Dec. 22, 1959 W. WATERVAL 2,918,282

HEALTH EXERCISING DEVICES

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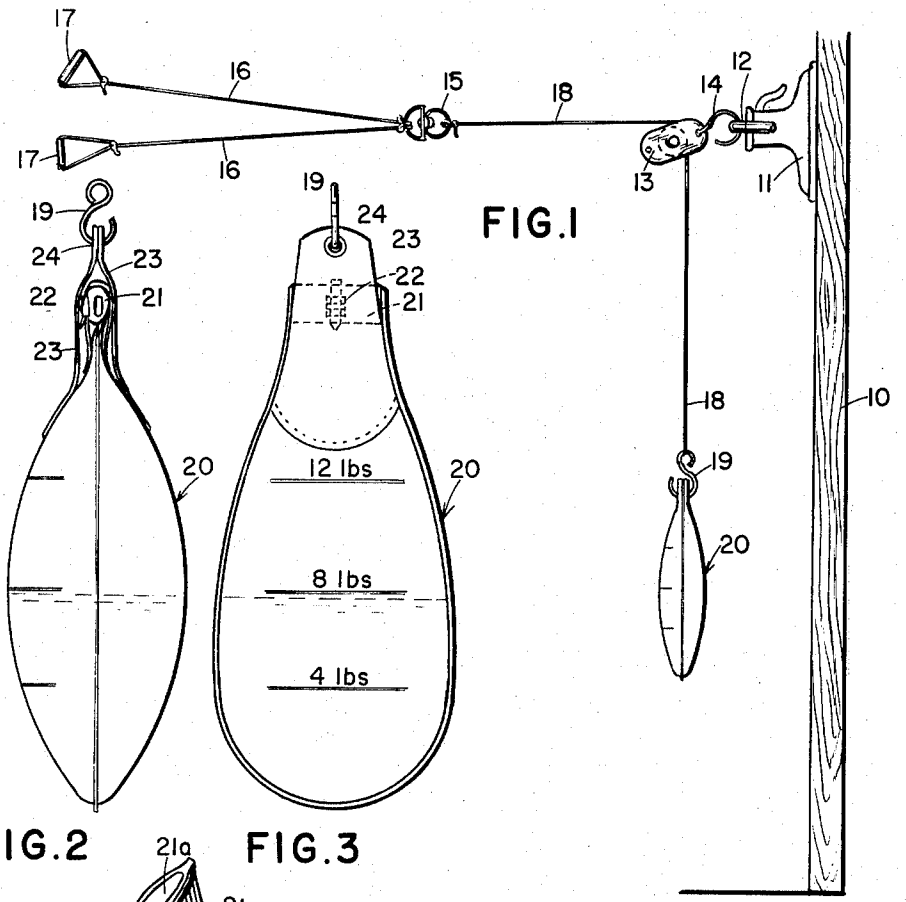

FIG. 1

FIG. 2

FIG. 3

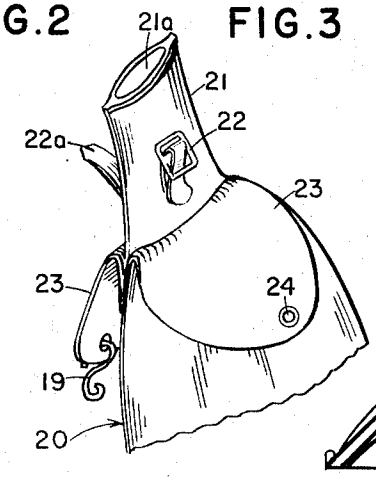

FIG. 4

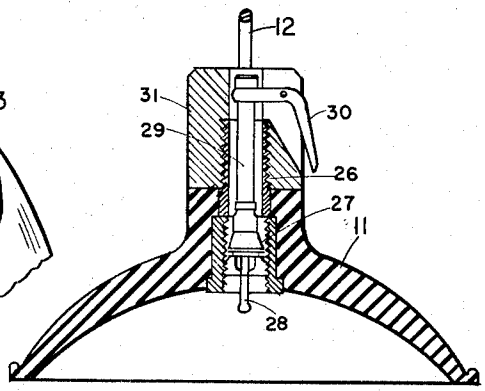

FIG. 5

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HEALTH EXERCISING DEVICES

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1 Claim. (Cl. 272—81)

This invention relates to new and useful improvements in health exercise devices.

At the present time exercises and therapeutical treatment of the human body have assumed great public interest, both in order for a person to retain his health, and also for the purpose of body building, that is especially in regard to the reduction of weight or slenderizing, which latter mainly applies to women.

Furthermore, there is nothing more refreshing or vigorizing, when a person arises in the morning than to go through a set of motions of well chosen physical exercises, which leaves him alert and well fitted for a day's work.

However, in many instances means for such exercises are not available, or they consist in unhandy and heavy paraphernalia, such as heavy iron balls to be swung by a person with his arms, or a mechanical horse, or similar heavy equipment.

Furthermore, for the great many people traveling, there, are, however, no chances of doing their exercises by means of any equipment, as all such are generally too bulky and heavy to be carried as baggage.

It is to remedy this condition that this invention, hereinafter described, has been provided, as the equipment involved herein is light of weight and easy to set up, and may for traveling purposes be folded up in such compact form as to be carried in a small bag or even in a person's pocket.

With the above and other objects in view, this invention consists of the novel features of construction, combination and arrangement of parts, hereinafter fully described, claimed and illustrated in the accompanying drawing forming part of this application, and in which similar characters of reference indicate corresponding parts in all views, and in which:

Figure 1 is an elevational view of my device in operation.

Figure 2 is an elevational view of part of my device.

Figure 3 is a detail view of a bag.

Figure 4 is a perspective view showing the top of said bag; while

Figure 5 is a transverse sectional view of a suction cup forming part of my device.

Referring more particularly to the drawing, the numeral **10** indicates a post, door, or door-frame to which a rubber suction cup **11** is attached in the conventional manner, said suction cup has a handle **12** to which a pulley **13** is detachably secured by means of a hook **14**; a cord **18** connects said pulley to a link or universal joint

15, two separate cords **16**, **16**, provided with handles **17**, **17**, are, in turn, secured to said link **15**; at the other end of the cord **18** is attached a hook **19** adapted to engage the neck **21** of a bag **20**, which, when the device is in use, is to be filled with water.

The said bag **20** is made of any suitable, light and watertight material, such as nylon or thin rubber; said bag has a neck portion **21** for the filling said bag with water, the said neck portion is adapted to be folded several times upon itself and closed by a buckle **22** and **22***a* of the usual kind in order to make a tight closure of the bag when this is filled with water, as shown in Figure 2.

The said bag is upon each side of the neck portion **21** provided with flaps **23**, **23** formed with eyelets **24**, **24** therein adapted to be engaged by the hook **19** on the cord **18**, as said flaps **23**, **23** extend above the neck portion **21** when this is in folded position.

As the bag **20** in this exercising device is used as a weight, said bag is provided with the measurements: 4 lbs., 8 lbs., and 12 lbs., to indicate the amount of water in pounds filled therein.

The suction cup shown in Figure 5 has the conventional body portion **11** through which extends a screw-threaded tube **26**. At the bottom of said tube is arranged an air inlet member **27** of the conventional kind from which a pin **28** extends upwardly to be actuated in the outlet of air by a plunger **29**, which is operated by a handle **30** mounted thereon; said handle is movably arranged in an outer tube **31** threadedly mounted on the upper end of the tube **26**.

It is obvious that changes may be made in the form, construction and arrangement of the several parts, as shown, within the scope of the appended claims, without departing from the spirit of the invention, and I do not, therefore, wish to limit myself to the exact construction shown and described herein.

What I claim as new and desire to secure by Letters Patent of the United States, is:

A health exercising device comprising, in combination, a suction cup attached to a door frame, a pulley connected to said suction cup, a cord passing over said pulley, a universal joint attached to one end of said cord, and a water bag formed with indications thereon, whereby to ascertain the amount of water in the latter, said bag being secured to the other end of the cord, two cords terminating in operating handles and being each secured to the universal joint, the suction cup having a concave rubber bottom, a screwthreaded tube extending through the latter, an air inlet member at the bottom of said tube, a pin disposed in said air inlet member, a plunger actuating said pin, a handle operating said plunger, and an outer tube mounted on said screw-threaded tube and supporting said handle.

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