

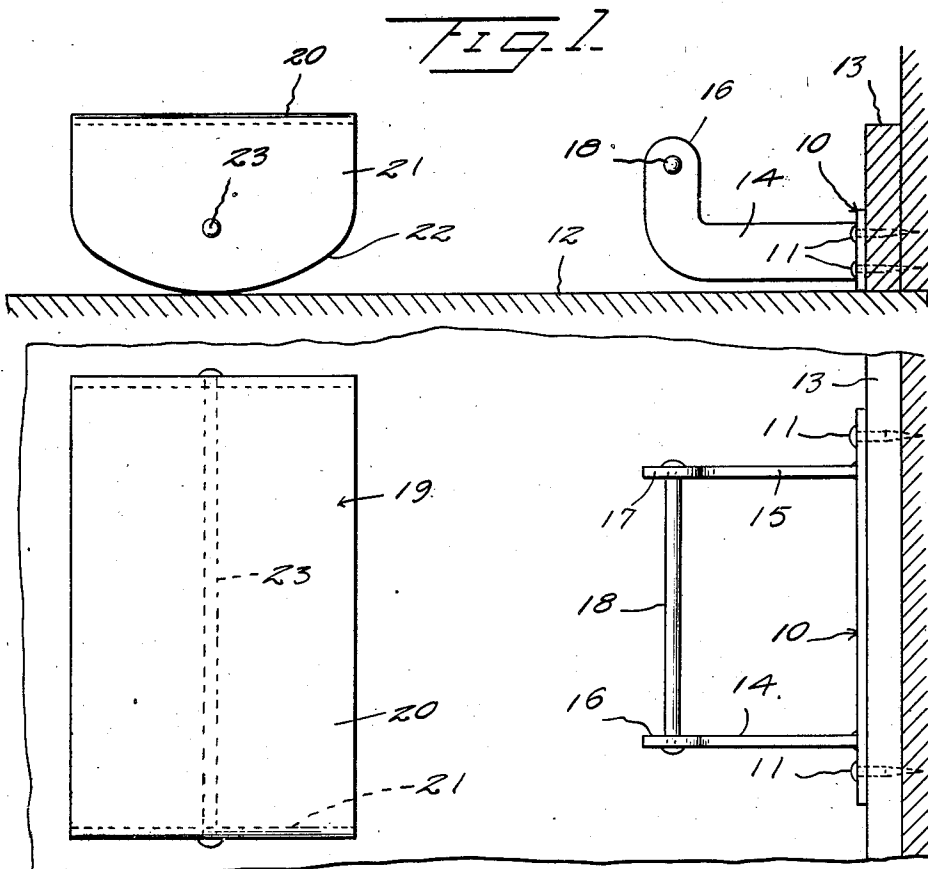
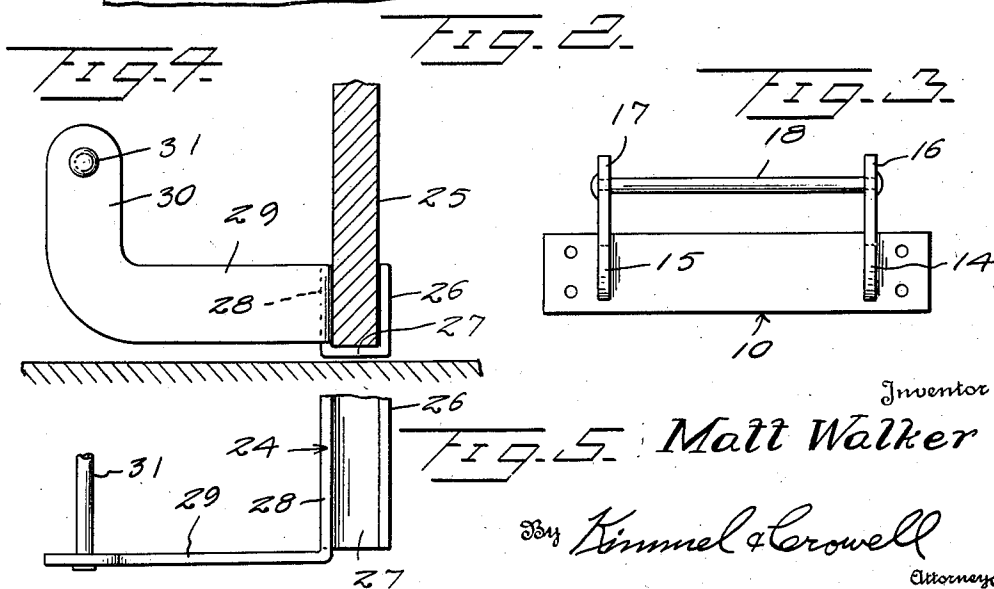
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2,425,971

EXERCISING DEVICE

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UNITED STATES PATENT OFFICE

2,425,971

EXERCISING DEVICE

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2 Claims. (Cl. 272-57)

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This invention relates to exerciser devices.

An object of this invention is to provide an exercising device which is adapted to be positioned closely adjacent a floor whereby the user may engage one or both feet with one portion of the device and sit on a small rocking seat so as to exercise the lower limbs and abdomen by pulling on the attached element.

Another object of this invention is to provide a device of this kind which is of simple construction and can be mounted at any convenient point, being made relatively small so that it will not occupy undue amount of space and will not be conspicuous in a room.

A further object of this invention is to provide in one instance a foot engaging element which may be detachably mounted on the lower edge of a door so that the device may be readily removed when not in use.

A further object of this invention is to provide a device of this kind which may be made out of either wood or metal and which will eliminate the usual practice of hooking the feet beneath the rungs of a chair in order to exercise the body.

With the foregoing objects and others which may hereinafter appear, the invention consists of the novel construction, combination and arrangement of parts as will be more specifically referred to and illustrated in the accompanying drawings, wherein are shown embodiments of the invention, but it is to be understood that changes, modifications and variations may be resorted to which fall within the scope of the invention as claimed.

In the drawings:

Figure 1 is a detail side elevation of an exercising means constructed according to an embodiment of this invention, secured to the baseboard of a room and positioned closely adjacent the floor,

Figure 2 is a detail top plan of the exercising means,

Figure 3 is a detail front elevation of the foot engaging member,

Figure 4 is a detail side elevation of a modified form of this invention engaged with a door, the latter being shown in fragmentary vertical section, and

Figure 5 is a fragmentary top plan of the device shown in Figure 4.

Referring to the drawing, the numeral 10 designates generally a base which forms a part of the foot engaging or hooking member and which is adapted to be secured by fastening mem-

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bers 11 to a baseboard 13 or other suitable vertical support. The base 10 is secured in a position closely adjacent the floor 12 and in practice the lower edge of the base 10 may contact with the upper surface of the floor 12.

The base 10 has extending outwardly therefrom a pair of elongated arms 14 and 15 and the arms 14 and 15 have formed integral therewith upwardly extending L-shaped arms 16 and 17, respectively. A rod or bar 18 is secured between the upwardly extending arms 16 and 17 and is positioned above the floor 12 a sufficient distance so that one or both feet of the user may be extended between the rod 18 and the floor with the toes hooked on the inner side of the rod 18.

In the use of this device, the user will rock from the hips, pulling the torso upwardly and in order to facilitate the rocking of the body, I have provided a rocking seat, generally designated as 19. The seat 19 includes a horizontal seat member 20 having secured to the opposite ends thereof a pair of supporting members or legs 21 which are formed with convex lower edges 22. The legs or supporting members 21 are connected together by a connecting rod 23 so as to prevent spreading of the legs. The legs or supporting members 21 are of sufficient height that the user in hooking the feet beneath the rod 18 may bend backwardly and touch his shoulders to the floor beyond the seat 19.

Referring now to Figures 4 and 5, there is disclosed a slightly modified form of foot member which includes a channel-shaped base, generally designated as 24. The base 24 is U-shaped in transverse section and is adapted to be positioned beneath the lower edge of a door 25. One leg 26 of the channel member 24 is positioned on one side of the door with the bight 27 beneath the lower edge of the door and the other leg or side 28 is positioned on the opposite side of the door 25. A pair of outwardly extending arms 29 are secured to or formed integral with the leg 28 and are formed at their outer ends with upwardly extending rod supporting arms 30. A rod 31 is secured between the arms 30 similar to the securing of rod 18 between arms 16 and 17. It will be understood that a seat similar to seat 19 may be used with the foot member shown in Figures 4 and 5.

In the use of this exercising means, the base 10 is secured to the lower portion of the baseboard 13 by the fastening members 11. The user will initially seat on the seat member 19 which will be positioned forwardly of the rod 18. One or both feet of the user will be hooked beneath

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the rod 18 with the toes engaging the inner side of rod 18. The user will then bend backward and away from the rod 18 and then pull his body or torso upwardly, seat 19 at this time rocking with the movement of raising the body.

What I claim is:

1. An exercising device comprising a horizontal bar, a pair of L-shaped supporting arms for said bar, said arms being positioned with one side thereof vertical and the other side thereof horizontal, a base plate secured to the free ends of said horizontal sides, and means securing said base plate to a vertical support.

2. An exercising device comprising a horizontal bar, a pair of L-shaped supporting arms for said bar, said arms being positioned with one side thereof vertical and the other side thereof horizontal, and a channel-shaped base member se-

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cured at one side thereof to the free ends of said horizontal sides, and the channel having a width such that the lower edge of a door may be positioned therein.

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