Jan. 28, 1941. J. W. HACKETT 2,230,033

FOOT EXERCISER

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Fig. 1.

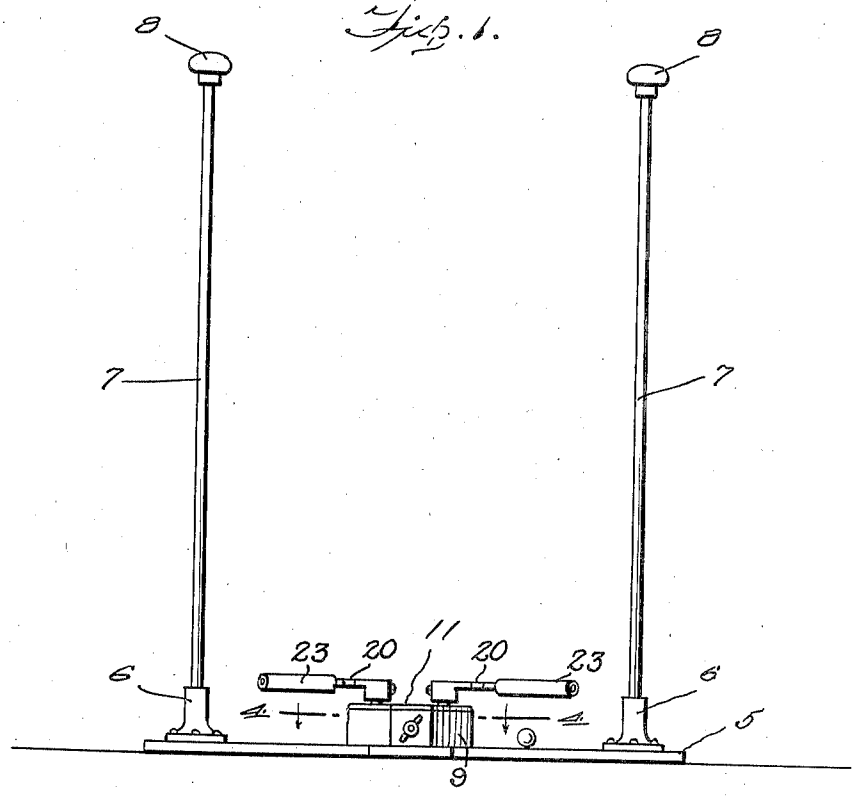
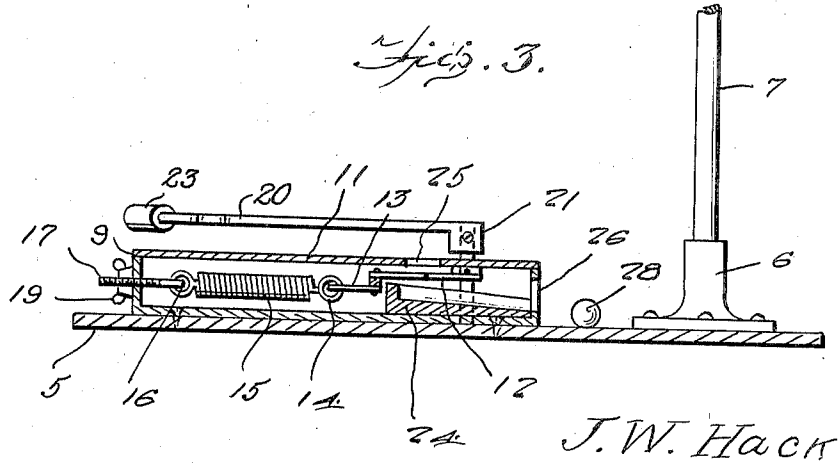



Fig. 3.




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Fig. 2.

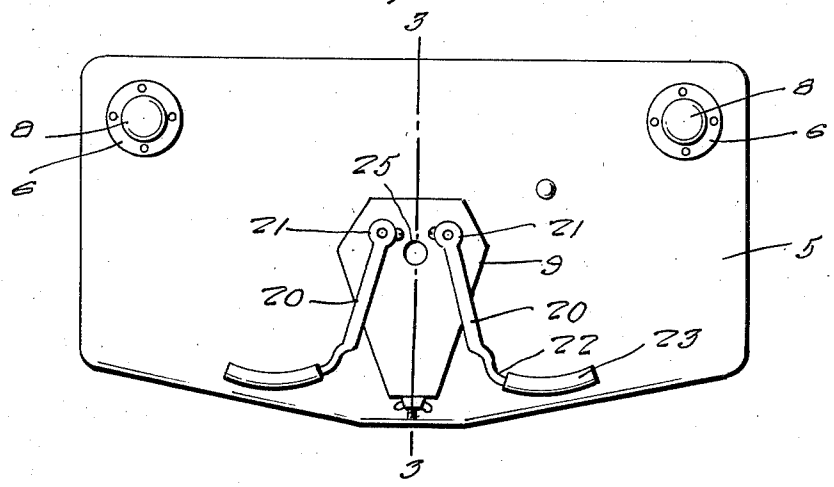
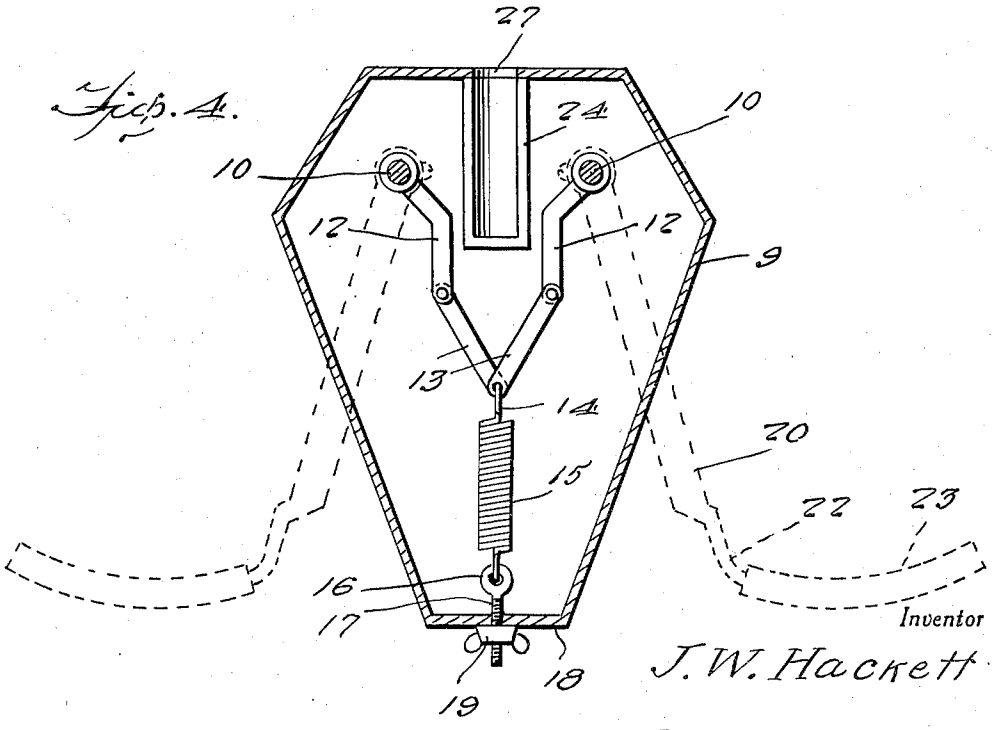



Fig. 4.




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# UNITED STATES PATENT OFFICE

2,230,033

## FOOT EXERCISER

James W. Hackett, Syracuse, N. Y.

Application January 4, 1939, Serial No. 249,329

1 Claim. (Cl. 272—57)

This invention appertains to new and useful improvements in exercising apparatus and more particularly to an apparatus whereby human feet can be exercised in a convenient but effective manner.

The principal object of the present invention is to provide resistance affording exercising apparatus whereby the exerciser can manipulate the same with his feet in such a manner as to cause exercising of normally unused muscles of the feet with the object in view of building up these muscles in such a way as to eliminate fallen arches and to otherwise strengthen the feet and lower portions of the legs.

Other objects and advantages of the invention will become apparent to the reader of the following specification:

In the drawing:

Figure 1 represents a rear elevational view.

Figure 2 is a top plan view.

Figure 3 is a sectional view on line 3—3 of Figure 2.

Figure 4 is a sectional view on line 4—4 of Figure 1.

Referring to the drawing wherein like numerals designate like parts, it can be seen that numeral 5 represents a platform which has a pair of socket members 6 secured to the end portions thereof and from these sockets rise the posts 7—7 having handles 8—8 at the upper ends thereof which can be grasped by the exerciser to properly balance himself while he is using the foot exercising apparatus.

The foot exercising apparatus consists of the tapered shell 9 which has a pair of shafts 10—10 vertically disposed at one end thereof with the upper ends of these shafts rising through openings in the cover 11. The intermediate portions of these shafts 10—10 are provided with bell cranks 12 below the cover 11 and these bell cranks 12—12 are connected by pivotal links 13 to the eye 14 of the tension spring 15. The remaining end of the tension spring is connected to the eye 16 of the eye bolt 17 which is disposed through an opening in the end wall 18 of the shell 9. This eye bolt is equipped with a wing nut 19 which can be tightened against the end wall 18 to vary the tension of the spring 15.

Elongated arm members 20—20 have their collar end portions 21 secured to the upper ends of the shafts 10 while their opposite ends curve laterally as at 22 and are covered with rubber or other resilient tubing 23. Obviously the exerciser by engaging the toes of one foot against one or the other of the pads 23 can manipulate the arms 20 against the tension of the spring 15 and in this manner one foot after the other is exercised in a manner which will be beneficial to the muscles and ligaments of the feet.

Inside of the shell 9 at the end opposite from the wall 18 is the chute 24, the inner end of which underlies the opening 25 in the cover 11 while the other end registers with the opening 26 in the end wall 27.

A marble or small ball 28 can be used in the special exercise of grasping the ball between the toes of the foot, lifting the ball and depositing the same in the opening 25, from where it will drop onto the chute 24 and return back to the platform 5 through the opening 26.

In the use of the apparatus, the user stands on one foot, that is, places his weight on one foot, while he exercises the other foot, by either picking up the ball 28 or actuating one of the arms 20.

While the foregoing specification sets forth the invention in specific terms, it is to be understood that numerous changes in the shape, size and materials may be resorted to without departing from the spirit and scope of the invention as claimed hereinafter.

Having described the invention what is claimed as new is:

A foot exerciser comprising a hollow box-like structure, a pair of shafts journaled through the upper portion of the box-like structure, an arm projecting horizontally from the upper end portion of each of the shafts, each of the arms being provided with a laterally disposed foot engageable portion extending beyond opposite side portions of the box-like structure, additional arms extending from the lower portions of the shaft and being located in the box-like structure, link members extending from the ends of the last-mentioned arms, a tension spring, a member adjustable through one end of the box-like structure and to which one end of the tension spring is secured, the remaining ends of the links being disposed together, the remaining end of the tension spring being attached to the last-mentioned ends of the links.

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