May 19, 1970 H. HONER 3,512,774

THIN METAL ROTATABLE EXERCISE PLATFORM

Filed May 21, 1968

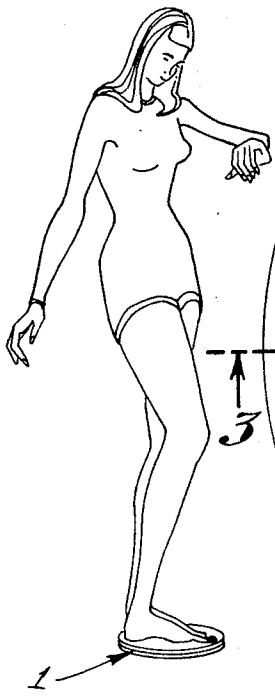


FIG. 1

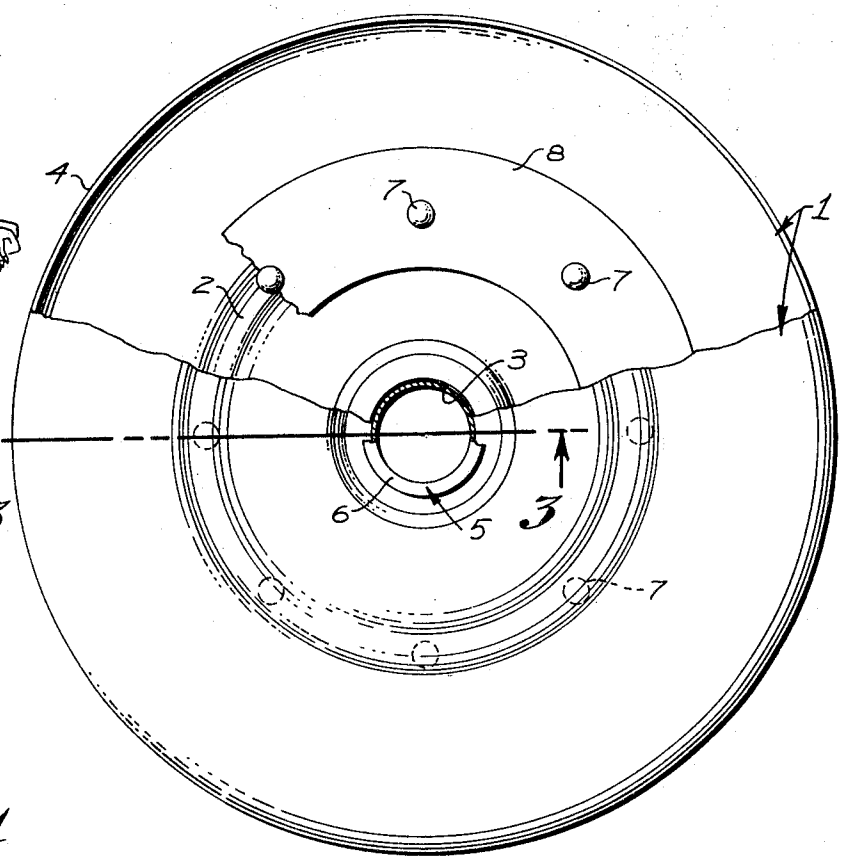


FIG. 2

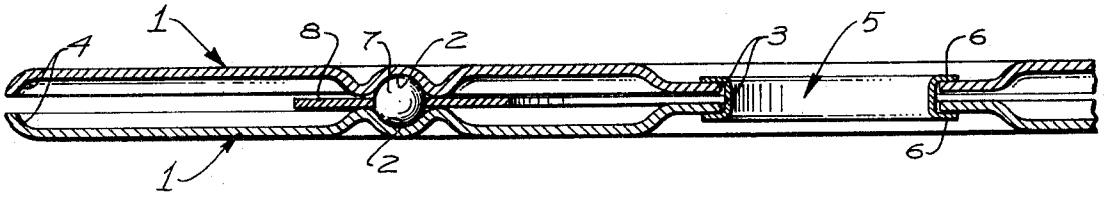


FIG. 3

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THIN METAL ROTATABLE EXERCISE PLATFORM

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U.S. Cl. 272—57 1 Claim

ABSTRACT OF THE DISCLOSURE

An exercise platform having two identical circular metal disks of equal diameter, sufficient to support the user's feet, and having a large diameter ring of balls between the disks; the disks being retained by a central collar and capable of use either side up. The margins of the disks are curved toward each other and the total thickness is minimized.

BACKGROUND OF THE INVENTION

Previously constructed exercise platforms have included a square wooden or pressed wood top plate and a square wooden or pressed wood bottom plate of smaller dimension between which is interposed a bearing. While such platforms have had moderate success, it is difficult to maintain a perfect balance; thus, if one presses mainly on one margin or corner, the wooden top platform tilts and engages the floor, increasing the unbalanced position of the user who may then fall.

SUMMARY OF THE INVENTION

In the exercise of the present invention, a pair of identical metal plates, not only form the top and bottom plates of the platform, but also are provided with annular grooves to receive bearing balls; thus, the wooden plates are entirely eliminated. Furthermore, irrespective of the load distribution, there is no tendency to tip. Still further, the exercise platform may be placed either side up.

DESCRIPTION OF THE FIGURES

FIG. 1 is a small perspective view of the exercise platform, showing a user thereon.

FIG. 2 is a plan view of the exercise platform with portions broken away to show the internal construction.

FIG. 3 is an enlarged, fragmentary, sectional view, taken through 3—3 of FIG. 2.

SPECIFICATION

The exercise platform includes a pair of identical plates 1, each having an annular ball bearing groove 2 and a central aperture 3. The periphery of each plate is provided with a curved rim 4.

The bearing plates are adapted to be positioned, with the ball bearing grooves in confronting relation, and are loosely held in such position by a connecting sleeve 5, having flanges 6 which overly the margins of the central apertures 3. Alternatively, the sleeve 5 may be integral with one of the plates and have a single flange overlying the margin of the aperture of the other plate.

A set of bearing balls 7 is interposed between the plates and ride in the confronting ball bearing grooves 2. The bearing balls may fill the grooves; however, to reduce the number thereof, a retainer disk 8 is provided, having perforations which receive the balls and position them in equally spaced relation.

The plates are made of relatively heavy gauge metal and the rims 4 provide marginal stiffness, so that the margins of the plates need clear each other only a minimal amount.

It will be observed that the exercise platform may be positioned with either plate uppermost and that the other plate being identical in diameter provides a full support for the upper plate, even though the weight of the user may not be accurately centered thereon. That is, the upper plate or the exercise platform as a whole cannot be tilted when in use as long as the underlying plate is on a firm surface.

While particular embodiments of this invention have been shown and described, it is not intended to limit the same to the details of the constructions set forth, but instead, the invention embraces such changes, modifications and equivalents of the various parts and their relationships as come within the purview of the appended claim.

I claim:

1. An exercise platform, comprising:
   (a) a pair of circular metal plates, each plate being dimensioned to support directly the feet of the user, and including an annular bearing groove;
   (b) means connecting said plates for relative rotation with their bearing grooves in confronting relation;
   (c) a set of bearing balls disposed in said grooves to permit free rotation of either plate, when placed uppermost, and the other plate is placed on an underlying surface;
   (d) said plates being identical in diameter and each plate including a rim curved into confronting relation with the rim of the other plate.

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