Feb. 25, 1930. E. H. ODELL 1,748,425

ROLLER EXERCISE MACHINE

Filed Dec. 29, 1927

Fig. 1

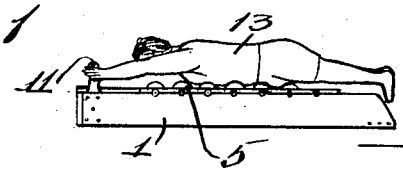


Fig. 2

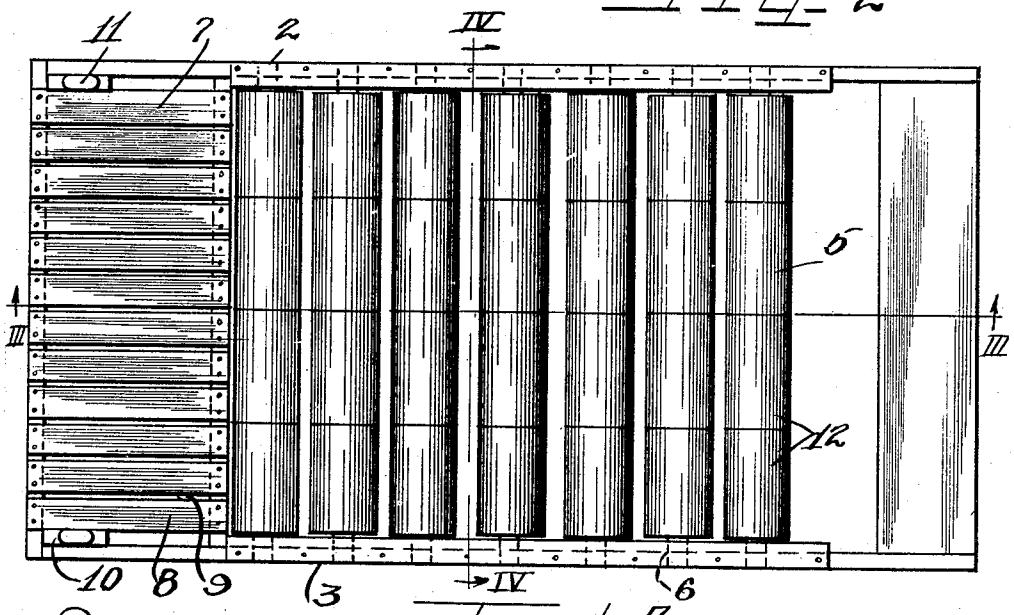


Fig. 3

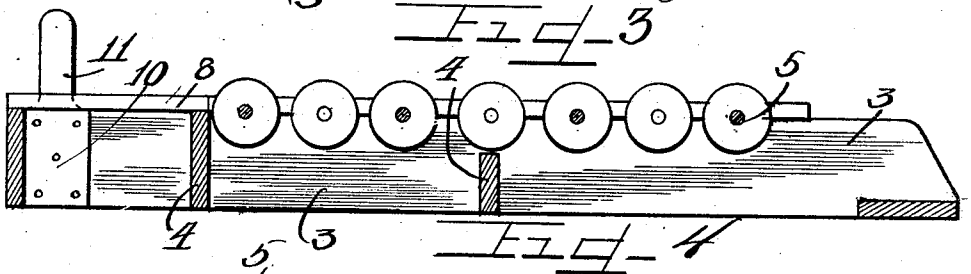
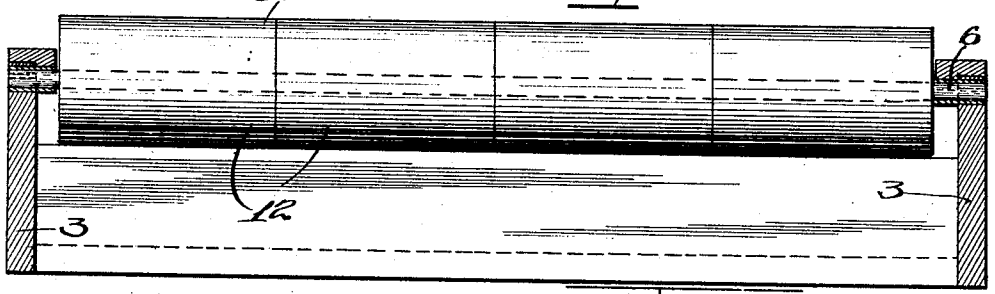


Fig. 4



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Patented Feb. 25, 1930 1,748,425

UNITED STATES PATENT OFFICE

EARL H. ODELL, OF CHICAGO, ILLINOIS

ROLLER EXERCISE MACHINE

Application filed December 29, 1927. Serial No. 243,278.

This invention relates to a roller exercising machine adapted for use in gymnasiums and in the home.

It is an object of this invention to provide a roller exerciser for developing the body muscles and for effecting weight reduction.

Other and further important objects of this invention will become apparent from the following description and appended claim.

In the accompanying drawings which illustrate a preferred embodiment of this invention and in which similar reference numerals refer to similar features in the different views:

Figure 1 is a side elevational view of a device embodying the principles of my invention illustrating its use;

Figure 2 is an enlarged top plan view of the device;

Figure 3 is a sectional view taken on line III—III of Figure 2, and

Figure 4 is a sectional view taken on line IV—IV of Figure 2.

As shown on the drawings:

The reference numeral 1 indicates as a whole a device of my invention for use both as an exerciser and for reducing purposes. The device 1 comprises a frame 2 preferably rectangular in form, and having side walls 3 secured together by transverse members 4. A plurality of rolls 5 are mounted upon said frame 2 with their reduced ends 6 journaled in said side walls 3. Said rolls 5 are placed in closely adjacent parallel relation transversely of the length of the frame 2 and occupy the central portion thereof. At the head of said frame 2, there is formed a table 7 constructed of slats 8 running longitudinally of the device and spaced slightly to provide openings 9. At each side of the table portion 7 and near the end of the side rails 3 there is positioned a post 10 having a reduced handle portion 11 which may be gripped by the person using the device. Preferably the rolls 5 are each formed in a plurality of sections 12 for a purpose that will later appear.

In using the device a person indicated by the reference numeral 13 lies face down with the rollers 5 supporting the body. With arms outstretched the person 13 grasps the handles 11 and moves himself backwards and forward over the rollers 5. This method of exercising tends to strengthen the abdominal, arm and shoulder back muscles and also is very effective in reducing a person's weight. Instead of lying face down, a person may also lie on his back, thus giving exercise to the back muscles and at the same time gently massaging the spine. The sectional nature of the rolls 5 permits only those sections 12 in direct contact with the body to be rotated during movement of the body over the rolls, thus reducing the friction developed by rotation of the rolls. The table portion 7 is provided with the slots 9 so that a person using the device may breathe freely through the slots while his head is over the table portion.

It is thus apparent that I have provided a compact device which may be used in the gymnasium or in the home for exercising the body and which is very effective as an aid to reducing.

I am aware that many changes may be made and numerous details of construction may be varied through a wide range without departing from the principles of this invention and I, therefore, do not purpose limiting the patent granted hereon, otherwise than necessitated by the prior art.

I claim as my invention:

An exercise machine, comprising a frame, a plurality of spaced sectional rollers journaled in the sides of said frame and extending in parallel closely adjacent relation transversely of the length of said frame, a table portion formed at the head of said frame of spaced slats, the surface of said slats being below the upper surface of said rollers, and posts at the sides of said table portion adapted to be grasped by a person lying upon said rollers.

In testimony whereof I have hereunto subscribed my name at Chicago, Cook County, Illinois.

EARL H. ODELL.