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(54) **DUAL-FUNCTION TREADING EXERCISER**

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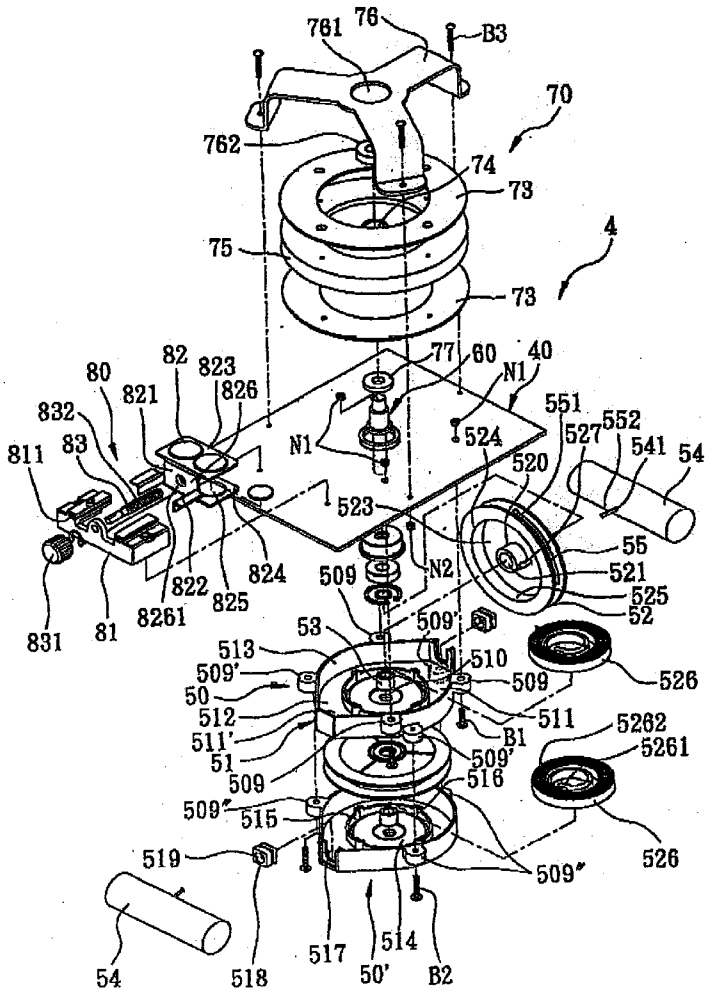
(57) **ABSTRACT**

A dual-function exercise device includes lower body exercise device, a frame, and a movable handle assembly. The movable handle assembly includes two independent pulling devices and a rotary shaft journalled on the frame. Each pulling device includes a pulley disposed rotatably on the frame, a pull cord wound on the pulley, a handgrip fastened to an end of the cord and movable to unwind the cord from the pulley, and a biasing unit for biasing the cord to wind around the pulley when the cord is pulled and is subsequently released.



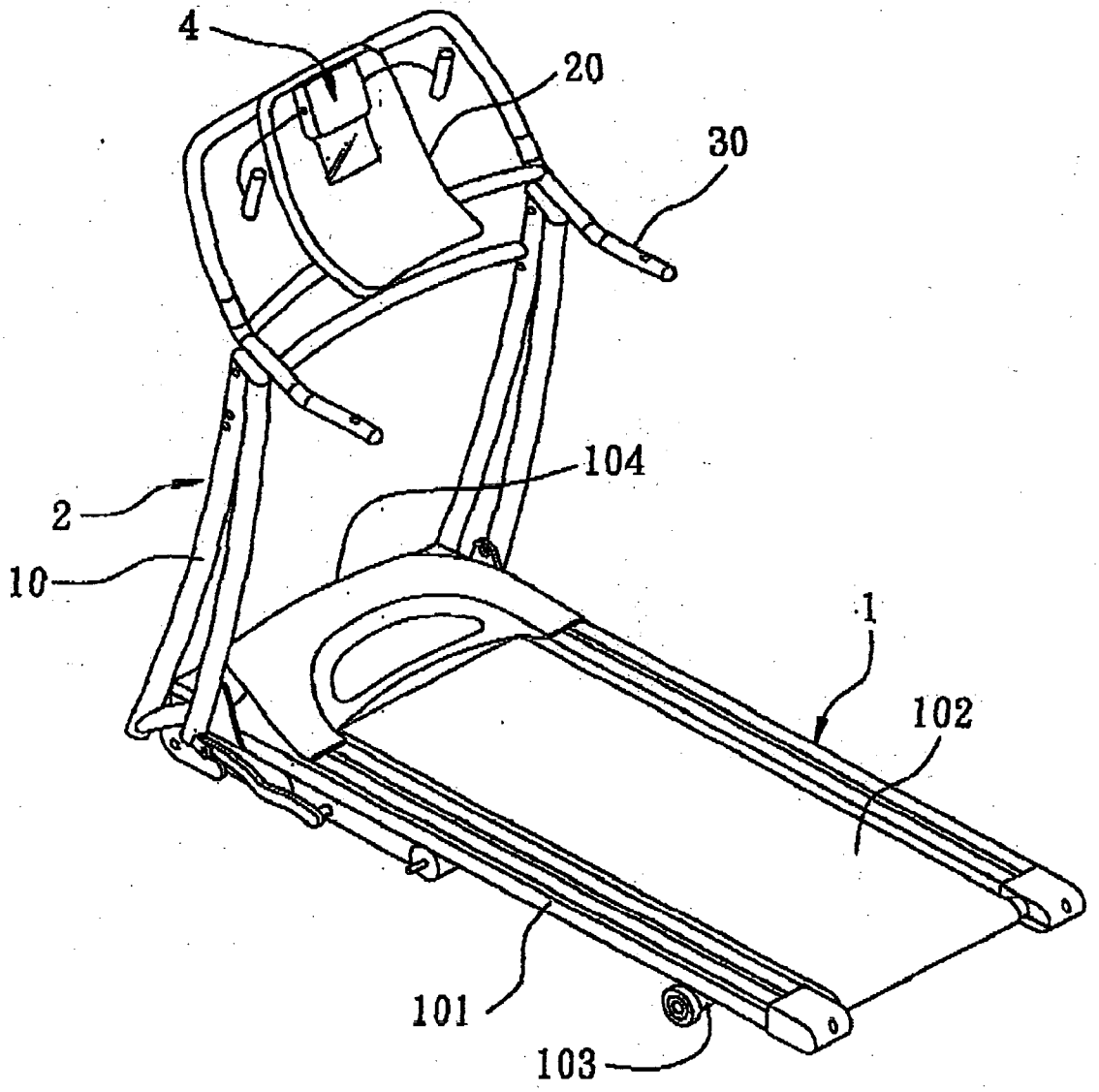


FIG. 1

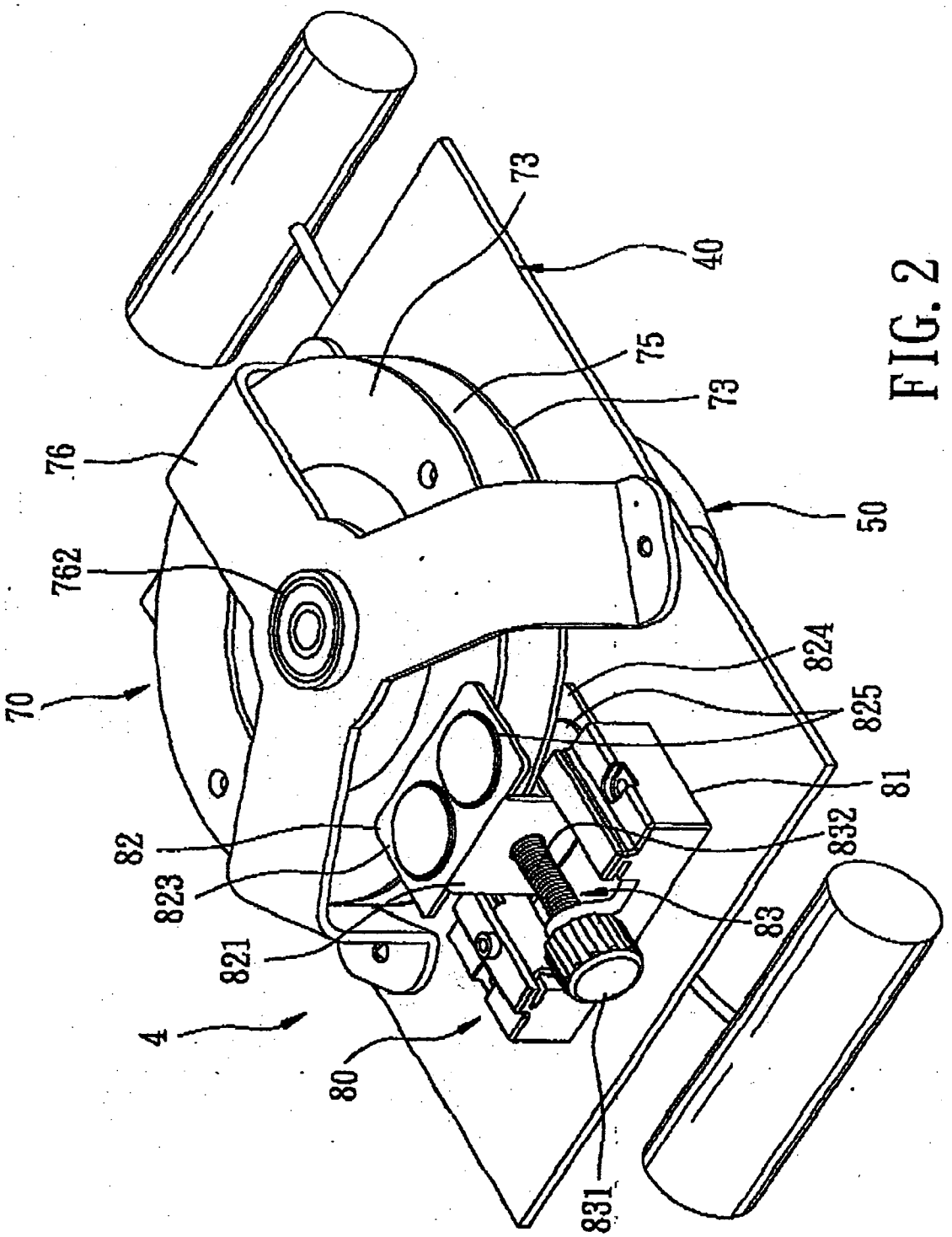
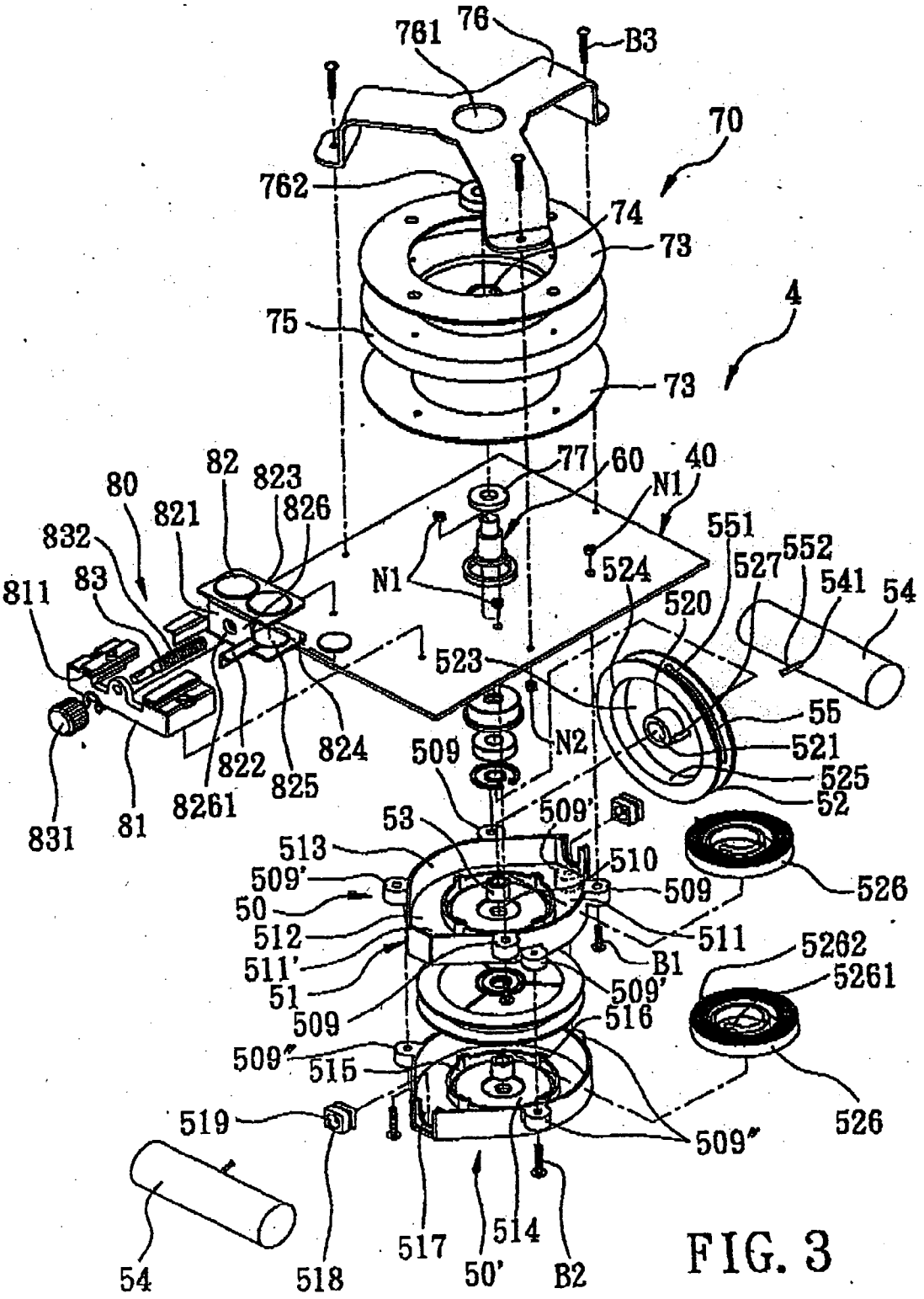


FIG. 2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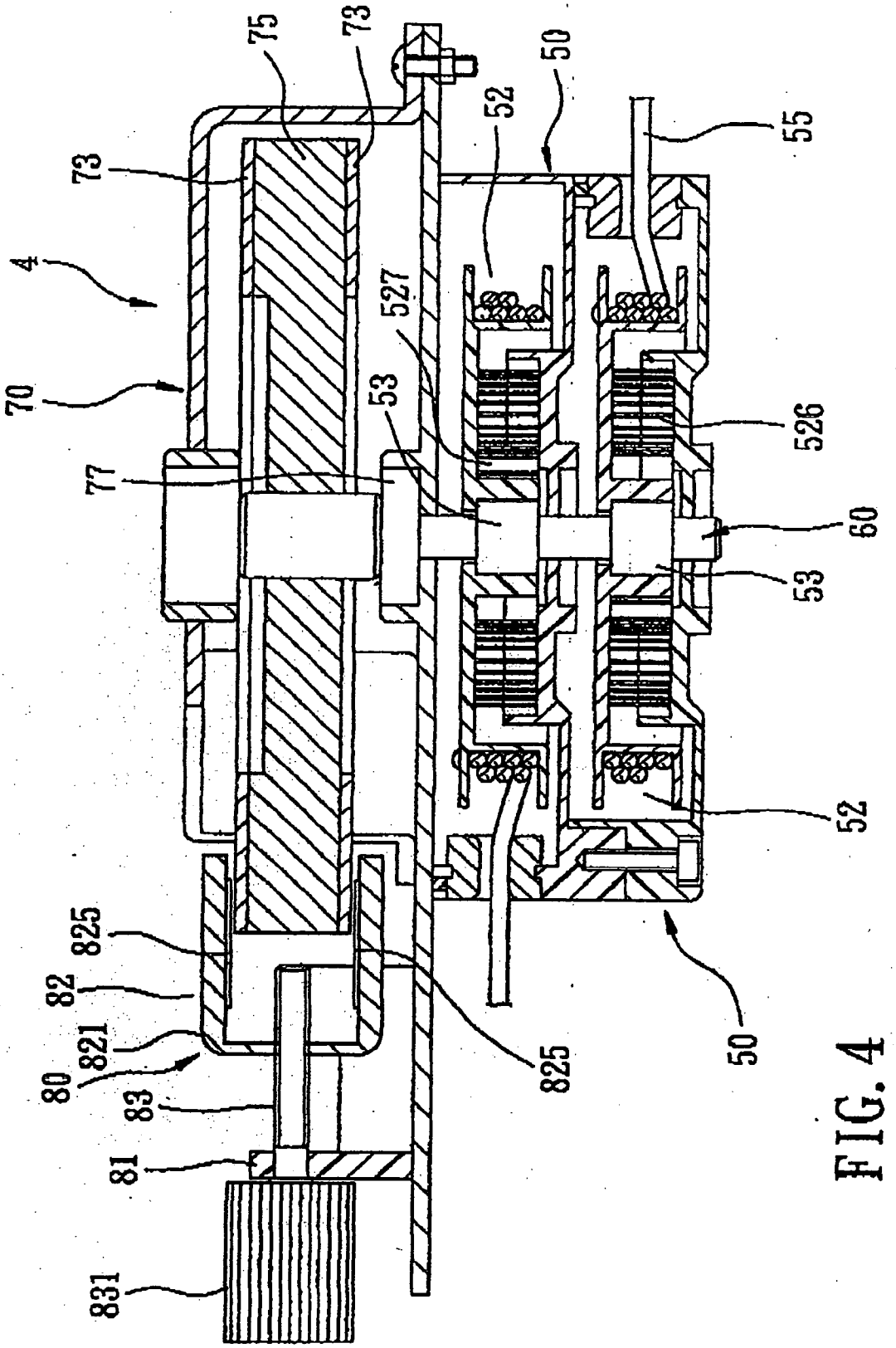
76
B3
70
762
74
73
4
75
73
77
60
40
N1
82
823
826
80
821
832
83
811
N1
524
551
552
527
541
54
520
523
55
521
525
52
822
824
509
N2
825
8261
831
81
53
509'
513
510
509'
509
526
50
512
511
511'
B1
5262
5261
51
509'
509
516
509"
515
519
509"
526
54
518
517
514
50'
B2

FIG. 3


75
73
50
52
55
73
4
527
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53
526
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60
53
52
825
82
821
80
83
81
831
825
50

FIG. 4

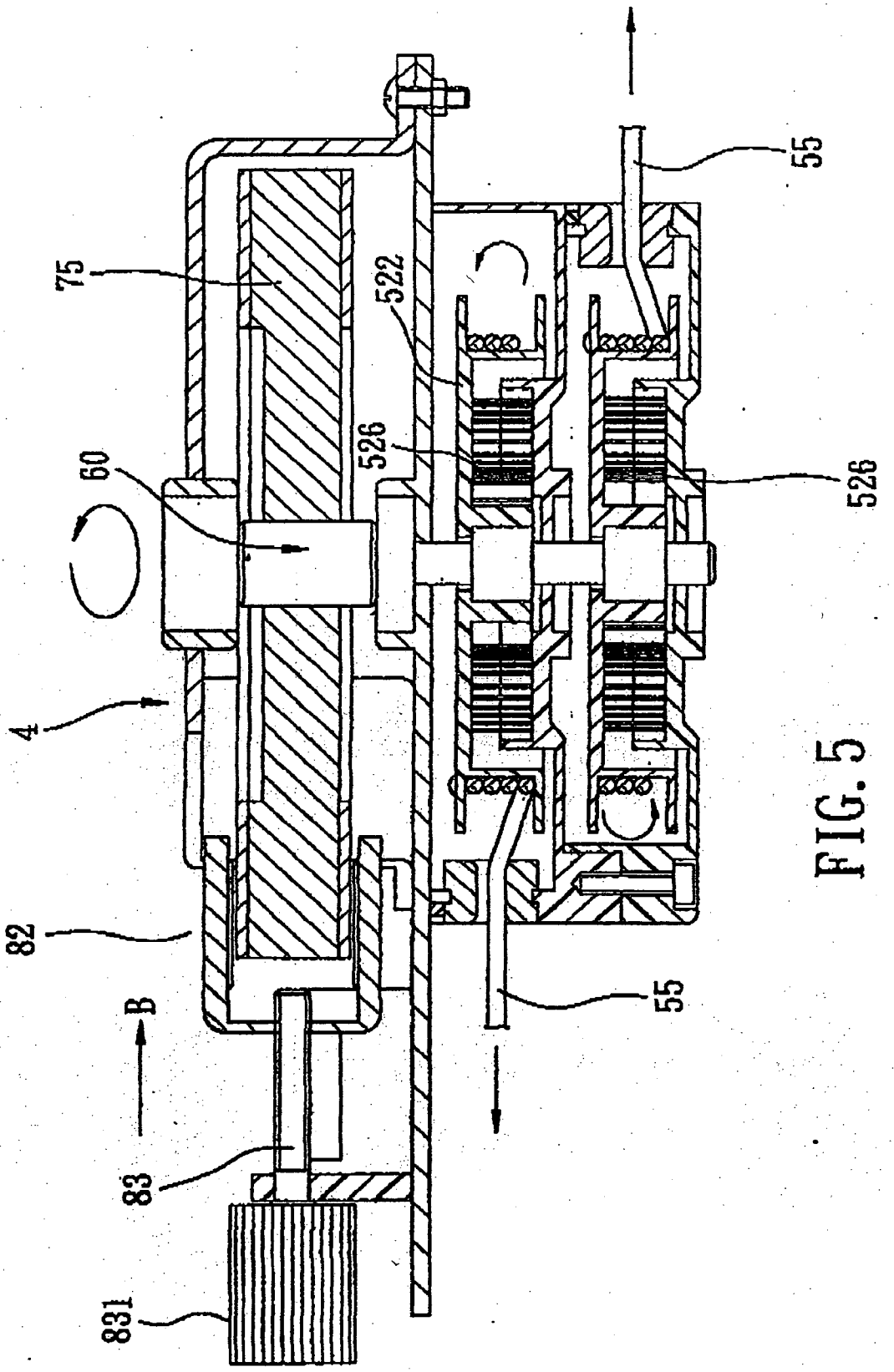

FIG. 5

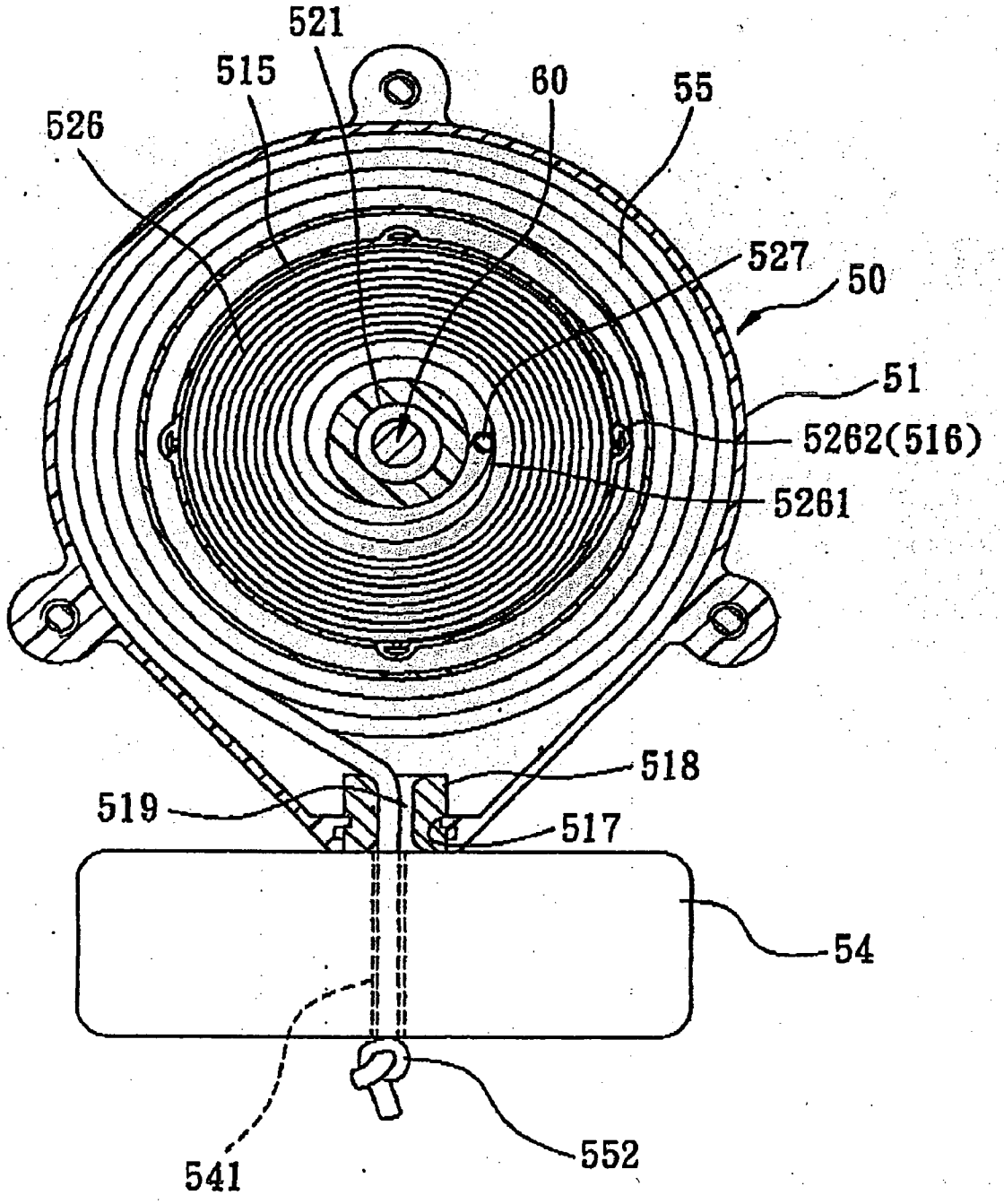

FIG. 6

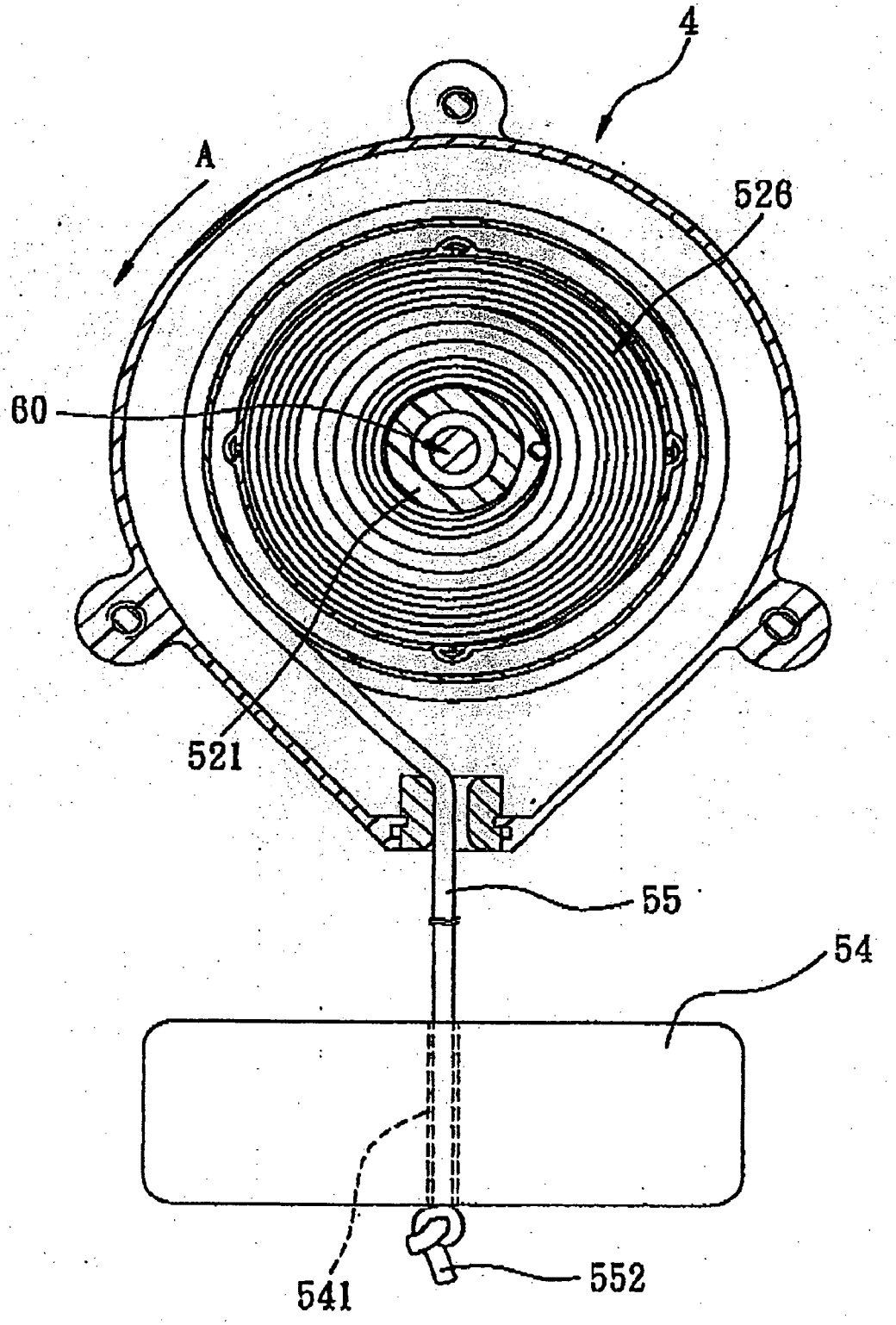

FIG. 7

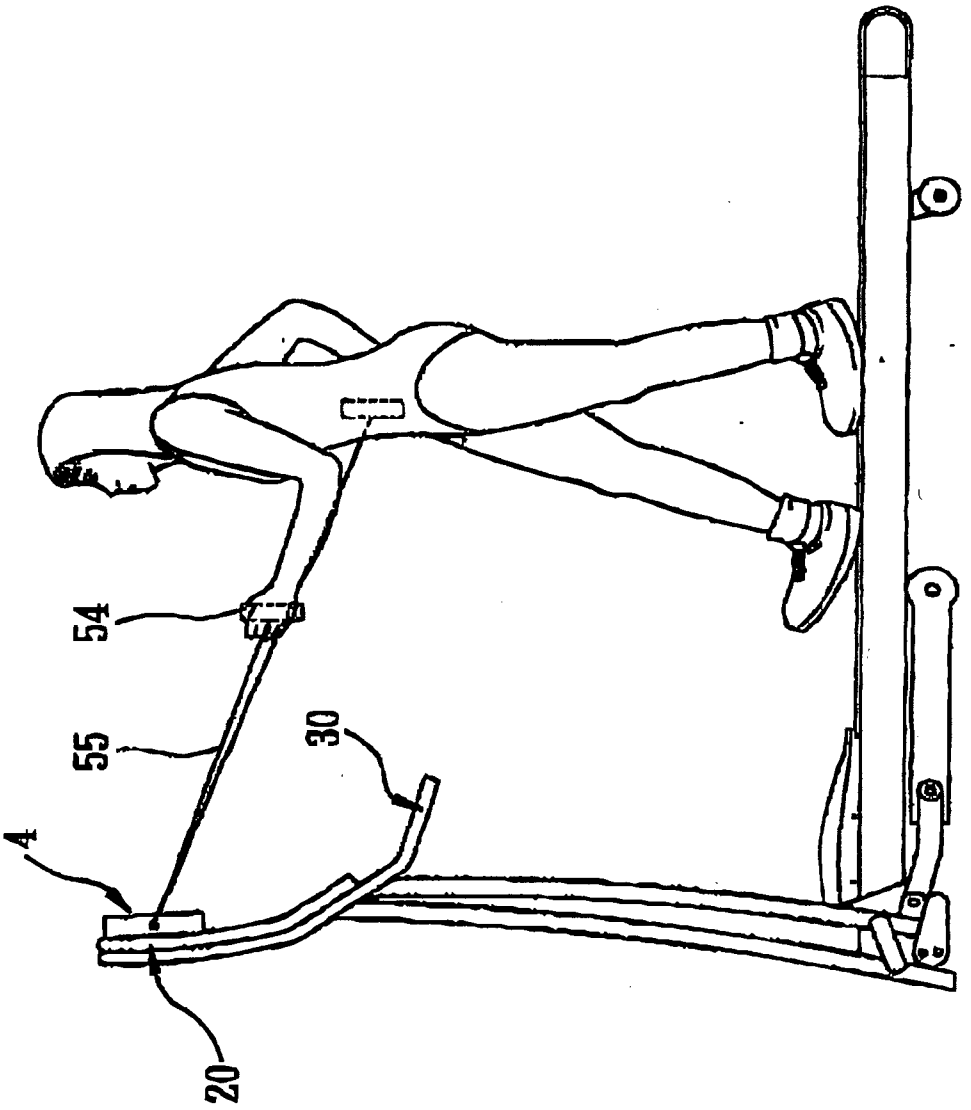

FIG. 8

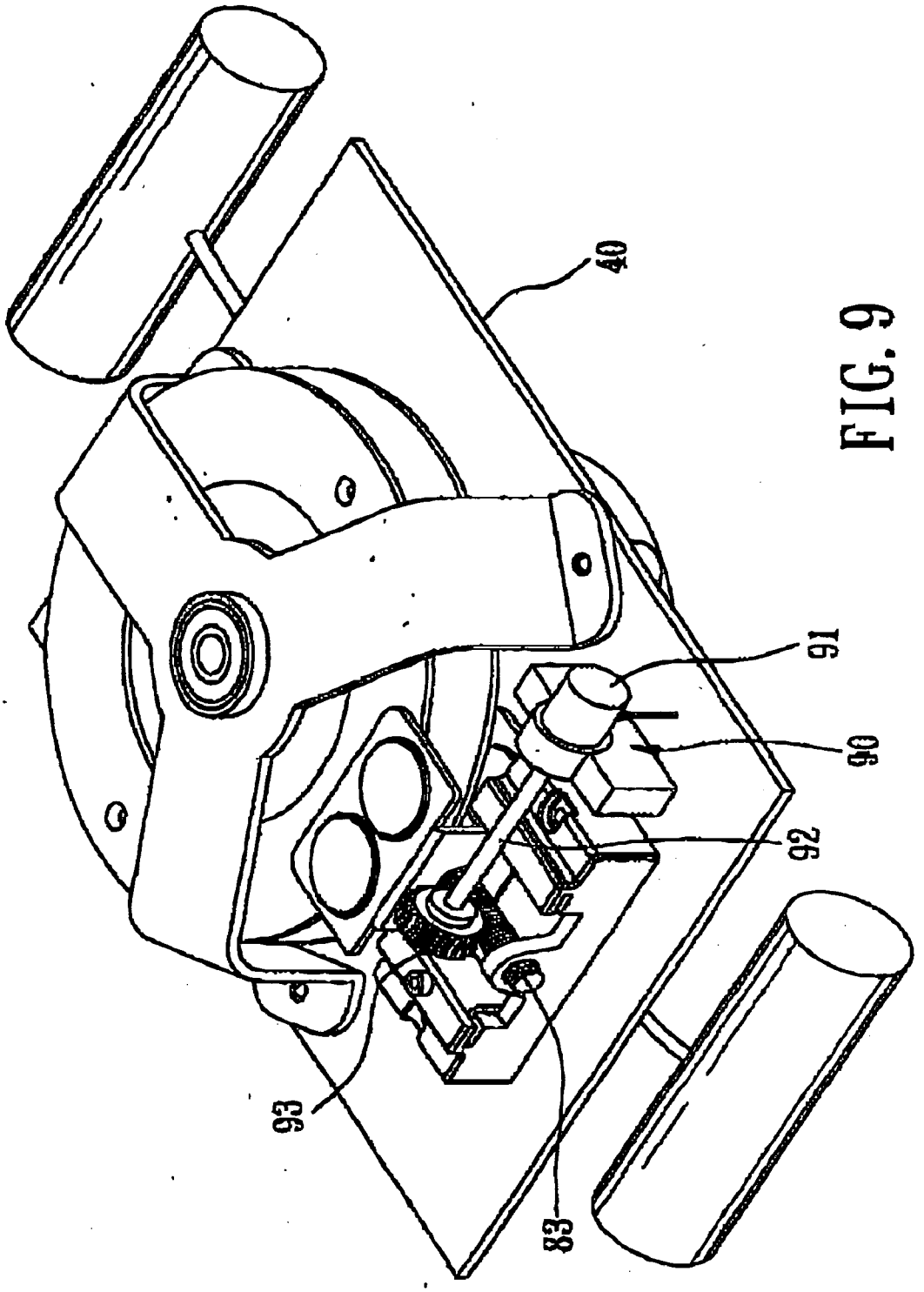

FIG. 9

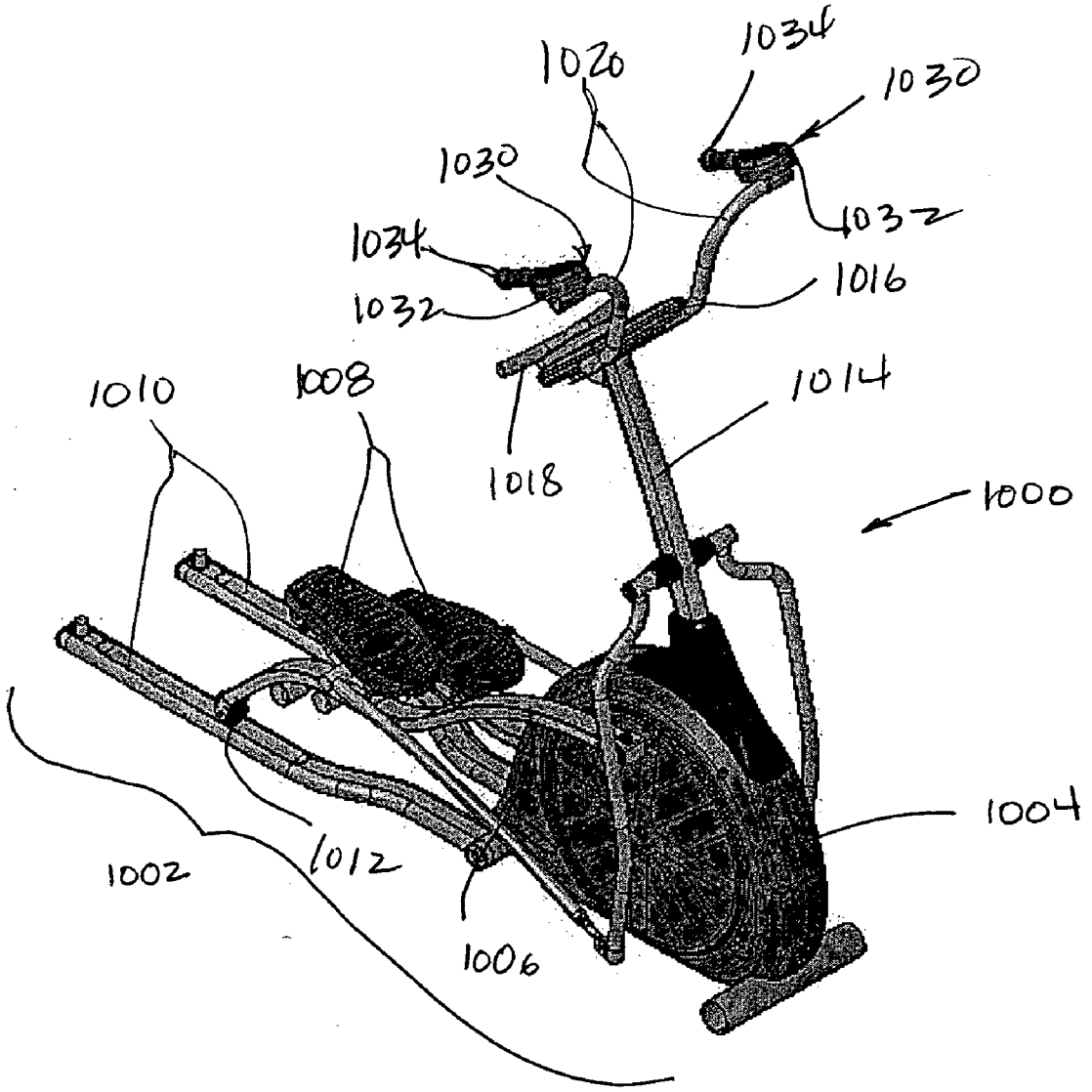
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FIG. 10

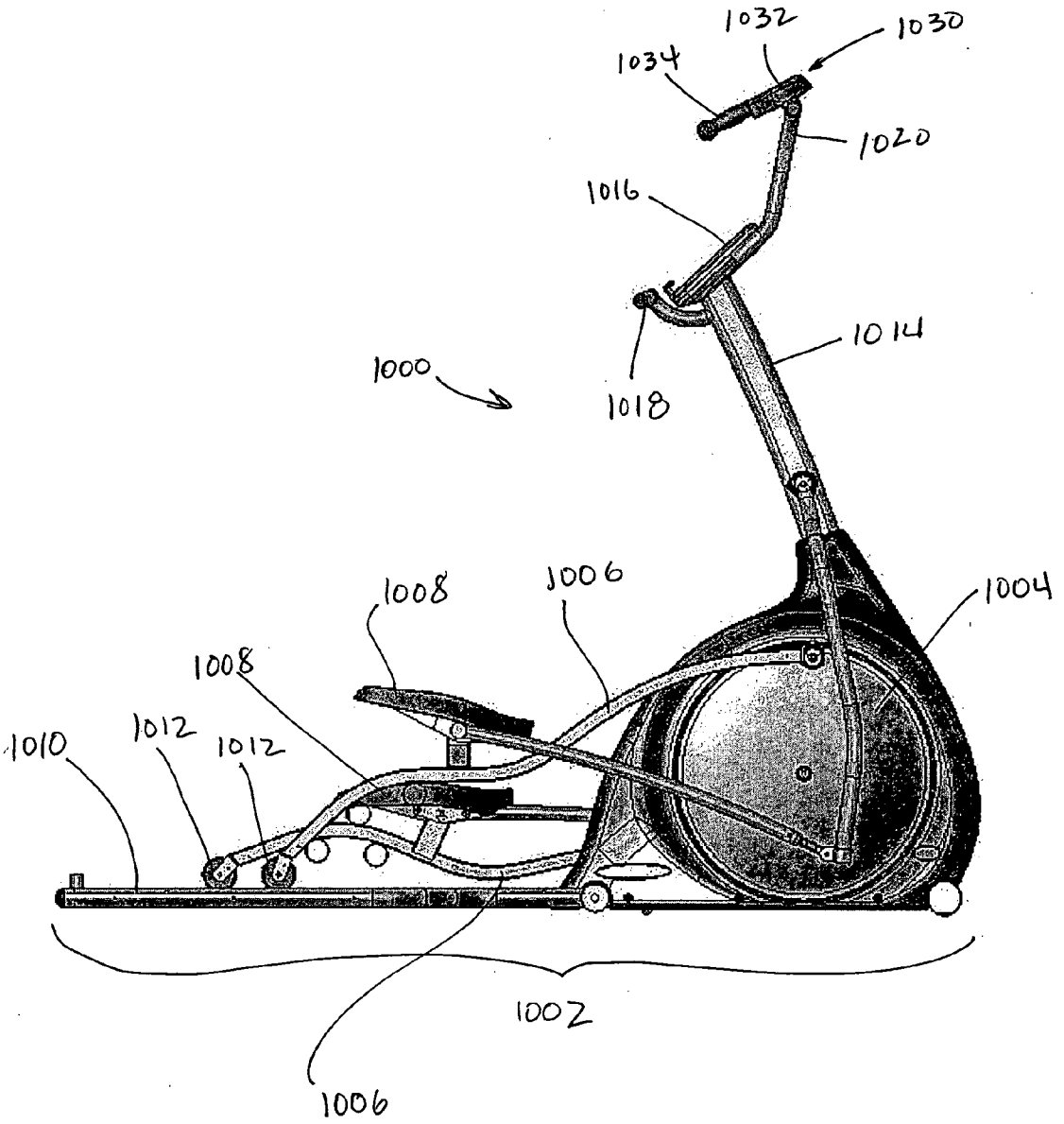
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FIG. 11

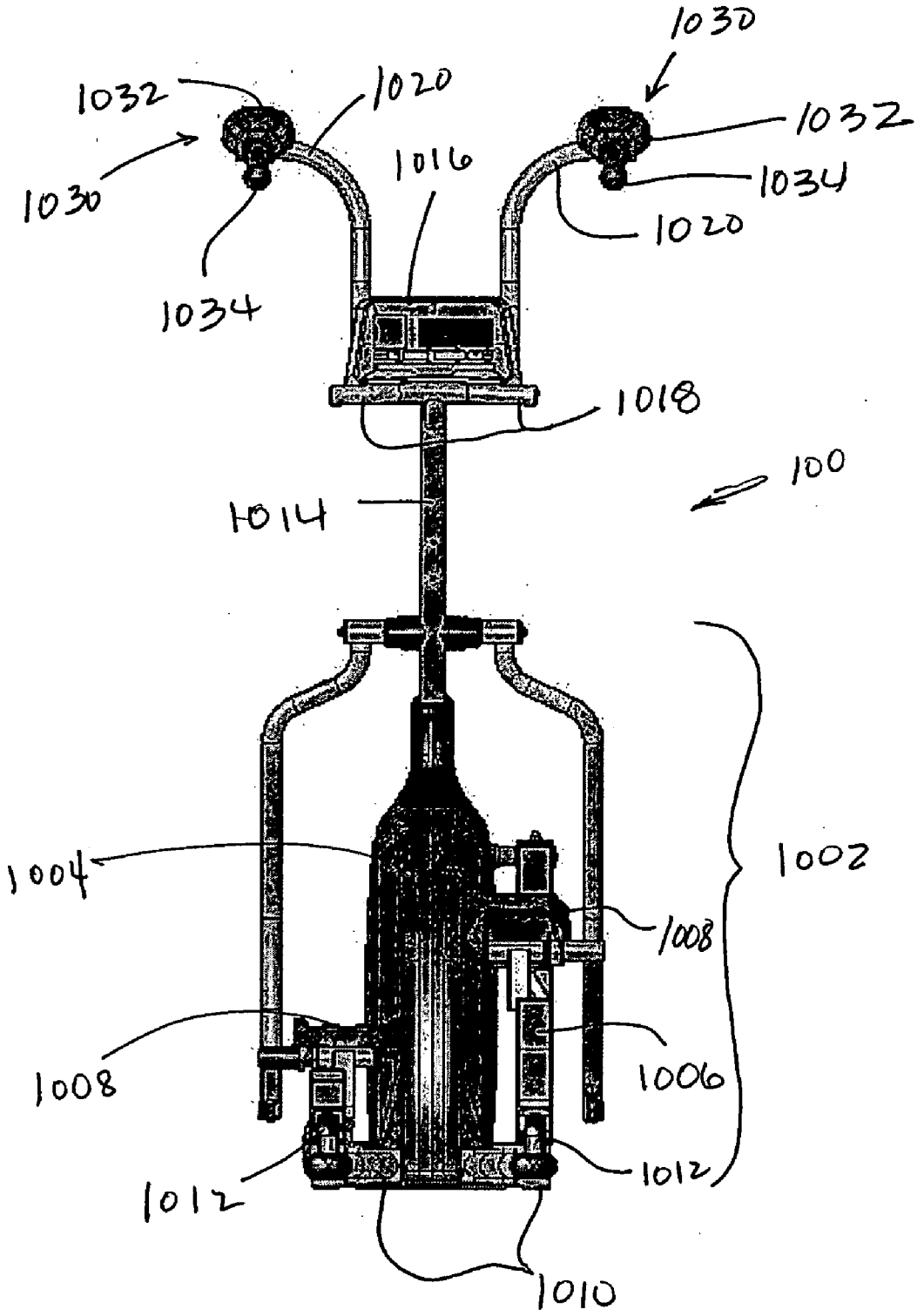
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FIG. 12

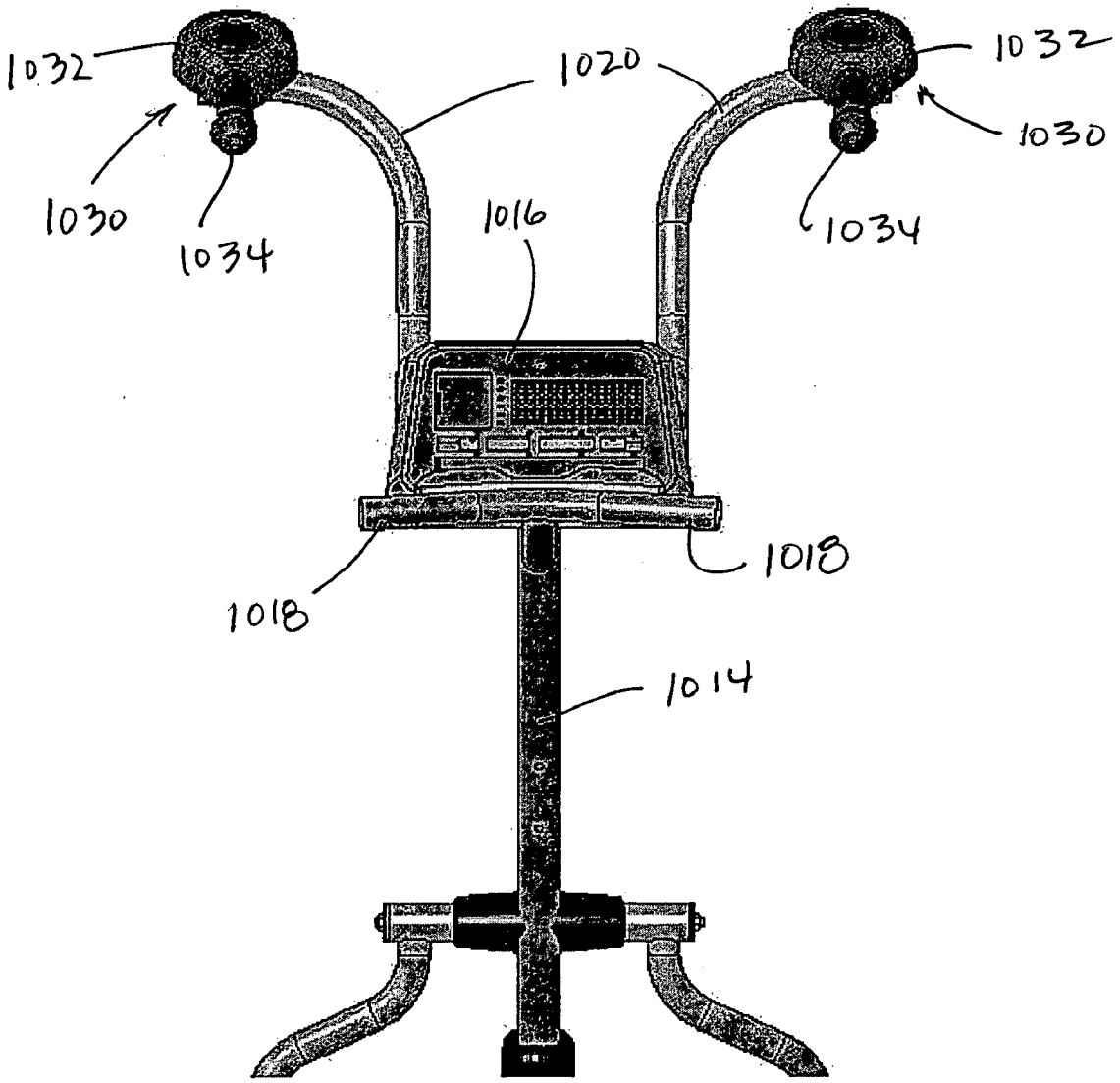

FIG. 13

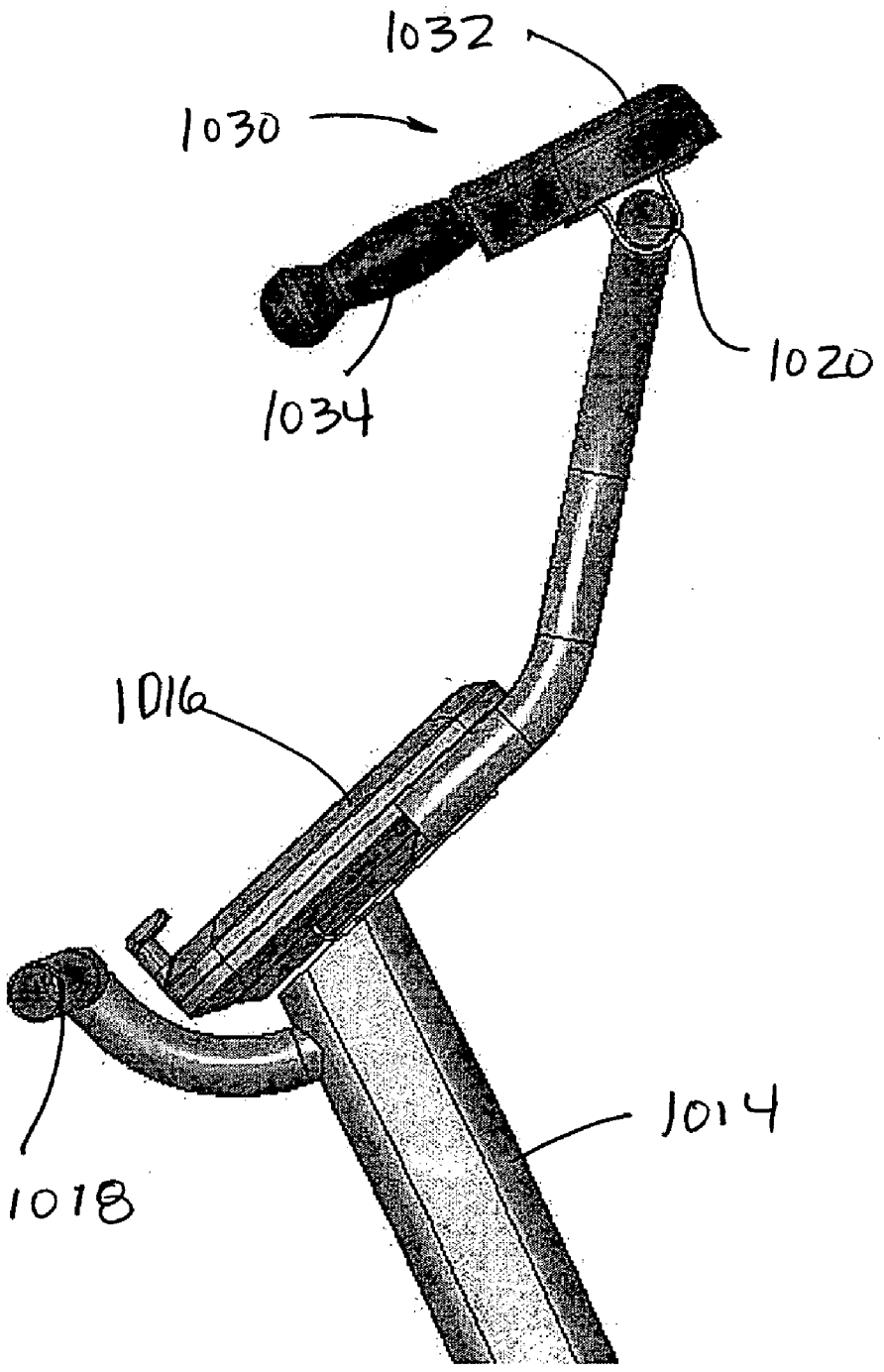

FIG. 14

DUAL-FUNCTION TREADING EXERCISER

FIELD AND BACKGROUND OF THE INVENTION

[0001] The invention relates to a dual-function exerciser that exercises muscles and muscle groups in both the upper and lower body.

[0002] A conventional treading exerciser includes a treading platform, a continuous tread that extends around the platform, an upright frame that extends upwardly from a front end of the platform, a control panel mounted on a top portion of the upright frame, and a pair of fixed handles disposed on opposite sides of the control panel.

[0003] Some treading exercises include upper body exercise components that attempt to simulate various activities such as running, cross-country skiing, and others. These prior devices have numerous disadvantages that fail to exercise the muscle groups of the chest and abdomen or do so in an unnatural movement. Other devices are impractical to manufacture or difficult to maintain.

SUMMARY OF THE INVENTION

[0004] Therefore, the main object of the present invention is to provide a dual-function exerciser that can provide exercise function for the whole body of the user, that can train the user's arm, chest, back, abdominal, and leg muscles, and that can improve functioning of the user's cardiopulmonary system. The exerciser includes independently operated movable handle units that provide a variety of arm movements to simulate different activities.

[0005] According to the present invention, a dual-function exerciser can include a treading platform, an upright frame, and a movable handle assembly. The treading platform has a front end, and is provided with a continuous tread extending around the platform. The upright frame includes an upright frame body connected to the front end of the platform, and an optional pair of fixed handles connected to an upper portion of the frame body. The movable handle assembly includes a pair of pulling devices mounted on the frame, and a rotary shaft journalled on the frame. Each of the pulling devices includes a housing with a receiving chamber, a pulley disposed rotatably in the chamber, a pull cord wound on the pulley, a handgrip fastened to an end of the pull cord and movable rearwardly to unwind the pull cord from the pulley, and a biasing unit for biasing the pull cord to wind around the pulley when the cord is pulled rearwardly and is subsequently released. This device permits the user's arms to move independently from one another and in a more natural motion.

[0006] Instead of a tread exerciser, other embodiments can include elliptical motion devices, stair climbers, bicycles and others.

BRIEF DESCRIPTION OF THE DRAWINGS

[0007] Other features and advantages of the present invention will become apparent in the following detailed description of the preferred embodiments with reference to the accompanying drawings, of which:

[0008] **FIG. 1** is a perspective view of the first preferred embodiment of a dual-function treading exerciser according to the present invention;

[0009] **FIG. 2** is a perspective view of a movable handle assembly of the first preferred embodiment;

[0010] **FIG. 3** is a partly exploded perspective view of the movable handle assembly of the first preferred embodiment;

[0011] **FIG. 4** is a fragmentary sectional view of the movable handle assembly of the first preferred embodiment;

[0012] **FIG. 5** is a view substantially similar to **FIG. 4**, illustrating how an adjustable magnetic resistance device of the movable handle assembly can be adjusted so as to move toward a flywheel assembly, and how the flywheel assembly and pulleys of the pulling devices of the movable handle assembly rotate when the pull cords of the pulling devices are pulled outwardly;

[0013] **FIG. 6** is a sectional schematic view of a lower pulling device of the movable handle assembly of the first preferred embodiment, illustrating a pull cord, a biasing unit, and a handgrip of the pulling device in a normal state;

[0014] **FIG. 7** is a view substantially similar to **FIG. 6**, illustrating the lower pulling device of the movable handle assembly of the first preferred embodiment in a state of use;

[0015] **FIG. 8** is a schematic view of the first preferred embodiment in a state of use; and

[0016] **FIG. 9** is a perspective view of a movable handle assembly of the second preferred embodiment of a dual-function treading exerciser according to the present invention.

[0017] **FIG. 10** is a perspective view of another dual-function exerciser in accordance with the present invention in the form of an elliptical machine with movable handle assemblies.

[0018] **FIG. 11** is a side elevational view of the dual-function exerciser of **FIG. 10**.

[0019] **FIG. 12** is a rear elevational view of the dual-function exerciser of **FIG. 10**.

[0020] **FIG. 13** is a partial rear elevational view of the dual-function exerciser of **FIG. 10**.

[0021] **FIG. 14** is a partial side elevational view of the dual-function exerciser of **FIG. 10**.

DESCRIPTION OF THE PREFERRED EMBODIMENTS

[0022] Before the present invention is described in greater detail, it should be noted that like elements are denoted by the same reference numerals throughout the disclosure.

[0023] Referring to **FIG. 1**, the first preferred embodiment of a dual-function exerciser according to the present invention. The dual-function exerciser in the depicted embodiments includes a treadmill for exercising the lower body, but it could be another type of exerciser such as an elliptical motion machine, a stair step device, or a bicycle, for example. The treadmill portion of the depicted exerciser is shown to comprise a treading platform **1**, an upright frame **2**, and a movable handle assembly **4**.

[0024] The treading platform **1** includes a base **101**, a continuous tread **102** exposed from a top portion of the base **101** and disposed to extend around the platform **1**, a foot member **103** disposed on a bottom portion of the base **101**

for supporting the platform **1**, and a front end **104**. The foot member **103** either alone or in combination with other foot members can be designed to adjust the incline angle of the tread.

[**0025**] The upright frame **2** includes an upright frame body **10** connected to the front end **104** of the platform **1**, a control panel **20** mounted on the upright frame body **10** in a known manner, and a pair of fixed handles **30** connected to an upper portion of the frame body **10**. The connections may be bolted, welded or joined in any suitable manner. Further, the fixed handles **30** are optional and provide the user of using only the tread portion, if desired.

[**0026**] The movable handle assembly **4** is mounted on the control panel **20** of the frame **2** (see **FIG. 1**), and is preferably disposed substantially higher than the fixed handles **30** (see **FIG. 1**) in this embodiment. Referring to **FIGS. 2, 3**, and **8**, the movable handle assembly **4** is shown to include a support plate **40**, a pair of superimposed upper and lower pulling devices **50**, **50'** mounted on a rear side surface of the plate **40**, a flywheel assembly **70** mounted on a front side of the plate **40**, a rotary shaft **60** journalled on the plate **40**, and an adjustable magnetic resistance device **80** mounted on the plate **40** and disposed adjacent to the flywheel assembly **70**.

[**0027**] Each of the upper and lower pulling devices **50**, **50'** includes a housing **51** with a receiving chamber **511**, a pulley **52** disposed rotatably in the chamber **511**, a unidirectional bearing **53**, a pull cord **55** wound on the pulley **52**, a handgrip **54**, and a biasing unit. Since the pulling devices **50** are generally similar to each other in construction, only one of the pulling devices **50** will be described in the succeeding paragraph. Although described and depicted as vertically superimposed, the pulling devices **50** and **50'** can be horizontally superimposed, at different orientations, or spaced apart, and be within the scope of the present invention.

[**0028**] The housing **51** includes a bottom wall **511'**, an outer surrounding wall **513** that extends frontwardly from an outer periphery of the bottom wall **511'**, a central hole **510** for extension of the rotary shaft **60** there through, and an inner surrounding wall **515** that is disposed between the central hole **510** and the outer surrounding wall **513**. A pulley-receiving chamber **512** is defined among the bottom wall **511'**, the outer surrounding wall **513**, and the inner surrounding wall **515**.

[**0029**] A receiving space **514** is defined among the bottom wall **511'**, the inner surrounding wall **513**, and the unidirectional bearing **53**. The pulley-receiving chamber **512** and the receiving space **514** constitute the receiving chamber **511**. The outer surrounding wall **513** is formed with a notch **517**, and has a positioning piece **518** that is inserted removably into the notch **517** and that has a cord hold **519**. The inner surrounding wall **515** is formed with a retaining groove **516**.

[**0030**] The pulley **52** is disposed in the pulley-receiving chamber **512** in the housing **51**, is formed with a reeling portion **522**, an axial hole **521** defined by an annular inner wall **520** for receiving the unidirectional bearing **53** therein, and a receiving space **524** that is defined cooperatively by a bottom wall **523** and an annular outer wall **525** of the pulley **52** and that cooperates with the receiving space **514** in the housing **51** to confine the biasing unit between the housing **51** and the pulley **52**.

[**0031**] The pull cord **55** is wound on the pulley **52**, and has a front-end portion **551** fastened to the reeling portion **522** of the pulley **52**, and a rear end portion **552** that extends out of the housing **51** and that is fastened to the handgrip **54**. The pull cord **55** can be made of any material that can apply tension to rotate the pulley **52** and then be retracted for subsequent and repetitious operation. As used herein, "cord" can include any material that can be tensioned such as rope, chain, leather, rubber, natural or manmade materials. The unidirectional bearing **53** is disposed between the rotary shaft **60** and the pulley **52** so as to rotate the rotary shaft **60** synchronously with the pulley **52** only when the pulley **52** rotates in a direction, in which the pull cord **55** is unwound from the pulley **52**.

[**0032**] Although depicted as being positioned on the control panel **20**, the movable handle assembly can be connected to any portion of the device with the cords **55** extending over pulleys or through guides that create an effect of tension at or above shoulder level of the user.

[**0033**] The handgrip **54** is movable rearwardly to unwind the pull cord **55** from the pulley **52**. The handgrip **54** is movable rearwardly to unwind the pull cord **55** from the pulley **52**. The handgrip **54** is disposed outside the housing **51**, is formed with a through hole **541** for extension of the rear end portion **552** of the pull cord **55** there through, and is retained on the pull cord **55** by tying the rear end portion **552** of the pull cord **55** into a knot, as shown in **FIGS. 6 and 7**. The biasing unit is used for biasing the pull cord **55** to wind around the pulley **52** when the pull cord **55** is pulled rearwardly and is subsequently released, and includes a spring member **526** connected between the housing **51** and the pulley **52** for biasing the pulley **52** to rotate in the chamber **512** in a predetermined direction. In this embodiment, the spring member **526** is a spiral spring that has one end **5262** inserted into the retaining groove **516** in the inner surrounding wall **515** of the housing **51**, and the other end **5261** fastened to a post **527** on the bottom wall **523** of the pulley **52**. To vary the force exerted by the spring member **526**, the spring can be repositioned, tightened or loosened by an external handle or other suitable mechanism.

[**0034**] The only difference between the upper and lower pulling devices **50**, **50'** resides in that the housing **51** of the upper pulling device **50** is formed with three upper lugs **509** fixed to the support plate **40** by means of three bolts (B1) (only one is shown in **FIG. 3**) that extend through the upper lugs **509**; while the housing **51** of the lower pulling device **50'** and the plate **40** to engage three nuts (N1), and three lower lugs **509'**A is formed with three lugs **509"**B fixed threadedly to the lower lugs **509'** by means of three bolts (B2).

[**0035**] The flywheel assembly **70** is mounted on the rotary shaft **60**, and includes a flywheel **75** having a central hole **74**, a pair of magnetically conductive brass rings **73** disposed respectively on opposite sides of the flywheel **75**, and a protective member **76** that is mounted on the support plate **40** by means of three screws (B3) that extend through the protective member **76** and the plate **40** to engage three nuts (N2) (only one is shown in **FIG. 3**). The rotary shaft **60** extends through the central hole **74** in the flywheel **75** in such a manner that the flywheel **75** is sleeved on the rotary shaft **60**. The protective member **76** has a central hole **761** with a bearing **762** inserted therein. The rotary shaft **60** is

journalled on the support plate **40** by means of a thrust bearing **77** and the bearing **762** so as to permit smooth rotation of the flywheel **75** relative to the plate **40**.

[**0036**] The adjustable magnetic resistance device **80** is disposed adjacent to the flywheel assembly **70** so as to provide resistance to rotation of the flywheel assembly **70**, and includes a positioning seat **81**, a threaded shaft **83**, and a magnet seat **82**. The positioning seat **81** is fixed on the support plate **40**, and has two spaced-apart parallel sliding rails **811**. The threaded shaft **83** is journalled on the positioning seat **81**, and has one end provided with a hand knob **831** to facilitate manual adjustment of the threaded shaft **83**, and the other end formed with an externally threaded portion **832**. The magnet seat **82** includes a U-shaped body **821** and two spaced-apart parallel sliding plates **822** that are connected to the U-shaped body **821** and that are disposed respectively and slidably along the sliding rails **811**. The body **821** has two opposite side walls **823**, **824** which are provided respectively with two aligned magnet units **825**, between which the flywheel assembly **70** is disposed, and a connecting wall **826** which interconnects the side walls **823**, **824** and which is formed with a threaded hole **8261** that engages the externally threaded portion **832** of the threaded shaft **83** so as to move the U-shaped body **821** toward and away from the flywheel **75** when the threaded shaft **83** is rotated relative to the positioning seat **81**, thereby adjusting magnitude of the resistance.

[**0037**] Referring to **FIG. 8**, when performing a running exercise, the user's hands can grip the fixed handles **30** so as to obtain suitable body support, thereby preventing accidents due to imbalance. When the user performs a treading exercise or jogging, the user's hands can pull the handgrips **54** and move the foot and body portions accordingly. Due to the resistance provided by the spring members **526** (see **FIG. 5**) of the biasing units when the handgrips **54** are pulled from the position shown in **FIG. 6** to the position shown in **FIG. 7**, training of the user's forearms, stomach and leg muscles can be achieved, and functioning of the user's lungs can be improved, thereby effecting whole body exercise. Thus, the dual-function treading exerciser of the present invention does not only function as an ordinary treading exerciser, but also can provide training of the user's arm portion, back, chest and abdominal portion and leg portion and improve functioning of the cardiopulmonary system while permitting movement of the user's body in a comfortable and natural manner.

[**0038**] Referring to **FIGS. 3 and 4**, with regard to the operation of the biasing units, because each of the upper and lower pulling devices **50**, **50'** is journalled to the rotary shaft **60** by means of the unidirectional bearing **53**, when either of the handgrips **54** is pulled rearwardly, the corresponding pull cord **55** is unwound from the corresponding pulley **52** such that the corresponding pulley **52** rotates in a direction (A) (see **FIG. 7**) so as to rotate the rotary shaft **60** and the flywheel **75** synchronously with the corresponding pulley **52**. Subsequently, upon release of the handgrip **54**, the corresponding spring member **526** biases the corresponding pull cord **55** to wind around the corresponding pulley **52**. At this time, the corresponding pulley **52** rotates in a direction that is opposite to the direction (A) (see **FIG. 7**) so that rotation of the corresponding pulley **52** cannot be transferred to the rotary shaft **60** and the flywheel **75**.

[**0039**] Referring to **FIGS. 5 and 7**, when the handgrips **54** are pulled, due to the magnetic force applied on the flywheel **75** by the magnet units **825**, the spring members **526** and the magnetic resistance device **80** provide cooperatively a relatively great resistance to rearward movement of the handgrips **54** during exercise. Referring once again to **FIG. 8**, because the movable handle assembly **4** is disposed substantially higher than the fixed handles **30**, when the user uses the pulling devices **50**, **50'**, the handgrips **54** are pulled rearwardly and downwardly such that movement of the handgrips **54** can train not only the forearm muscles, but also the abdominal muscles.

[**0040**] Referring back to **FIG. 5**, when an increased load of exercise is desired, the hand knob **831** is rotated so as to move the magnet seat **82** toward the flywheel **75** in a direction (B) in order to obtain a greater magnetic force. When the magnet seat **82** is moved away from the flywheel **75**, as shown in **FIG. 4**, the magnetic resistance is reduced.

[**0041**] Referring to **FIG. 9**, the adjustable magnetic resistance device **90** of the second preferred embodiment of the dual-function treading exerciser according to the present invention is shown to be substantially similar to the adjustable magnetic resistance device **80** (see **FIG. 3**) of the first preferred embodiment. However, in this embodiment, the magnetic resistance device **90** further includes a motor **91** and a gear **93**. The motor is disposed on the support plate **40**, and is provided with a motor shaft **92**. The gear **93** is sleeved on the motor shaft **92**, and engages the externally threaded portion of the threaded shaft **83** so as to transfer rotation of the motor shaft **92** to the threaded shaft **83**.

[**0042**] For all embodiments of the present invention, the resistance on the cords can preferably be adjusted from 0 to 15 lbs in 0.5 lb increments. In addition, the independent moveable handle assemblies can be programmed to allow the user to simulate a variety of natural body movements similar to running, running on hills, ascending steps, and cross-country skiing. Exercises can also be programmed to optimize exercises for particular muscle groups such as the upper body, back, abdominals, triceps, biceps, and fat burning.

[**0043**] Further, the display can prompt the user to select exercises from a list including poling, double poling, chest fly, tricep pushdown, shoulder press, bicep curl, low row, and tricep extension. The device could also be programmed to sequence through a variety of these exercises for a well-rounded workout.

[**0044**] The dual-function treading exerciser of the present invention preferably has fixed handles **30** to support the user during a running exercise, but also has a movable handle assembly **4** that can effectively train arms, chest, back, abdominal, and leg muscles of the user and that can improve functioning of the user's cardiopulmonary system, thereby effecting exercise of the user's whole body.

[**0045**] The movable handle assembly **4**, which includes the flywheel assembly **70** and the adjustable magnetic resistance device **80**, enables the user to obtain a greater exercise effect. Furthermore, the presence of the upper and lower pulling devices **50**, **50'** in the movable handle assembly **4** enables the user's hands to follow the body movement in a comfortable and natural manner.

[0046] The movable handle assembly **4** is preferably disposed at a higher elevation than the fixed handles **30** so as to train not only the forearm muscles, but the stomach muscles as well.

[0047] In alternate embodiments, (not depicted) the movable hand assembly **4** is disposed at or below the elevation of the fixed handles **30**. In these embodiments, the elevation from which the resistance is applied to an exerciser can be fixed at elevations at or above the user's shoulder height using pulleys or guides to re-direct the cord. The movable handle assemblies can be adjustable by shifting frame elements that re-position the movable hand assembly.

[0048] Similarly, lateral positions from which resistance is applied can be fixed or made adjustable. The various positions from which resistance is applied can be used to exercise muscle groups of different types, combinations, or strength levels of the user.

[0049] The user of the dual-function exerciser of the present invention has the option to move each handle independently from the other. The handles are preferably shoulder height and width apart and are moved together or separately back and downward with straight arms. The effect is to exercise the user's torso or "core" area, which can include the abdominals, obliques, lower back, lats, pectorals, and trapezius. Also, the shoulders and triceps are exercised. The combination of walking/running on a treadmill increases caloric expenditures while simultaneously toning and building torso and arm muscles.

[0050] By positioning a handle at shoulder height and moving it downward more torso muscles and muscle groups are exercised when compared to the use of prior art exercisers. With such larger muscles and muscle groups being exercised, caloric expenditures can increase up to 40% over a corresponding treadmill workout of similar duration. Further, independent movement of the handles permits more natural user movement, allows for a variety of different upper body exercises and enhances the user's ability to maintain balance.

[0051] Illustrated in **FIGS. 10 through 14** is an alternate embodiment of a dual-function exerciser **1000** in accordance with the present invention. The exerciser **1000** includes a lower body exerciser **1002** in the form of an elliptical motion exercise device that includes a front fly wheel assembly **1004**, a pair of rearwardly extending pedal arms **1006**, a pair of foot pads **1008** mounted on the pedal arms **1006**, and a pair of rails **1010** on which the rear ends **1012** of the pedal arms **1006** roll. There are a variety of elliptical motion exercise devices that can be used as the lower body exerciser **1002**, but the embodiment illustrated is a typical design that can benefit from the use of the device **1000** as a dual-function unit.

[0052] Extending upward from the lower body exerciser **1002** is a mast **1014** that supports a display panel **1016**, a pair of lower stationary handle bars **1018**, and a pair of higher stationary handle bars **1020**.

[0053] Mounted on the higher stationary handle bars **1020** is a pair of movable handle assemblies **1030** each of which includes a housing **1032** and a handle **1034**. Each handle **1034** is connected to a cord and retracting mechanism as described above in reference to the other embodiments.

[0054] Operation of the elliptical embodiment of the dual-function exerciser **1000** is similar to that described above regarding the treading exerciser except that the user's legs move in an elliptical path. The upper body workout is the same as discussed above and includes as many options for independent arm movement and structural modifications as described above.

[0055] Other lower body exercise devices can also be included in the present invention.

[0056] While the present invention has been described in connection with what is considered the most practical and preferred embodiments, it is understood that this invention is not limited to the disclosed embodiments but is intended to cover various arrangements included within the spirit and scope of the broadest interpretation so as to encompass all such modifications and equivalent arrangements.

1. A dual-function treading exerciser comprising:

a lower body exerciser and an upper body exerciser, said upper body exerciser including;

a frame joined to the lower body exerciser; and

a movable handle assembly including a pair of pulling devices mounted on said frame, and a rotary shaft journalled on said frame, each of said pulling devices including, a pulley disposed on said frame, a pull cord wound on said pulley, a handgrip fastened to an end of said pull cord and movable rearwardly to unwind said pull cord from said pulley, and a biasing unit for biasing said pull cord to wind around said pulley when said cord is pulled rearwardly and is subsequently released.

2. The dual-function exerciser of claim 1, wherein said lower body exerciser comprises:

a treading platform; and

a continuous tread extending around said platform.

3. The dual-function exerciser of claim 1, wherein said movable handle assembly is joined to a front portion of said frame.

4. The dual-function exerciser of claim 1, wherein said frame extends upwardly from a front portion of said dual-function exerciser.

5. The dual-function exerciser of claim 1, wherein said frame extends upwardly from a front portion of said dual-function exerciser, and said movable handle assembly is joined to an upper portion of said frame.

6. The dual-function exerciser of claim 1, and further comprising fixed handles, and wherein said movable handle assembly is disposed substantially higher than said fixed handles.

7. The dual-function exerciser of claim 1, wherein said biasing unit of each of said pulling devices includes a spring member biased to rotate in a predetermined direction.

8. The dual-function exerciser of claim 7, wherein said spring member is a spiral spring that is fastened to a housing at one end and to the respective one of said pulleys at the other end.

9. The dual-function treading exerciser of claim 1, wherein said movable handle assembly further includes:

a flywheel assembly mounted on said rotary shaft;

a unidirectional bearing disposed between said rotary shaft and each of said pulleys so as to rotate said rotary

shaft synchronously with said pulleys only when said pulleys rotate in a direction, in which said pull cords are unwound from said pulleys; and

an adjustable magnetic resistance device disposed adjacent to said flywheel assembly so as to provide resistance to rotation of said flywheel assembly.

10. The dual-function treading exerciser of claim 9, wherein said flywheel assembly includes a flywheel, and a pair of magnetically conductive rings disposed respectively and on opposite sides of said flywheel, said adjustable magnetic resistance device including:

a positioning seat fixed on said frame and having two spaced-apart parallel sliding rails;

a threaded shaft journalled on said positioning seat and having an externally threaded portion; and

a magnet seat including a U-shaped body and two spaced-apart parallel sliding plates that are connected to said U-shaped body and that are disposed respectively and slidably along said sliding rails, said body having two opposite side walls which are provided respectively with two aligned magnet units, between which said flywheel assembly is disposed, and a connecting wall which interconnects said side walls and which is formed with a threaded hole that engages said threaded shaft so as to move said U-shaped body toward and away from said flywheel when said threaded shaft is rotated relative to said positioning seat, thereby adjusting magnitude of the resistance.

11. The dual-function treading exerciser of claim 10, wherein said magnetic resistance device further includes:

a motor disposed on said frame and provided with a motor shaft; and

a gear sleeved on said motor shaft and engaging said externally threaded portion of said threaded shaft so as to transfer rotation of said motor shaft to said threaded shaft.

12. A dual-function treading exerciser comprising:

a lower body exerciser and an upper body exerciser, said upper body exerciser including;

a frame joined to the lower body exerciser; and

a movable handle assembly including a pair of pulling devices mounted on said frame, and a rotary shaft journalled on said frame, each of said pulling devices including, a chamber, a pulley disposed in said chamber, a pull cord wound on said pulley, a handgrip fastened to an end of said pull cord and movable rearwardly to unwind said pull cord from said pulley, and a biasing unit for biasing said pull cord to wind around said pulley when said cord is pulled rearwardly and is subsequently released.

13. The dual-function exerciser of claim 12, wherein said lower body exerciser comprises:

a treading platform; and

a continuous tread extending around said platform.

14. The dual-function exerciser of claim 12, wherein said movable handle assembly is joined to a front portion of said frame.

15. The dual-function exerciser of claim 12, wherein said frame extends upwardly from a front portion of said dual-function exerciser.

16. The dual-function exerciser of claim 12, wherein said frame extends upwardly from a front portion of said dual-function exerciser, and said movable handle assembly is joined to an upper portion of said frame.

17. The dual-function exerciser of claim 12, and further comprising fixed handles, and wherein said movable handle assembly is disposed substantially higher than said fixed handles.

18. The dual-function exerciser of claim 12, wherein said biasing unit of each of said pulling devices includes a spring member biased to rotate in said chamber in a predetermined direction.

19. The dual-function exerciser of claim 18, wherein said spring member is a spiral spring that is fastened to a housing at one end and to the respective one of said pulleys at the other end.

20. The dual-function treading exerciser of claim 1, wherein said movable handle assembly further includes:

a flywheel assembly mounted on said rotary shaft;

a unidirectional bearing disposed between said rotary shaft and each of said pulleys so as to rotate said rotary shaft synchronously with said pulleys only when said pulleys rotate in a direction, in which said pull cords are unwound from said pulleys; and

an adjustable magnetic resistance device disposed adjacent to said flywheel assembly so as to provide resistance to rotation of said flywheel assembly.

21. The dual-function treading exerciser of claim 20, wherein said flywheel assembly includes a flywheel, and a pair of magnetically conductive rings disposed respectively and on opposite sides of said flywheel, said adjustable magnetic resistance device including:

a positioning seat fixed on said frame and having two spaced-apart parallel sliding rails;

a threaded shaft journalled on said positioning seat and having an externally threaded portion; and

a magnet seat including a U-shaped body and two spaced-apart parallel sliding plates that are connected to said U-shaped body and that are disposed respectively and slidably along said sliding rails, said body having two opposite side walls which are provided respectively with two aligned magnet units, between which said flywheel assembly is disposed, and a connecting wall which interconnects said side walls and which is formed with a threaded hole that engages said threaded shaft so as to move said U-shaped body toward and away from said flywheel when said threaded shaft is rotated relative to said positioning seat, thereby adjusting magnitude of the resistance.

22. The dual-function treading exerciser of claim 21, wherein said magnetic resistance device further includes:

a motor disposed on said frame and provided with a motor shaft; and

a gear sleeved on said motor shaft and engaging said externally threaded portion of said threaded shaft so as to transfer rotation of said

motor shaft to said threaded shaft.

23. A dual-function treading exerciser comprising:

a lower body exerciser and an upper body exerciser, said upper body exerciser including;

a frame joined to the lower body exerciser; and

a movable handle assembly including a pair of pulling devices mounted on said frame to operate independently of one another to enable a plurality of upper body exercises, and a rotary shaft journalled on said frame, each of said pulling devices including, a pulley disposed on said frame, a pull cord wound on said pulley, a handgrip fastened to an end of said pull cord and movable rearwardly to unwind said pull cord from said pulley, and a biasing unit for biasing said pull cord to wind around said pulley when said cord is pulled rearwardly and is subsequently released.

24. The dual-function exerciser of claim 23, wherein said lower body exerciser comprises:

a treading platform; and

a continuous tread extending around said platform.

25. The dual-function exerciser of claim 23, wherein said movable handle assembly is joined to a front portion of said frame.

26. The dual-function exerciser of claim 23, wherein said frame extends upwardly from a front portion of said dual-function exerciser.

27. The dual-function exerciser of claim 23, wherein said frame extends upwardly from a front portion of said dual-function exerciser, and said movable handle assembly is joined to an upper portion of said frame.

28. The dual-function exerciser of claim 23, and further comprising fixed handles, and wherein said movable handle assembly is disposed substantially higher than said fixed handles.

29. The dual-function exerciser of claim 23, wherein said biasing unit of each of said pulling devices includes a spring member biased to rotate in a predetermined direction.

30. The dual-function exerciser of claim 29, wherein said spring member is a spiral spring that is fastened to a housing at one end and to the respective one of said pulleys at the other end.

31. The dual-function treading exerciser of claim 23, wherein said movable handle assembly further includes:

a flywheel assembly mounted on said rotary shaft;

a unidirectional bearing disposed between said rotary shaft and each of said pulleys so as to rotate said rotary shaft synchronously with said pulleys only when said pulleys rotate in a direction, in which said pull cords are unwound from said pulleys; and

an adjustable magnetic resistance device disposed adjacent to said flywheel assembly so as to provide resistance to rotation of said flywheel assembly.

32. The dual-function treading exerciser of claim 31, wherein said flywheel assembly includes a flywheel, and a pair of magnetically conductive rings disposed respectively and on opposite sides of said flywheel, said adjustable magnetic resistance device including:

a positioning seat fixed on said frame and having two spaced-apart parallel sliding rails;

a threaded shaft journalled on said positioning seat and having an externally threaded portion; and

a magnet seat including a U-shaped body and two spaced-apart parallel sliding plates that are connected to said U-shaped body and that are disposed respectively and slidably along said sliding rails, said body having two opposite side walls which are provided respectively with two aligned magnet units, between which said flywheel assembly is disposed, and a connecting wall which interconnects said side walls and which is formed with a threaded hole that engages said threaded shaft so as to move said U-shaped body toward and away from said flywheel when said threaded shaft is rotated relative to said positioning seat, thereby adjusting magnitude of the resistance.

33. The dual-function treading exerciser of claim 32, wherein said magnetic resistance device further includes:

a motor disposed on said frame and provided with a motor shaft; and

a gear sleeved on said motor shaft and engaging said externally threaded portion of said threaded shaft so as to transfer rotation of said motor shaft to said threaded shaft.

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