Sept. 11, 1934. C. H. WILLNER 1,973,593

EXERCISING APPARATUS

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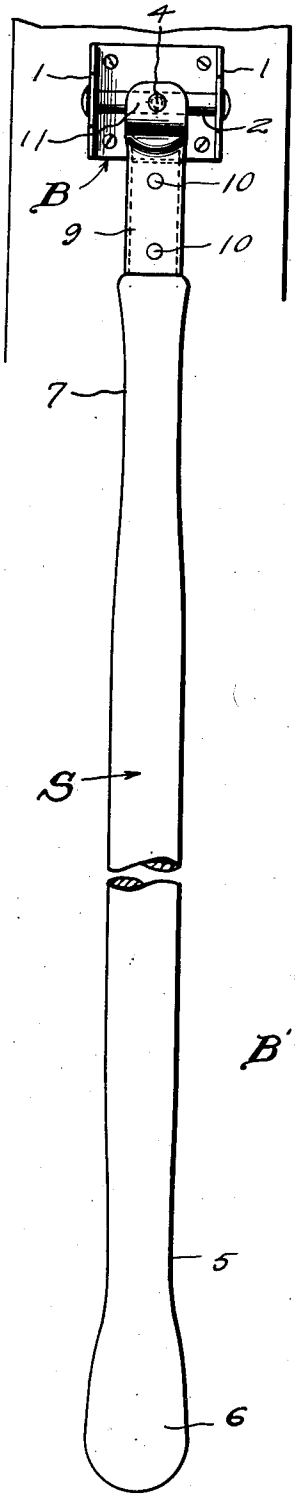


Fig. 1.

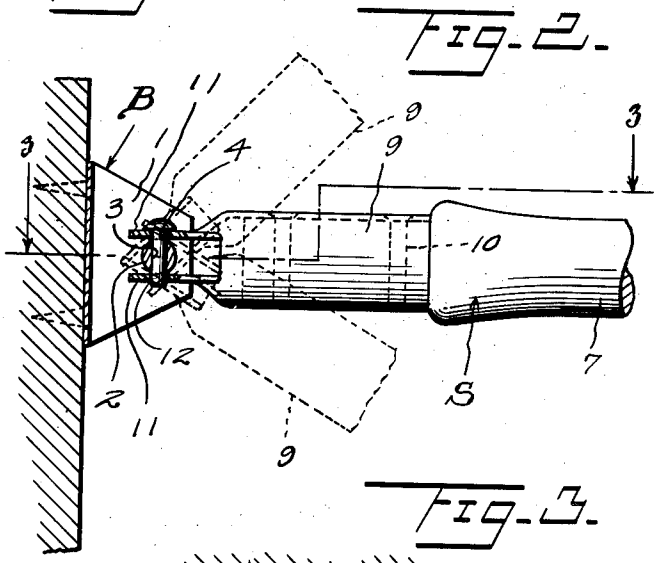


Fig. 2.

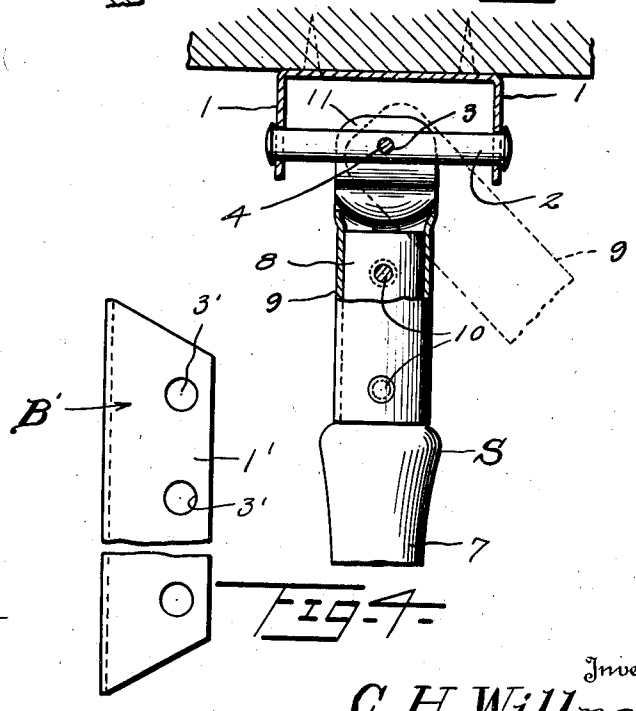


Fig. 3.

Fig. 4.

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EXERCISING APPARATUS

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3 Claims. (Cl. 272—57)

This invention relates to exercising apparatus, and it is an object of the invention to provide an apparatus of this kind which can be employed to advantage with rhythmic motion and in a manner whereby beneficial action is imposed upon all parts of the body.

Another object of the invention is to provide an apparatus of this kind comprising an elongated rigid member or stick mounted in a manner whereby is obtained both push and pull resistance thereby providing various exercises of sliding back and forth along the member or stick with the feet or ankles of the person serving as a fulcrum for the body.

An additional object of the invention is to provide an apparatus of this kind comprising an elongated member or stick the surface of which is highly polished and wherein such member or stick is of such a form as to allow the hand or hands of a user to slide therealong with just enough grip to allow easy friction, the grip of the hand or hands upon the member or stick controlling the degree of tension on the muscles as the body of the person sways.

A still further object of the invention is to provide an apparatus of this kind employing an elongated member or stick together with means for connecting an end portion of said stick to a suitable support and in a manner to allow swinging movements of the stick in different directions so that when the apparatus is in use the body of the person may sway in any direction or the arms of the person swung in accordance with the desired exercise.

The invention consists in the details of construction and in the combination and arrangement of the several parts of my improved exercising apparatus whereby certain important advantages are attained and the device rendered simpler, less expensive and otherwise more convenient and advantageous for use, as will be hereinafter more fully set forth.

The novel features of my invention will hereinafter be definitely claimed.

In order that my invention may be the better understood, I will now proceed to describe the same with reference to the accompanying drawing, wherein:—

Figure 1 is a view in elevation illustrating an apparatus constructed in accordance with an embodiment of my invention and in inactive position;

Figure 2 is a fragmentary view partly in section and partly in elevation illustrating the apparatus extended for use, further positions of the elongated member or stick being diagrammatically indicated by broken lines;

Figure 3 is a sectional view taken substantially on the line 3—3 of Figure 2, a second position of the stick being diagrammatically illustrated by broken lines;

Figure 4 is a fragmentary elevational view illustrating a slightly modified form of bracket.

In the embodiment of my invention as illustrated in Figures 1, 2 and 3, B denotes a bracket adapted to be securely anchored or fastened to a rigid support, such as a wall, door frame or the like. This bracket B includes two outstanding spaced ears 1 which rotatably support a shaft 2 bridging the space between such ears 1. This shaft 2 at a point substantially midway of the ears 1 is provided therethrough with an opening 3 through which is adapted to be removably inserted and preferably from above a headed pin 4.

My improved apparatus also includes an elongated member or stick S which is preferably made from maple wood although any other material can be employed which may be used to advantage. It is important, however, that the surface of this member or stick S be highly polished but free from paint or any other coating. This stick through the major portion of its length is of the same diameter and circular in cross section. The outer end of this member or stick S, however, is slightly reduced in diameter, as at 5, such reduction being gradual and terminating in an outer enlargement or head 6, the greatest diameter of which being in excess of the diameter of the major portion of the member or stick.

The opposite or inner end portion of the member or stick S is also gradually reduced in diameter, as at 7, for a slight distance therealong and is also provided with a reduced extension 8 upon which is fixed a ferrule or sleeve 9 preferably of metal. This sleeve or ferrule 9 as disclosed in the accompanying drawing is held to the extension 8 by rivets 10 although any suitable means may be employed for this purpose. The outer portion of the ferrule or sleeve 9 is continued by the outstanding spaced wings 11 adapted to straddle the shaft 2 and the pin 4 hereinbefore referred to is also freely insertible through the openings 12 provided in such wings. By this means the member or stick S may have swinging movement in a direction lengthwise of the shaft 2 which in connection with the rotary movement of such shaft 2 readily permits the member or stick S to have substantially universal movement but without the member or stick

S having rotary movement about its longitudinal axis.

In practice, the bracket B is secured or anchored in position about level with the shoulder of the person using the apparatus. However, in order to compensate for persons of different heights the bracket B' as illustrated in Figure 4 may be used and which bracket has along each side thereof an elongated flange or wing 1' having a series of longitudinally spaced openings 3' in which a shaft may selectively engage in accordance with the height of the person.

In the use of my improved apparatus the mounting of the member or stick S is such as to afford resistance to the swaying of the body in both a push and pull direction along the member or stick S, the resistance to such movement being determined by the grasp of the hand upon the stick. The highly polished surface of the member or stick S allows the hands of the person to readily slide therealong and the efficacy of the apparatus is materially increased by the fact that exercises may be employed in connection therewith necessitating backward and forward or sidewise swaying of the body and also permitting exercises wherein the arms may be swung upwardly and laterally. In other words, the apparatus herein disclosed permits the use of a series of ryhthmic exercises bringing into action all of the muscles of the body and to a considerable extent those internal organisms which should from time to time also be exercised.

The head or enlargement 6 provides effective means to prevent the hand grasping the member or stick S from entirely passing therefrom while the reduced portion 7 at the inner part of the member or stick S provides a means to assure an effective gripping of the stick and especially in connection with an exercise wherein the body is to sway rearwardly with a sliding movement of a hand or the hands along the member or stick S.

From the foregoing description it is thought to be obvious that an exercising apparatus constructed in accordance with my invention is particularly well adapted for use by reason of the convenience and facility with which it may be assembled and operated, and it will also be obvious that my invention is susceptible of some change and modification without departing from the principles and spirit thereof and for this reason I do not wish to be understood as limiting myself to the precise arrangement and formation of the several parts herein shown in carrying out my invention in practice except as hereinafter claimed.

I claim:—

1. An apparatus of the class described comprising a bracket adapted for securement to a suitable support, a rotatable shaft carried by the bracket, an elongated member along which the hands of a person are adapted to slide with frictional contact, spaced wings extending from an end of said elongated member and straddling the shaft, and a pin insertible through said wings and the shaft whereby the elongated member has swinging movement in a direction lengthwise of the shaft.

2. An exercising apparatus comprising an elongated member having a polished surface along which the hands of a person are adapted to slide while in frictional contact therewith, and means coacting with an end portion of the member for mounting the same upon a support for universal swinging movement and to hold the member against substantial endwise movement.

3. An exercising apparatus comprising an elongated member having a polished surface along which the hands of a person are adapted to slide while in frictional contact therewith, and means coacting with an end portion of the member for mounting the same upon a support for universal swinging movement and to hold the member against rotary movement about its longitudinal axis.

CARL HENRY WILLNER.