March 19, 1946. F. C. SEGALLA 2,397,054

EXERCISING APPARATUS

Filed March 19, 1945 2 Sheets-Sheet 1

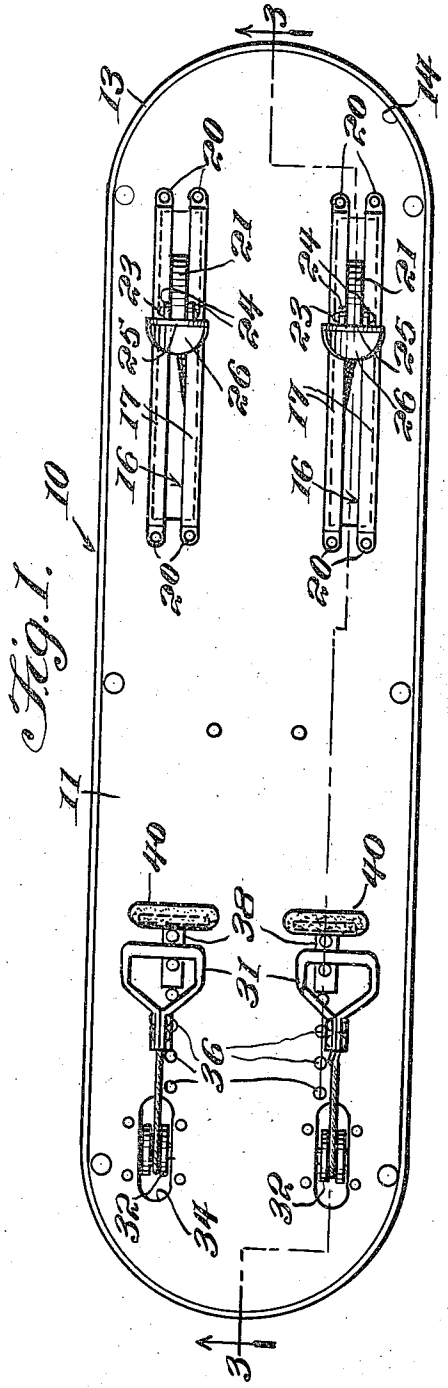


Fig. 1.

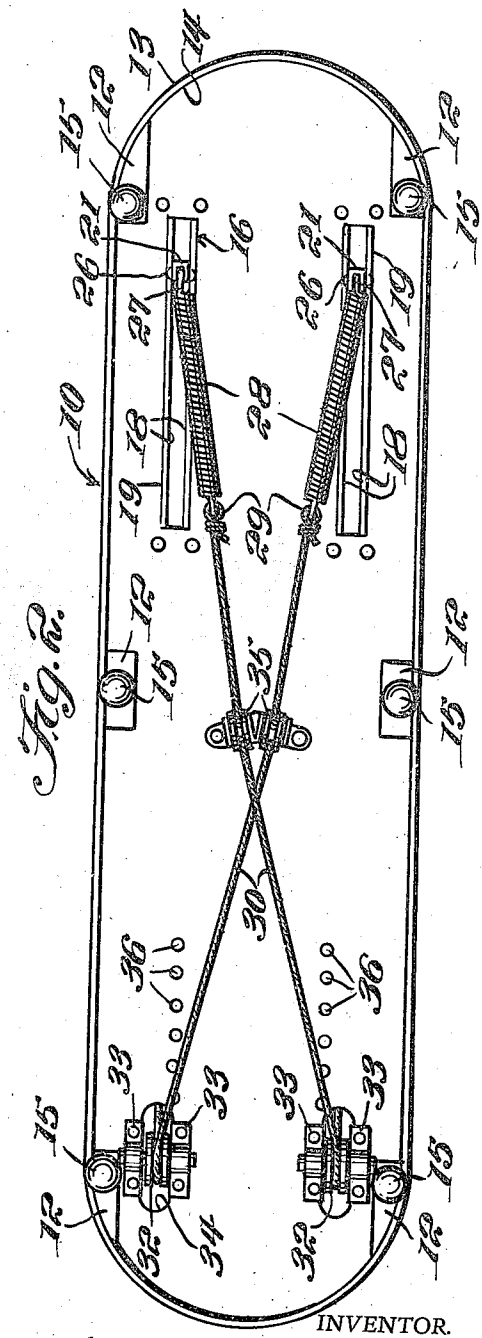


Fig. 2.

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EXERCISING APPARATUS

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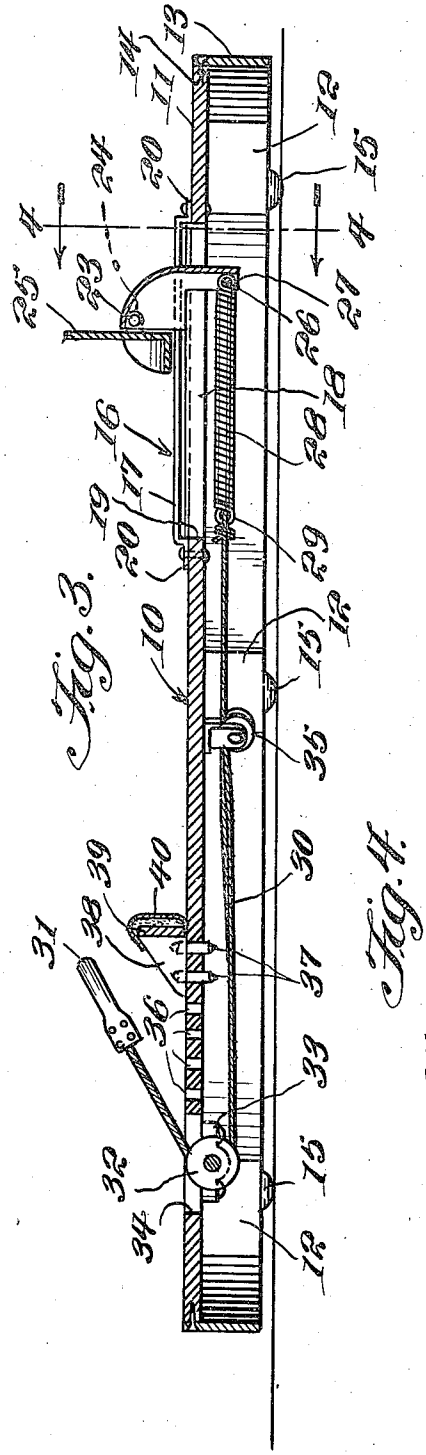


Fig. 3.

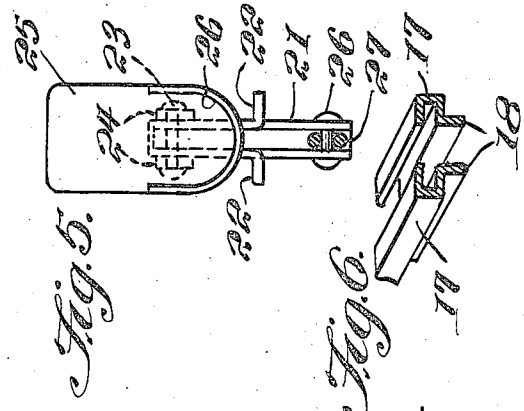


Fig. 5.

Fig. 6.

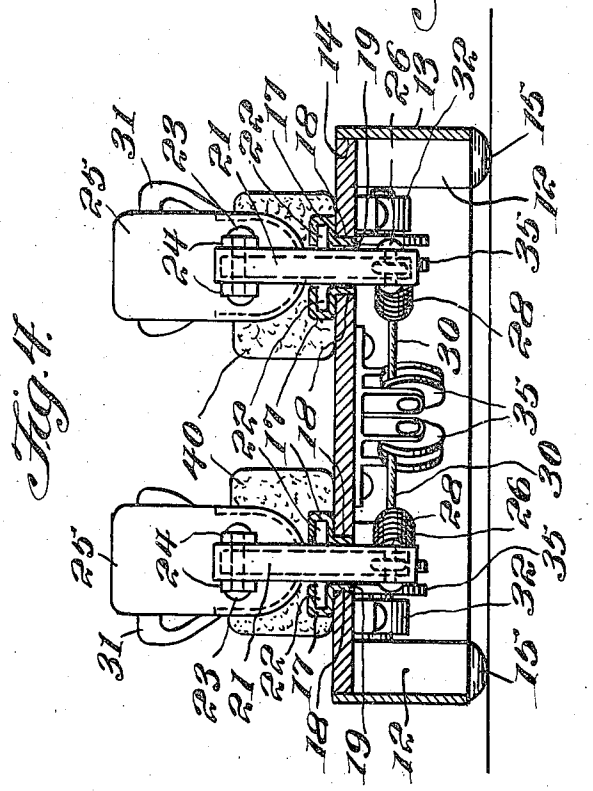


Fig. 4.

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Patented Mar. 19, 1946

2,397,054

UNITED STATES PATENT OFFICE

2,397,054

EXERCISING APPARATUS

Fiorello C. Segalla, Canaan, Conn.

Application March 19, 1945, Serial No. 583,575

5 Claims. (Cl. 272—83)

This invention relates to improvements in exercising apparatus, or more particularly to a device which is adapted to be used by a person when exercising in a reclining position.

One object of the invention being to provide a device by which a person can obtain a maximum amount of exercise with a minimum amount of effort.

Another object of the invention is to provide a device that is simple in construction, inexpensive, strong and durable, an well adapted for the purpose for which it is designed.

Other objects will appear in the course of the following specification and claims and in the accompanying drawings, forming a part of this specification, and in which like numerals are employed to designate corresponding parts throughout:

Figure 1 is a top plan view of an embodiment of the invention.

Figure 2 is a bottom plan view of the same.

Figure 3 is a longitudinal sectional view taken on the line 3—3 of Figure 1.

Figure 4 is a sectional view taken on the line 4—4 of Figure 3.

Figure 5 is a front view of one of the foot rests or pedals, and

Figure 6 is a perspective view of the guideway or track in which the foot rests are slideably mounted.

Referring now more in detail to the drawings, the numeral 10 designates the apparatus as a whole, and comprises a substantially rectangular shaped base or platform 11 having legs or supporting members 12 at the ends and sides thereof, which are adapted to be connected to the depending rim 13, which in turn is connected to the outer edge or periphery 14 of the base or platform 11, in any well known manner.

The above mentioned members may be made of wood or steel, but in either instance, the person performing the exercise will recline on the platform 11 while exercising.

To prevent marring of the floors of the house, and to prevent movement of the device while exercising, the members 12 are provided with cushioning members 15, which can be made of rubber or any substitute therefore.

Arranged on the forward end portion of the base or platform 11 are tracks or guideways 16, arranged in parallel spaced relation to each other longitudinally of the platform 11.

The guide ways comprise separate channel members 17, having depending flanges 18, which are received in slots 19 which extend longitudinally of the platform 11, and are mounted in the platform 11 in parallel relation to each other. Each member 17 is provided with laterally extending ears 20 at each end therefor, for connection to the platform 11 in any well known manner.

Slideably mounted in the guide ways 16 are arcuate shaped members 21, which are provided with horizontally extending projections 22 at the medial point thereof. The projections 22 are adapted to reciprocate in the channel members 17.

The upper ends of the arcuate members 21 are provided with pivotal pins or shafts 23, on which are pivotally mounted projections 24 which are formed integral with foot rests or pedals 25.

The foot rests 25 are provided with semi-circular upwardly extending portions 26 which provide means for positioning the foot of the person using the apparatus.

The lower ends of the members 21, which extend below the platform 11, are provided with pins 26 which are adapted to receive the eyes 27 of coil springs 28.

The eyes 29 formed on the other end of springs 28, are adapted to receive one end of the cables 30, the other, or free end of the cable 30 having loop handles 31 secured thereto in any well known manner.

The cables 30 are adapted to extend from the springs 28 to the opposite end of the platform 11, thereby forming crossed cables on the under surface of the platform.

The cables 28 are trained over a pair of pulleys 32 and secured to the opposite end of the platform 11.

The pulleys 32 are mounted on the under surface of the platform 11 in bearings 33, which are positioned on opposite ends of the slots 34, thereby permitting the pulleys 32 to extend into the slots 34.

Positioned rearwardly of the point where the cables 30 cross, are guide pulleys 35 which are connected to the platform 11 in any well known manner. These pulleys 35 being adapted to guide and retain the cables 30 in proper position.

Extending parallel with each other, and longitudinally of the platform 11, are rows of openings 36 which are adapted to receive downwardly depending struts 37, which are connected to rearwardly extending portions 38 of shoulder rests 39.

The shoulder rests 39 are provided with shoulder pads 40 to cushion the shoulders of the occupant.

The openings 36 are provided to adjust the

shoulder rest according to the person's height using the apparatus.

In operation, the shoulders of the occupant are placed against the pads **40** and the feet are placed in the foot rests **25**. Then, by grasping the handles **31** in the hands and exerting a pull thereon, the foot rests **25** will slide forward on the opposite side during the pulling.

Therefore, the more effort exerted by the legs of the occupant to resist the pull of their hands, the more exercise will be received and a maximum amount of exercise can therefore be obtained with a minimum amount of effort.

There is thus provided a device which is compact and which will enable a person to exercise their limbs in a positive and efficient manner. The simplicity of the device enabling the same to be constructed at a low cost and yet provide a device which will be strong and durable.

While there has been shown a preferred embodiment of the invention, it is to be understood that minor changes in the size, shape, and arrangement of parts may be resorted to without departing from the spirit of the invention, and the scope of the appended claims.

Having thus described the invention, what is claimed as new and desired to secure by Letters Patent is:

1. In a device of the character described, a platform, depending side and end walls connected to the periphery of said platform, longitudinal parallel trackways in the forward end of said platform, foot rests reciprocatingly mounted in said trackways, parallel slots in the opposite end of said platform, pulleys mounted in said slots, means trained over said pulleys for connecting a pair of handles with said foot rests and shoulder rests positioned on said platform in proximity to said pulley mounting slots.

2. The invention as described in claim 1, wherein coil springs are mounted in the means connecting said handle and said foot rests.

3. The invention as described in claim 1, having the additional feature, wherein said shoulder rests are adjustable longitudinally of said platform.

4. The invention as described in claim 1, wherein the means for connecting said foot rests and said handles are crossed on the under side of said platform, thereby connecting oppositely opposed foot rest and handles.

5. The invention as described in claim 1, wherein supporting members having cushioning means thereon, is provided for said platform.

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