Nov. 1, 1932. L. PAT 1,885,473

EXERCISING DEVICE

Filed July 17, 1931

Fig. 1.

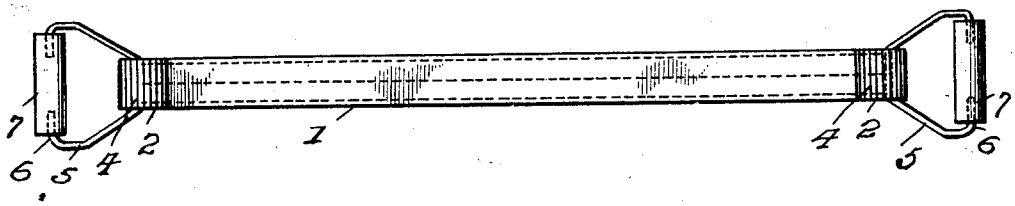


Fig. 2.

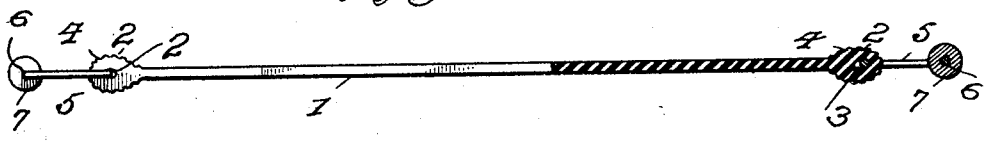


Fig. 3.

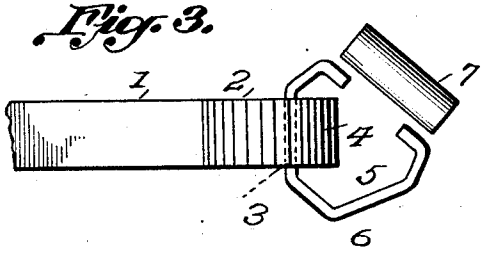


Fig. 5.

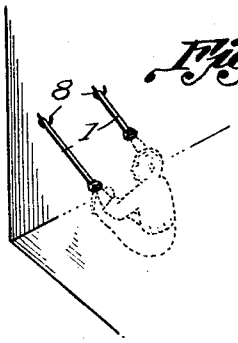


Fig. 4.

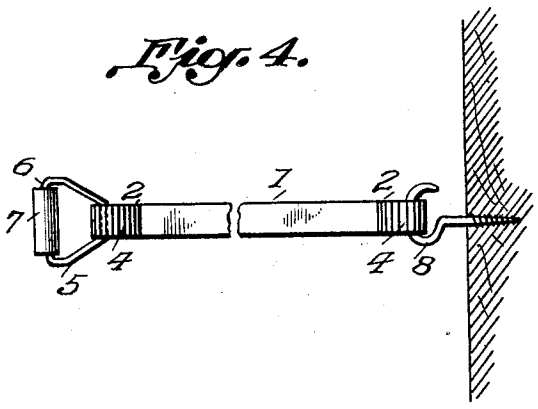
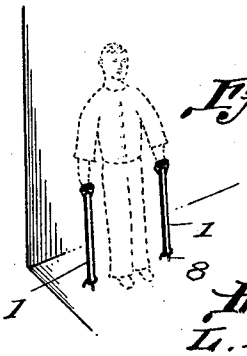


Fig. 6.



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Patented Nov. 1, 1932 1,885,473

UNITED STATES PATENT OFFICE

LOUIS PAT, OF CHICAGO, ILLINOIS

EXERCISING DEVICE

Application filed July 17, 1931. Serial No. 551,483.

This invention is directed to an exercising device which is designed for completely portable use or for connection to fixtures for particular exercising effects at will.

The primary object is the provision of an exercising device including an extensible section preferably of rubber, the terminals of which are provided for the reception of handles whereby the exerciser may be used in a completely portable manner, or selected ends of such section may be connected to fixtures for particular exercises.

The invention is illustrated in the accompanying drawing, wherein:—

Fig. 1 is a face view of the exerciser.

Fig. 2 is a plan view.

Fig. 3 is a detail view of one end of the exerciser illustrating the removal of one of the handles.

Fig. 4 is a detail view of the exerciser illustrating same supported at one end on a hook.

Figs. 5 and 6 illustrate different ways the exerciser may be used.

The improved exerciser comprises an appropriate length of stretchable material, as 1, such, for example, as a band of rubber, the terminals of which are enlarged, as at 2, and formed with central openings 3. The section proper 1 is comparatively narrow and is of appreciable thickness to insure that an appreciable muscular effort is necessary to stretch the band. The enlargements 2 are in the plane of the band and the edges of such enlargements are roughened or serrated, as at 4.

The band is designed to be connected to suitable handles in the use of the exerciser as a completely portable device, such handles including wire lengths 5 which are passed through the openings 3, and the terminals of which wire lengths are inwardly bent at 6 to engage in the ends of wooden or other appropriate handles 7. As thus constructed, the handles 7 may be grasped by the hands and spread apart, with the muscular effort required to stretch the section 1. This requires that muscular effort on the arms which will tend to strengthen the muscles as in similar exercises.

If desired, the handles at one end of the section 1 may be removed and the opening 3 in the enlargement 2 of such end engaged over hooks 8 which may be secured to the wall, as indicated in Figures 3, 4 and 5, or to the floor, as indicated in Figure 6. As the handles remain connected at the opposite ends of the section 1 and the hooks form fixtures for one end of such section, it is apparent that various exercises may now be carried out through proper pull upon the handles to stretch the section 1, the resistance to such stretching producing the muscular effort necessary to the operation and thereby the exercise.

Of course, the hooks 8 may be located in any position and are preferably arranged in two pairs, one pair on the wall and one pair on the floor requiring two of these specific exercisers in order that both hands may be thus occupied at the same time. With the device in use as a portable exerciser, but one element is required, as the handles are connected to the respective ends of such element, permitting the use of both hands and arms in the exercise.

The handles may be omitted and the enlarged roughened ends may be grasped in using the exerciser. By eliminating the handles the exercising device may be conveniently carried in a grip for use when travelling.

I claim:—

An exerciser comprising a rubber strip having openings near the ends, the ends rounded enlarged and the transverse edges of the rounded enlarged ends roughened.

In testimony whereof I affix my signature.

LOUIS PAT.