Jan. 8, 1929. 1,697,957

S. W. KELLY

ABDOMINAL EXERCISING DEVICE

Filed April 28, 1927

Fig. 1.

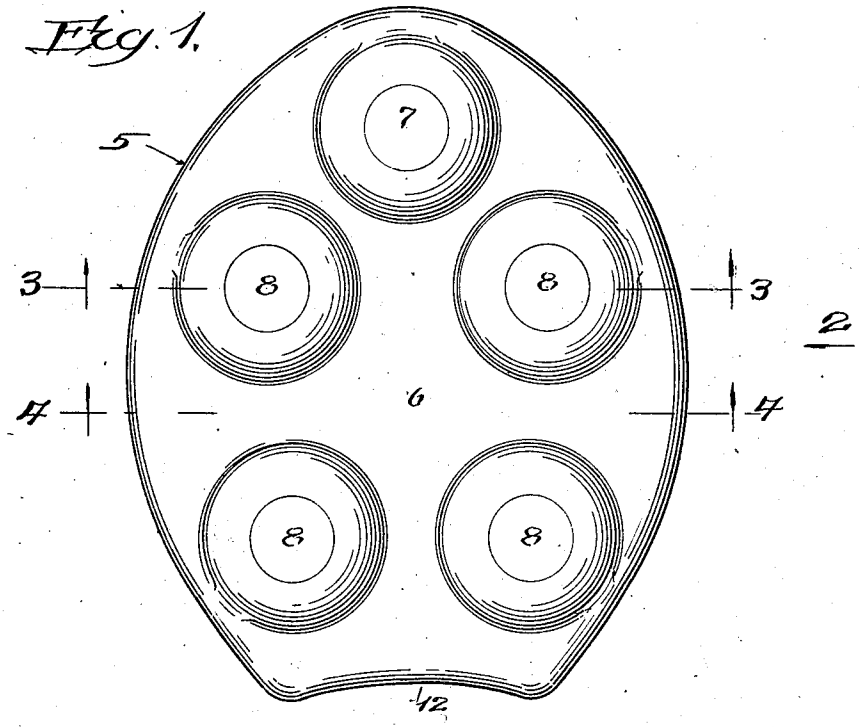


Fig. 2.

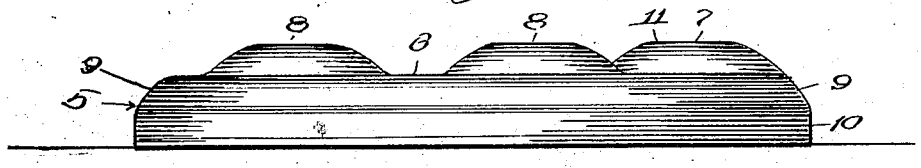


Fig. 3.

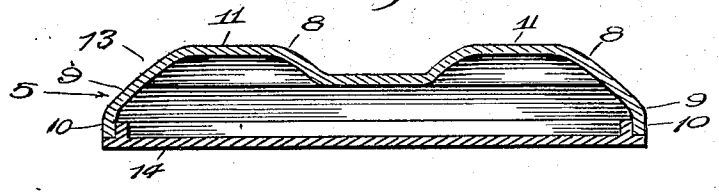
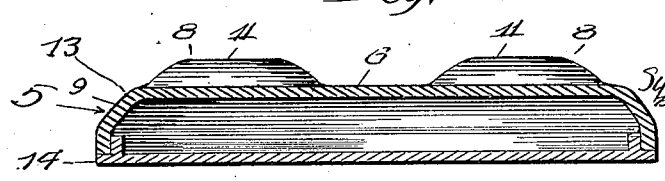


Fig. 4.



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UNITED STATES PATENT OFFICE.

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ABDOMINAL EXERCISING DEVICE.

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This invention relates to abdominal exercising devices and its principal object is to provide a simple and effective device for use in exercising or massaging the abdomen. Another object is to provide an abdominal exercising device which is simple in construction, requires but little space and may be safely used by inexperienced or unskilled persons in exercising or massaging the abdomen. With these and other objects and advantages in view, this invention consists in an abdominal exercising device in the form of a hard or substantially hard pad or body, having a plurality of protuberances on its upper face arranged in a suitable manner to give the most efficient results. It further consists in a device as above described, in which certain of the protuberances are arranged to act upon the ascending and descending colon and another to act on the transverse colon. The invention further consists in the several novel features hereinafter fully set forth and claimed.

The invention is clearly illustrated in the accompanying drawing, in which:

Fig. 1 is a plan of an abdominal exercising device embodying a simple form of the present invention; Fig. 2 is a side elevation thereof looking in the direction of the arrow 2 in Fig. 1; Fig. 3 is a vertical cross section taken on the line 3—3 of Fig. 1 and Fig. 4 is a vertical cross section taken on the line 4—4 of Fig. 1.

Referring to said drawing, which illustrates a simple embodiment of the invention, the device will be seen to consist of a hard or substantially hard pad or body 5 having a flat or substantially flat upper surface portion 6 from which rises a plurality of protuberances 7, 8. The device is intended to be laid on the floor or other surface when in use. The marginal edges of the upper surface portion 6 of the device curve or slope downward as at 9 and merge into short vertical side portions 10 which extend to the bottom or base of the device. The protuberances 7, 8 are of convex formation and if desired the crests or crown portions of the convex surfaces may be flattened as at 11 to provide flat upper surfaces on the protuberances that merge into the curved or convex surfaces thereof.

As a preference one of the protuberances 7 is placed near one end of the device and several of the protuberances 8 are placed in rows spaced somewhat apart to bring the protuberances 8 near the side edges of the device or at least in such positions as to engage in the region of the ascending and descending colon of the person using the exercising device, while the protuberance 7, being arranged above and intermediate the side protuberances, is intended to act in the region of the transverse colon.

While the exact shape of the device is immaterial to the invention broadly considered, I have shown it somewhat of elliptical or oval form. One end is reversely curved as at 12 (see Fig. 1) whereby the edge portion at the reversely curved part may not interfere with certain bones of the body while using the device.

It is obvious that the device may be constructed of metal, wood or other composition, but as a preference it may be formed of metal as for instance, cast aluminum or sheet metal struck up with suitable dies to give the proper shape to the device, and when made of metal it is preferably hollow as shown and composed of an upper section 13 and a lower section 14 secured together in any desirable manner as for instance by pressing the lower section into the upper section.

In use, the exercising device is laid upon the floor or other horizontal surface, and the person lies upon the device, placing the abdomen directly over the same and rolls upon the device, permitting the entire weight or much of the weight of the body to be borne by the device. It may be that the one using the device may find it more comfortable at first to rest only part of his weight upon the device but after he becomes accustomed to exercising with it, it is found that the most effective results are obtained by permitting most of the weight of the body to be taken by the device. It will be observed that the protuberances indent the body and produce substantially the same effect as deep massaging or kneading of the abdomen in the regions of the ascending, descending and transverse portions of the colon, and by shifting and rolling the body sidewise or in other directions, the abdominal muscles, blood vessels and other organs thereof are kneaded and massaged thoroughly, when the device is used properly.

It will be observed that the pad conforms generally, to the shape of the abdominal cavity, which is of considerable importance.

It is possible, therefore, to alter the shape and exact location of the protuberances, or to entirely omit them if desired, although the most beneficial results are obtained by a device containing the protuberances. It is to be understood that with or without the protuberance, the device is used in the manner above described.

It has been found from actual practice that the exercising device is very effective in taking off superfluous fat and in strengthening the abdominal muscles and invigorating the nerves and blood vessels thereof. It stimulates the actions of these organs and is very helpful as an abdominal exercising device in the relief of constipation.

More or less variation of the exact details of construction is possible without departing from the spirit of this invention; I desire, therefore, not to limit myself to the exact form of the construction shown and described, but intend, in the following claims, to point out all of the invention disclosed herein.

I claim as new, and desire to secure by Letters Patent:

1. An abdominal exercising device comprising a relatively hard pad having a substantially flat bottom adapted to lie in a stationary condition, said pad having also a flat upper face and a plurality of rigid convex protuberances thereon adapted to supportingly engage the body of a user.

2. An abdominal exercising device comprising a hard relatively thin body having a flat bottom adapted to lie in a stationary condition, said body having also a substantially flat upper face formed with a plurality of rigid convex protuberances thereon adapted to supportingly engage the body of a user.

3. An abdominal exercising device comprising a relatively hard pad like body outwardly bowed at its two sides and having a flat bottom adapted to lie in a stationary condition, said body having also an upper face formed with a substantially flat portion and convex protuberances thereon, some of which are arranged in two spaced substantially parallel rows and another located beyond and intermediate the rows, all of said protuberances rising from the marginal edge of the body.

SYLVESTER W. KELLY.