Oct. 2, 1928.

1,686,423

J. M. THOMSON

EXERCISING DEVICE

Filed May 14, 1927

Fig. 1.

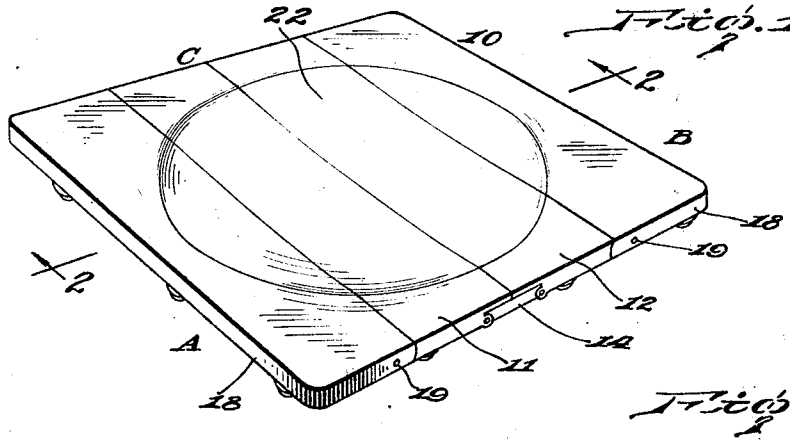


Fig. 2.

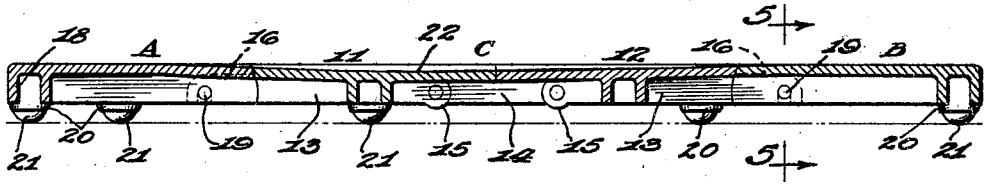


Fig. 4.

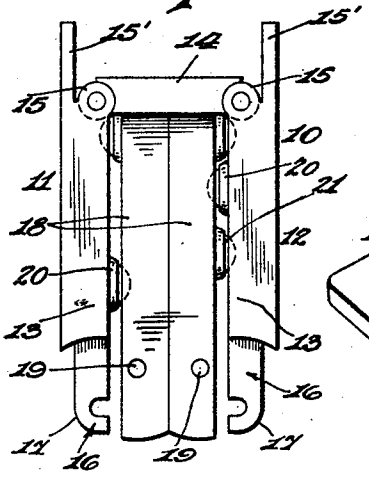


Fig. 3.

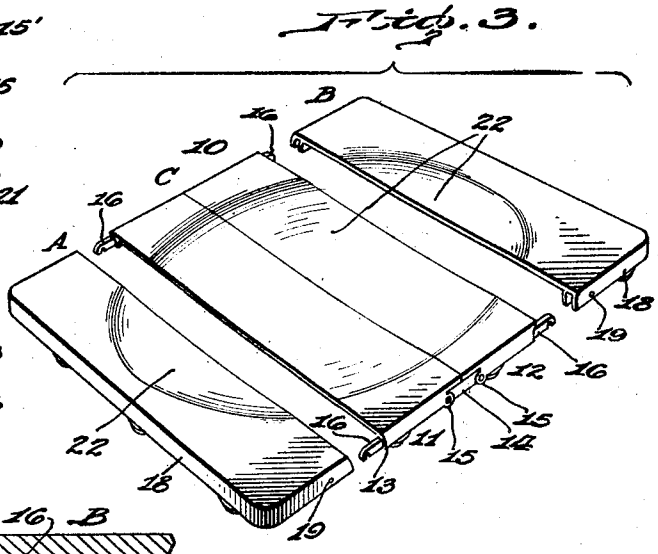
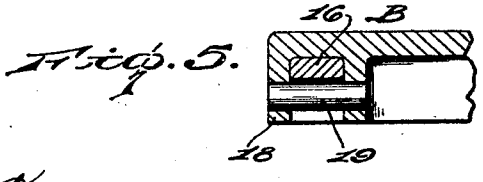


Fig. 5.



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WITNESS:

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UNITED STATES PATENT OFFICE.

JOHN M. THOMSON, OF BRONX, NEW YORK.

EXERCISING DEVICE.

Application filed May 14, 1927. Serial No. 191,396.

This invention relates to improvements in exercising devices and has particular reference to an abdominal exerciser.

The primary object of the invention is the provision of a device upon which a person may sit and derive the benefits of well-known abdominal exercises such as the back and forward bending exercise which strengthens the abdominal muscles, and which device permits of a free body movement when performing the same.

Another object of the invention is to provide a tractive seat upon which the exerciser may sit, and which is constructed of die-cast aluminum or other light material, the same being folded into a relatively small structure to facilitate the packing and carrying of the same when not in use.

A further object of the invention resides in an abdominal exerciser in the form of a seat having roller or ball bearings on the underside and by which the same may smoothly and noiselessly ride over a floor covered by rugs or carpets.

A still further object of the invention is to provide an exercising device of the kind mentioned which is simple of construction, inexpensive of manufacture, and strong and durable for the purpose intended.

With these and other objects in view, the invention resides in certain novel construction and combination and arrangement of parts, the essential features of which are hereinafter fully described, are particularly pointed out in the appended claims, and are illustrated in the accompanying drawing, in which:—

Figure 1 is a perspective view of my exercising device.

Figure 2 is a vertical sectional view therethrough on the line 2—2 of Figure 1.

Figure 3 is a perspective view of the device showing the parts in a separated position.

Figure 4 is an end elevation of the intermediate section in a folded condition with the end sections nested therein.

Figure 5 is an enlarged detail sectional view on the line 5—5 of Figure 2.

Referring more particularly to the drawing, the reference numeral 10 designates my improved exercising device in its entirety and which includes a pair of identical end sections A and B, and an intermediate section C, all of which are constructed of die-cast aluminum or other similar light weight metal, and co-acting to provide a seat for accommodating a person in a sitting posture.

The intermediate section C comprises a pair of sections 11 and 12, the under surface of which is provided with inverted U-shaped channel strips 13 about their outer side edges. The sections 11 and 12 are joined by a connecting piece 14 to which the inner ends of the channel strips 13 are pivotally connected by rule joints 15. The inner ends of the tops of the sections 11 and 12 overlap the hinge joints as at 15′ as shown in Figure 4 of the drawing, so that the sections meet when in a set-up position as shown in Figures 1 to 3 inclusive and the same overlie the connecting piece 14. Extending from the outer ends of the channel strips 13 are hook members 16 having curved noses 17 by which they may be detachably connected with the sections A and B in a manner now to be explained.

As hereinbefore mentioned, the sections A and B are identical in construction, therefore I shall describe but one in detail and this will suffice for the other. Each section is provided with a channel strip 18 on its underside and surrounds the outer edges of the sections. The inner ends of the channel strip are adapted to receive the hook members 16 of the respective sections 11 and 12 and are provided with pins 19 which are suspended between the sides of the channel strips as shown in Figure 5 of the drawing. When the end sections A and B are connected to the intermediate section C, the same are first brought into engagement at an angle with respect thereto to permit the hooks 16 to engage the respective pins 19, after which the sections A and B are swung up on a plane flush with the intermediate section and which swinging movement is permitted by reason of the curved noses 17.

The channel strips of the several sections are provided with sockets 20 for rotatably receiving ball bearings 21 and which ball bearings constitute a traction means by which the device may ride smoothly and noiselessly over a carpet or rug in any direction. The ball bearings 21 mounted on the foldable sections 11 and 12 are disposed in staggered relation when the section C is folded as shown in Figure 4 of the drawing to permit the pivoted sections to lie parallel with respect to each other and to fold in a flat and compact manner.

Although I have specifically stated that

the underside of the sections are provided with ball bearings, it will be appreciated that rollers or the like may be substituted therefor if desired.

The top face of the several co-acting sections are concaved to provide a dished surface 22 in the top of the device for comfortably receiving a person in a sitting posture.

In operation, a person sits upon the device and performs such exercises as is customary to perform in a sitting posture for the strengthening of the abdominal muscles, such as for instance, a back and forward bending exercise. During the movement of the body, the inertia will cause the device to travel back and forth thereby assuring a free body movement. If desired, the device may be used in connection with a well-known exercising apparatus, such as a rowing machine and the like.

When not in use, the end sections A and B may be disconnected from the intermediate section C, and the intermediate section folded to the positon shown in Figure 4 of the drawing. The sections A and B may be placed flat against the sections 11 and 12 of the intermediate section and the entire device packed in a travelling bag or wrapped into a relatively small package.

While I have described what I deem to be the most desirable embodiment of my invention, it is obvious that many of the details may be varied without in any way departing from the spirit of my invention, and I therefore do not limit myself to the exact details of construction herein set forth nor to anything less than the whole of my invention limited only by the appended claims.

What is claimed as new is:—

1. An exercising device comprising a pair of hingedly connected sections, a pair of separable sections, means for detachably connecting the respective separable sections to the respective hingedly connected sections, said means including hooks extending from one of the sections, pins provided on the next adjacent section for engagement by the respective hooks, and roller elements on the underside of the sections.

2. In an exercising device, a seat embodying end sections and an intermediate section, channels provided in the underside of said end sections, pins bridging said channels, and hooks carried by said intermediate section for reception in said channels for locking engagement with the respective pins.

In testimony whereof I have affixed my signature.

JOHN M. THOMSON.