

[54] **JOGGING BOARD**

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[51] **Int. Cl.**.....A47c 23/00

[58] **Field of Search**.....272/57, 60, 74, 66, 69; 5/345,
5/344

[56] **References Cited**

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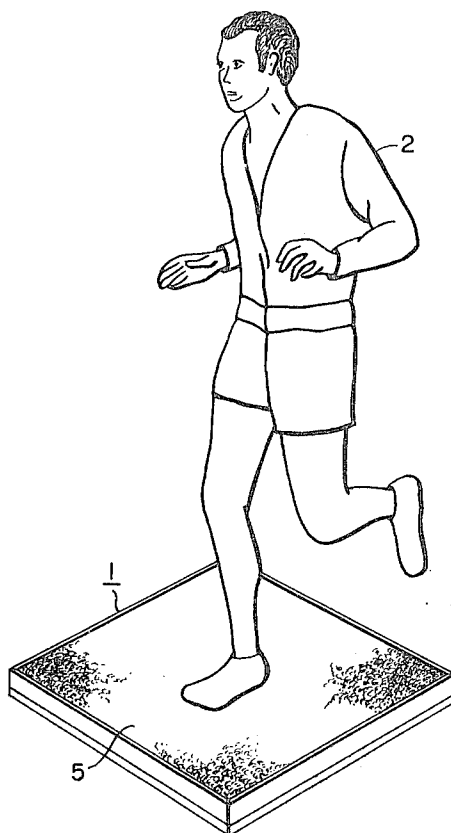
ABSTRACT

A jogging board is provided of laminated construction utilizing a lower cushioned base member secured to a rigid upper platform member. Desirably, a top nonskid layer is provided so that a jogger will not slip upon the jogging board.

Preferably, the bottom-cushioned layer is of the order of 1 to 2 inches of foam rubber, or other suitable elastomeric material, for example. The rigid platform member may, for example, be of ½ to ¾-inch plywood, and the nonskid upper or top layer may be of carpeting, or other nonskid material.

The jogging board of the present invention is portable, and may be placed in an upright position behind a door, or easily stored when not in use. A particularly advantageous and convenient size has been found to be approximately 24 inches by 24 inches and of rectangular configuration.

10 Claims, 3 Drawing Figures



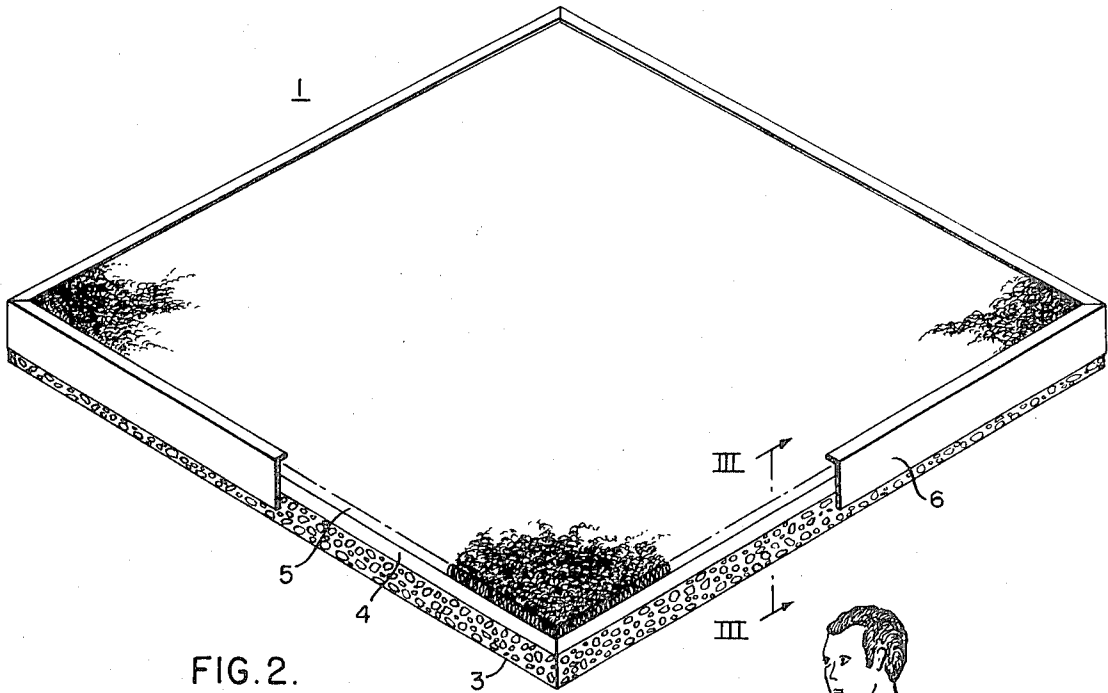


FIG. 2.

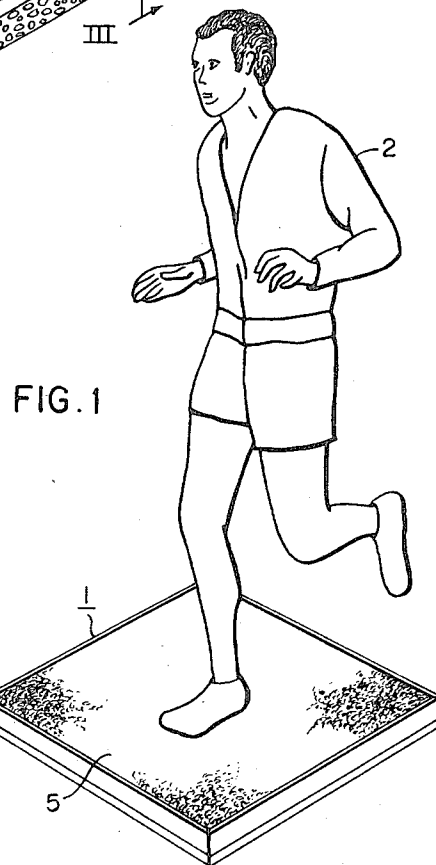


FIG. 1

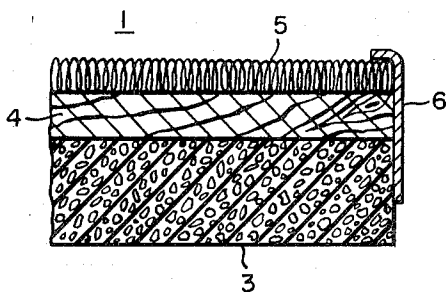


FIG. 3

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JOGGING BOARD

BACKGROUND OF THE INVENTION

In present-day society, when so many positions, or jobs, are sedentary, and people are not able to afford the time of adequate walking for their health, it is very necessary to provide exercise for a general maintenance of the health standard of the society. It has been recognized, heretofore, that in place running has advantageous results, but this is, in many instances undesirable due to vibration and due to the possibility of pulling tendons of the feet away from the foot bones. Consequently, there is a need for an exercising platform device, preferably of a portable nature, which is suitable for readily providing one with means for assisting and promoting exercise in the home by in place jogging.

SUMMARY OF THE INVENTION

The jogging board of the present invention is portable and may be readily stored when not in use. Generally, the portable stationary jogging board of the present invention comprises at least a minimum of two layers, namely a lower bottom layer of a cushioned material, such as foam rubber, or other elastomeric material. Superimposed upon the lower cushioned platform member, and fixedly secured thereto, is a rigid platform, or supporting member, for instance $\frac{1}{2}$ - to $\frac{3}{4}$ -inch plywood, for example, to provide a rigid support for one jogging in place. This allows for more stability and sureness of foot.

The invention also contemplates the provision of a nonskid upper layer, such as carpeting, for example, which not only prevents slipping upon the middle rigid layer, but also provides, preferably, an attractive appearance.

Accordingly, it is a general object of the present invention to provide an improved stationary portable jogging board or exercising platform.

Another more specific object of the present invention is the provision of a stationary jogging board which has a cushioned base of a suitable elastomeric material, such as foam rubber, for example.

Still a further object of the present invention is the provision of a suitable stationary portable jogging board of proper dimensions, which may be readily stored when not in use; and, when utilized by a jogger, will provide a cushioning effect on the feet to prevent injury to the legs, which would otherwise occur if jogging took place on a hard surface.

An ancillary object of the present invention is the provision of a portable stationary jogging board comprising three layers superimposed and affixed together, and constituting a unitary structure, the lower lamination being a cushioned base of suitable thickness, an intervening rigid layer, or support member, and an upper nonskid layer or surface to prevent slipping upon the rigid, or hard-intervening support layer.

Further objects and advantages will readily become apparent upon reading the following specification, taken in conjunction with the drawing.

BRIEF DESCRIPTION OF THE DRAWING

FIG. 1 is a perspective view of the jogging board of the present invention, and illustrating its use by a jogger;

FIG. 2 is a considerably enlarged perspective view, partially in section, of the jogging board of FIG. 1 showing its laminated construction; and,

FIG. 3 is a fragmentary view, considerably enlarged, showing a partial cross-sectional view taken through the jogging board of the present invention, the view being taken generally along the line III—III of FIG. 2.

DESCRIPTION OF THE PREFERRED EMBODIMENT

People living in the present-day society have very little time to engage in worthwhile exercise, which will be conducive to their health. The widespread use of cars, and other means of transportation, together with the demands of time, usually

prevent people from engaging in worthwhile exercise, and as a matter of fact, few people engage in the simple exercise of walking to the extent that they should for the betterment of their health. The famous heart specialist Dr. White has consistently advocated increased exercise for people. To a large extent, these admonitions have largely been ignored because today people are too busy in their business and professional life. In addition outside jogging could be embarrassing when in view of neighbors. Outside jogging also is dependent on good weather. These drawbacks are eliminated by the use of the jogging board in the home.

An exercise, which is convenient for the average person, which will be of considerable benefit to his health, is the exercise of jogging, which has become an increasingly popular exercise activity. The present invention pertains to an exercise device or unit, which may be termed "a jogging board." The use of the jogging board is more clearly illustrated in FIG. 1 of the drawing, wherein the reference numeral 1 generally designates the laminated jogging board of the present invention. As shown in FIG. 1, a jogger 2 is jogging in place upon the stationary portable jogging board 1 of the present invention.

FIG. 2 shows, in an enlarged perspective view, and partially in section the construction of the laminated jogging board of the present invention. As shown in FIG. 2, it will be observed that there is provided a lower, or bottom layer 3 of an elastomeric material, such as foam rubber or polyurethane of sufficient resiliency. Although foam rubber and polyurethane are suggested, by way of example, obviously other cushioning materials may be used, such as natural or synthetic rubber materials.

The lower cushioning base member 3 is secured, as by use of a suitable adhesive, not illustrated, to a middle, or intervening layer, preferably comprising a rigid support board 4. The rigid board, or platform member 4 is secured, as mentioned hereinbefore, by means of an adhesive, or otherwise, to the lower cushioned base member 3. I have found particularly suitable for use as the intervening rigid platform member 4 a plywood member, preferably of 24 inches by 24 inches in overall dimensions, for example. The rigid base member 4 may be, for example, $\frac{1}{2}$ - to $\frac{3}{4}$ -inch plywood, although obviously a thicker or thinner intervening rigid member 4 may be utilized depending upon the particular requirements. Obviously, the use of a thicker intervening rigid member 4 will increase the weight of the device 1 as a whole. On the other hand, the use of a thinner rigid-intervening layer 4 will tend to render the latter somewhat more flexible. According to the teachings of the present invention, it is desirable, in any event, to have the intervening layer 4 of a somewhat rigid material for support.

The upper or top layer of the jogging board 1 is preferably a nonskid coating or layer, such as, for example, carpeting 5. Not only does the carpeting 5 constitute a nonskid upper surface, but additionally, it renders the appearance of the entire device 1 attractive. When the device 1 is utilized in a bedroom, or living room, obviously it is desirable to render the appearance of the entire device 1 as attractive as possible. However, the upper layer 5 could be rubber sheeting, or the plywood member could have the characteristics of a nonskid upper surface. In addition, the upper surface of the plywood member could be corrugated to present a nonskid surface. Also, the intervening member 4 could be of a material having nonskid surface characteristics and also being of sufficient rigidity. Plastic materials may suffice. Or, spaced rubber strips could be secured to the plywood member 4.

To render the appearance of the jogging board 1 more attractive, a flanged chrome-edging strip 6 may be employed. This edging strip 6 would, for example, be secured fixedly to the plywood or rigid intervening layer 4, by screws or other suitable fastening means.

The three layers 3, 4 and 5 are preferably glued, or otherwise secured together, and pressed to form a single unit. For a particular device, which was adequate for all purposes, the

unit 1 was approximately 2¼ inches thick, with a 1½-inch thick foam rubber base. The purpose of the cushioned base 3 is to afford additional protection for the legs and feet in stationary jogging on hard surfaces. Another advantage for inside joggers is that the cushioned base cushions against excessive vibration to the house.

MEDICAL ADVANTAGES OF JOGGING BOARD

In addition to the obvious cosmetic effect of jogging, or running in place, there are well-accepted medical advantages for the use of the device 1 of the present invention. In more detail, they comprise the advantages to the lungs in that an increased air intake is provided, thereby increasing the amount of oxygen to the various parts of the body. Also, the efficiency of the lungs is increased by strengthening the muscles around the lungs, which provide a greater lung space and a greater vital capacity.

The use of the jogging board 1 of the present invention also additionally aids the health of the blood vessels by aiding in establishing collateral circulation, that is forcing blood through little-used blood vessels. Moreover, the use of the jogging board increases the size of the blood vessels and the increased size and vascularization of blood vessels would result in more blood and oxygen provided to the muscles.

In relation to the health of the blood, it is to be realized that the increased size of the blood vessels will increase the volume of blood circulating through the body. Moreover, the increased volume of the blood will result in an increased number of red cells to transport oxygen to the muscles, and also to return the waste products.

There are other less-recognized advantages of jogging, but an increased blood and oxygen supply to muscle tissue would be extremely meaningful in a greater endurance, strength and sense of well being.

The advantages of the jogging device 1 of the present invention comprises the carpeting 5, the rigid board 4, and the foam rubber 3 with the three component parts laminated into a single unit 1 designated a "jogging board" for the purpose of stationary jogging, or running. The jogging board 1 of the present invention will allow the participant to utilize the principles of jogging, and thereby receive the following medical benefits:

A. There will be induced a vigorous breathing to strengthen the chest muscles, and to increase the intake of oxygen to improve the endurance and strength of the person.

B. It will allow one to jog in an upright position to strengthen the muscles of the shoulders and abdomen, thereby improving posture.

C. It will increase the use of the arms by swinging them freely at the sides, thereby improving the muscle tone of the arms and chest.

D. The use of the device 1 allows for the vigorous use of the leg muscles for improved muscle tone and blood circulation.

A very important feature of the present invention relates to the lower cushioned base member 3. The cushioning provides added protection for the feet by minimizing the chance of the tendons of the feet pulling away from the bones, as a result of the foot striking a hard surface. The cushioning 3 would provide the "give" that would help soften the trauma of bone on soft tissue, as might be experienced on a hard surface. The cushioning 3 would allow the participant to utilize very light, or no footwear, thereby lessening the chance of causing abrasions (blisters) of the feet. The above points offer protection to the feet.

In addition, the cushioning 3 provides added protection to the legs by lessening the impact that would be transmitted via the feet to the legs, when jogging on a hard surface. Without protection from this impact, the changes of developing shin splints, or buck shins (a slight tearing of the connective tissue next to shin bone) are greatly increased.

By the provision of the means of a more-controlled exercise program, because of the lack of dependence on weather suitable for outside jogging, a continued health program is available.

It is to be particularly noted that in the use of the jogging board 1 of the present invention, no special shoes or clothing is needed. The participant is allowed to jog in the privacy of his or her own home. The jogging board 1 is suitable for use on any flat surface found in the home. By its use, noise is reduced, and vibration is eliminated when used for stationary running in the home.

The construction of the jogging board 1 of the present invention provides cushioning plus stability due to the "sandwiching" of the rigid board 4 between the foam rubber, or elastomeric material 3, and the upper carpeting layer 5. This results in a "floating effect," and allows for a "sureness of foot." The upper nonskid, or carpeting layer 5 on the upper surface of the exercise unit 1 provides a "nonskid" surface, so that the jogger or participant will not slip on the rigid intervening or supporting layer 4.

It is obvious that no special skills are needed by the participant to utilize the exercise device 1 of the present invention. Also, the device can be manufactured inexpensively, and due to its lightweight, it can be easily transported from place to place.

From the foregoing description, it will be apparent that there has been provided an improved exercising device 1 of portable characteristics, that has been termed herein a "jogging board," which will be conducive to the health of the participant, and, very importantly, will protect his feet from being injured by running or jogging in place on a hard surface.

The use of such a device 1 will be conducive to a greater number of people taking advantages of the increased health and feeling of betterment by readily providing an exercise device of portable nature, which will encourage them to indulge in this in place running, or jogging, and thereby improve their health as a whole.

Although there has been illustrated and described a particular device or jogging board, it is to be clearly understood that the same was merely for the purpose of illustration, and that changes and modifications may readily be made therein by those skilled in the art, without departing from the spirit and scope of the invention.

I claim as my invention:

1. A portable stationary exercising device suitable for in-place jogging thereon, comprising, in combination:

- a. a lower cushioned rectangular base member formed of foam rubber of the order of 1 inch to 2 inches thick;
- b. a rigid rectangular platform member of substantially the same dimensions as said base member formed of substantially ½-inch plywood and fixedly secured to said lower cushioned foam rubber base member; and,
- c. an upper layer of carpeting fixedly secured to the upper side of the ½-inch plywood, whereby a nonskid jogging surface is provided to prevent slipping on the plywood platform member.

2. A portable exercise platform comprising:

- a. a resilient base means having a continuous bottom surface of substantially planar area for resting stably on a flat floor surface, with the resiliency of the base means being sufficient to stably support and cushion an exercisor during a running-in-place exercise;
- b. a rigid platform member, the bottom side of which is fixedly secured to the upper side of the base member, the top side of the rigid platform having a nonskid surface upon which an exercisor can conveniently perform a running-in-place exercise; and
- c. a layer of nonskid material disposed on the top surface of the rigid platform.

3. The portable exercising platform of claim 2 wherein it has a rectangular configuration.

4. The combination of claim 2, wherein the rigid platform member is fabricated from plywood.

5. The exercise platform specified in claim 2, wherein the resilient base means comprises an elastomeric material.

6. The combination of claim 4 wherein the plywood is approximately ½-inch thick.

7. The portable exercising platform of claim 5, wherein the elastomeric material is rubber.

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- 8. The combination of claim 5 wherein the elastomeric material is a rubberlike material.
- 9. The combination of claim 5, wherein the elastomeric material is foam rubber.
- 10. The device of claim 5, wherein the elastomeric material comprises polyurethane.

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