesaid front member 23 of the rectangular supporting frame 21.

Continuing to look at the drawings, it will be seen that FIGURE 8 shows that the aforesaid top 19 embodies a framework that includes a pair of lateral members 25 to which is secured a plate 26 having a centrally located opening 27 therein through which vertically passes the fixed tubular member 28 to the top of which is bolted the pulley hanger 29 supporting the pulley 30 over which passes the cable 31 that is provided with a handle 32 on the outer end thereof, while the lower end of the same cable passes down through both the aforesaid pulley hanger 29 and the fixed tubular member 28. This lower end of the cable 31 also passes down through the externally threaded fitting 33, and secured in a knot on the underside thereof. The aforesaid externally threaded fitting 33 is screwed into the top of the tubular member 34 on which the weights 35 are placed, as one can see on examination of FIGURES 1 and 9 of the drawings. The aforesaid weights 35 are prevented from slipping off the tubular member 34 by means of the nut 36 which is shown only in FIGURE 9 of the drawings.

A U-shaped fitting 37 is secured by a grease fitting 38 to the uppermost end of the aforesaid pulley hanger 29 in order to provide a means of attachment for the threaded rod 39 which is also secured to a turnbuckle 40 which has its other end screwed onto the eyebolt 41 that is hooked over the screw eye 42 that, in turn, is screwed into the wall 43 or its equivalent, as one can see on examination of FIGURE 5 of the drawings. The aforesaid grease fitting 38 actually acts as the axle for the aforesaid pulley 30 that it rotatably supports within the two upright portions of the pulley hanger 29.

It is realized by nearly anyone experienced in the art of designing and constructing mechanical devices used in the physical culture arts that this exerciser and body builder can be constructed from many different kinds of materials and in many different ways and still fall within the intent and scope of the appended claim. For example, the supporting member 16 can be of any desired configuration and the different ways it is actually assembled can be numberless. The same thing applies to both the top 19 and the bottom supporting frame 21. For this reason not every member of the connector used in constructing this invention is characterized by a reference character. One alternate form of this invention can be made so that the top 19 and the bottom-supporting frame 21 can be hinged to the aforesaid supporting member 16 when the diagonally disposed brace member 22 has been disconnected and removed from the top 19 and the afore-

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said bottom frame 21. This construction will permit the entire device to be folded up into a compact unit for transportation or storage when not in actual use.

When one wishes to exercise or otherwise use this invention after it has been set up in the position shown in FIGURE 1 of the drawing, all one has to do is place a weight 35 on the tubular member 34 (after disconnecting the externally threaded cable fitting 33 therefrom) and then take hold of the handle 32 and pull up or down or in any other desired way. When one has completed his or her exercising in this manner the aforesaid weights 35 will naturally come back to rest on the weight-supporting frame 21.

In view of the foregoing disclosure, it will be obvious that all of the initially recited objects of the present invention have been achieved.

What I claim as my invention is:

An exerciser and body builder of the character described, comprising a vertical supporting rectangular member adapted to be secured to a vertical wall, having a top plate extending horizontally outward at right angle therefrom, the said top plate being provided with an opening in which is fitted structure in the form of a fixed vertically disposed tubular member having a pulley hanger secured to the upper end thereof, the upper end of the said pulley hanger supporting a horizontally disposed grease fitting on which is located a pulley over which rides the upper portion of a vertically and manually movable cable, the lower end of said cable being secured to one or more weights of a predetermined poundage, that are slipped on a vertically disposed tubular member from which the said weights are prevented

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from coming off by means of a nut on the lower end thereof, the said weights normally resting on a horizontally disposed weight supporting frame that has one end secured to the lowermost end of the said vertical supporting rectangular member, said plate having a front end thereof supported by a pair of vertically disposed legs, as well as by the lower end of a diagonally disposed brace member, the upper end of said brace member being secured to the front end of the said top plate, and a handle secured to the upper end of the said cable, the said weights being lifted by a person thereby exercising and building the body; and a threaded rod having one end secured to a U-shaped fitting, which in turn is secured to the uppermost end of the said pulley hanger, the said U-shaped fitting and said pulley hanger both supporting the said horizontally disposed grease fitting and said pulley, and the other end of the said threaded rod being secured to one end of a turnbuckle, that is also secured to an eyebolt, that has the eye portion thereof held by a screw eye, that is adapted to be screwed into said vertical wall.

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