WAIST TRAINING EXERCISER

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ABSTRACT
A waist training exerciser includes a base, which has an axial through hole and a plurality of retaining portions, a shaft axially movably inserted through the axial through hole of the base, an operating member fixedly fastened to one end of the shaft for holding by user's hands, and a retaining member fixedly fastened to the other end of the shaft. The retaining member has a plurality of retaining portions corresponding to the retaining portions of the base. A plurality of rubber spring members are connected between the retaining portions of the base and the retaining portions of the retaining member for giving a resistance to the user during operation.
WAIST TRAINING EXERCISER

BACKGROUND OF THE INVENTION

1. Field of the Invention

The present invention relates to an exercising apparatus and more particularly, to a push-and-pull type waist training exerciser.

2. Description of the Related Art

Various multipurpose exercising machines have been disclosed for exercising different parts of the body, and have appeared on the market. These exercising machines are commonly heavy, bulky, and complicated, not suitable for home use. Therefore, people may use small exercising apparatus, such as spring grips, chest developers, and etc., to exercise the body at home. However, these small exercising apparatus have monotonous and provide usually only one simple operation mode for training a specific part of the body. People may have to prepare several small exercising apparatus in order to train different parts of the body.

Therefore, it is desirable to provide a simple structure of exerciser, which is practical for training different parts of the body.

SUMMARY OF THE INVENTION

It is a primary objective of the present invention to provide a push-and-pull type waist training exerciser, which provides various operation modes to train the muscles of different parts of the body.

It is another objective of the present invention to provide a push-and-pull type waist training exerciser, which has a simple structure.

To achieve these objectives of the present invention, the push-and-pull type waist training exerciser comprises a base, a shaft, an operating member, a retaining member, and a plurality of spring members. The base has an axial through hole and a plurality of retaining portions. The shaft is axially movable inserted through the axial through hole of the base. The operating member is fixedly fastened to a first end of the shaft for holding by user’s hands. The retaining member is fixedly fastened to a second end of the shaft. The retaining member has a plurality of retaining portions corresponding to the retaining portions of the base. The spring members each have a first end coupled to one of the retaining portions of the base and a second end coupled to one of the retaining portions of the retaining member for imparting a resistance to the user when the shaft is moved relative to the base by the user.

BRIEF DESCRIPTION OF THE DRAWINGS

FIG. 1 is a perspective view of a push-and-pull type waist training exerciser according to the present invention.

FIG. 2 is an exploded view of the push-and-pull type waist training exerciser according to the present invention.

FIG. 3 shows one application example of the present invention.

FIG. 4 is similar to FIG. 3 but showing the operating member lowered, the spring members stretched.

FIG. 5 shows another application example of the present invention.

FIG. 6 is similar to FIG. 5 but showing the support members lowered, the spring members stretched.

FIG. 7 shows still another application example of the present invention.

FIG. 8 is similar to FIG. 7 but showing the support members lifted, the spring members stretched.

DETAILED DESCRIPTION OF THE INVENTION

Referring to FIGS. 1 and 2, a push-and-pull type waist training exerciser 10 provided by a preferred embodiment of the present invention is shown comprising a base 11, a shaft 21, an operating member 31, a retaining member 41, a plurality of spring members 51, and two support members 61.

The base 11 is shaped like a rectangular block comprising an axial through hole 12 extended through the top and bottom sides thereof, two receiving chambers 14 symmetrically disposed at two opposite sides, a plurality of retaining portions 16, which are recessed holes in this embodiment and symmetrically disposed above the receiving chambers 14, a plurality of notches 18 symmetrically disposed below the receiving chambers 14 corresponding to the retaining portions 16, and a transverse tube 19 fixedly provided at the top side.

The shaft 21 is a rod member inserted through the axial through hole 12 of the base 11 and axially movable in the axial through hole 12.

The operating member 31 is fastened to one end of the shaft 21, comprising two first grips 32 forwardly extended from the front side thereof and two second grips 34 symmetrically disposed at two opposite lateral sides.

The retaining member 41 is fastened to the other end of the shaft 21, comprising a plurality of retaining portions 42, which are recessed holes in this embodiment and symmetrically disposed at two sides corresponding to the retaining portions 16 of the base 11.

The spring members 52 are narrow elongated elastic rubber members respectively inserted through the notches 18 and set in the receiving chambers 14. Each of the rubber members has a first head portion 52, which is provided at the first end of the spring member and coupled to one retaining portion 16 of the base 11, a second head portion 54, which is provided at the second end of the spring member and coupled to one retaining portion 42 of the retaining member 41, and a body portion, which is connected between the first and second head portions 52, 54 and has a diameter smaller than that of the first and second head portions 52, 54.

The two support members 61 are respectively fastened to the two distal ends of the transverse tube 19 of the base 11 for supporting on a part of the user’s body or for pulling by the user during exercise.
FIGS. 3 and 4 show one application example of the push-and-pull type waist training exerciser. As illustrated, the user is in a sitting posture having the feet pressed on the operating member 31 against the floor and the hands holding the two support members 61 to move the support members 61 vertically up and down while alternatively bending and lifting the upper body. When bending the upper body as shown in FIG. 4, the operating member 31 is forced to move the shaft 21 axially downwards relative to the base 11, thereby causing the retaining member 41 to stretch the spring members 51, which impart a resistance to the user. Therefore, the muscles of the user’s waist and abdomen are trained.

FIGS. 5 and 6 show another application example of the push-and-pull type waist training exerciser. As illustrated, the user is in a sitting posture having the feet pressed on the operating member 31 against the floor and the hands holding the two support members 61 to move the support members 61 vertically up and down while alternatively bending and lifting the upper body. When bending the upper body as shown in FIG. 6, the base 11 is forced downwards along the shaft 21 to stretch the spring members 51, thereby causing the spring members 51 to give a resistance to the user. Therefore, the muscles of the user’s waist and abdomen are trained.

FIGS. 7 and 8 show still another application example of the push-and-pull type waist training exerciser. As illustrated, the operating member 31 is stopped at the user’s abdomen, and the user is holding the support members 61 with the hands and then alternatively pulling and releasing the support members 61. When pulling the support members 61 upward toward the abdomen, as shown in FIG. 8, the base 11 is moved upwards along the shaft 21 to stretch the spring members 51, thereby causing the spring members 51 to give a resistance to the user. Therefore, the muscles of the user’s hands are trained.

Although a particular embodiment of the invention has been described in detail for purposes of illustration, various modifications and enhancements may be made without departing from the spirit and scope of the invention. Accordingly, the invention is not to be limited except as by the appended claims.

What is claimed is:

1. A waist training exerciser comprising:
   a base having an axial through hole and a retaining portion;
   a shaft inserted through the axial through hole of said base and axially movable relative to said base, said shaft having a first end and a second end;
   an operating member fixedly fastened to the first end of said shaft for holding by user’s hands;
   a retaining member fixedly fastened to the second end of said shaft, said retaining member having a retaining portion corresponding to the retaining portion of said base; and
   a spring member having a first end coupled to the retaining portion of said base and a second end coupled to the retaining portion of said retaining member for imparting a resistance to the user when the shaft is moved relative to the base by the user.

2. The waist training exerciser as claimed in claim 1, further comprising two support members which are respectively extended outwards from two opposite sides of said base in reversed directions.

3. The waist training exerciser as claimed in claim 1, wherein said spring members is an elongated elastic rubber member and has head portions provided respectively at the first and second ends thereof, and a body portion connected between the head portions; the head portions having a diameter greater than that of the body portion.

4. The waist training exerciser as claimed in claim 3, wherein said retaining portion of said base and said retaining portion of said retaining member are recessed retaining holes; the head portions of said spring member are respectively positioned in the retaining hole of said base and the retaining hole of said retaining member.

5. The waist training exerciser as claimed in claim 1, wherein said operating member comprises two first grips at a front side thereof and two second grips at two opposite lateral sides thereof.

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