United States Patent

[11] 3,628,791

[72] Inventor **Ricardo Garcia**
1045 W. 27th St., Hialeah, Fla. 33010

[21] Appl. No. **60,440**
[22] Filed **Aug. 3, 1970**
[45] Patented **Dec. 21, 1971**

[54] **PIVOTED JOGGING PLATFORM WITH ADJUSTABLE SPRING-RESISTANCE**
3 Claims, 4 Drawing Figs.

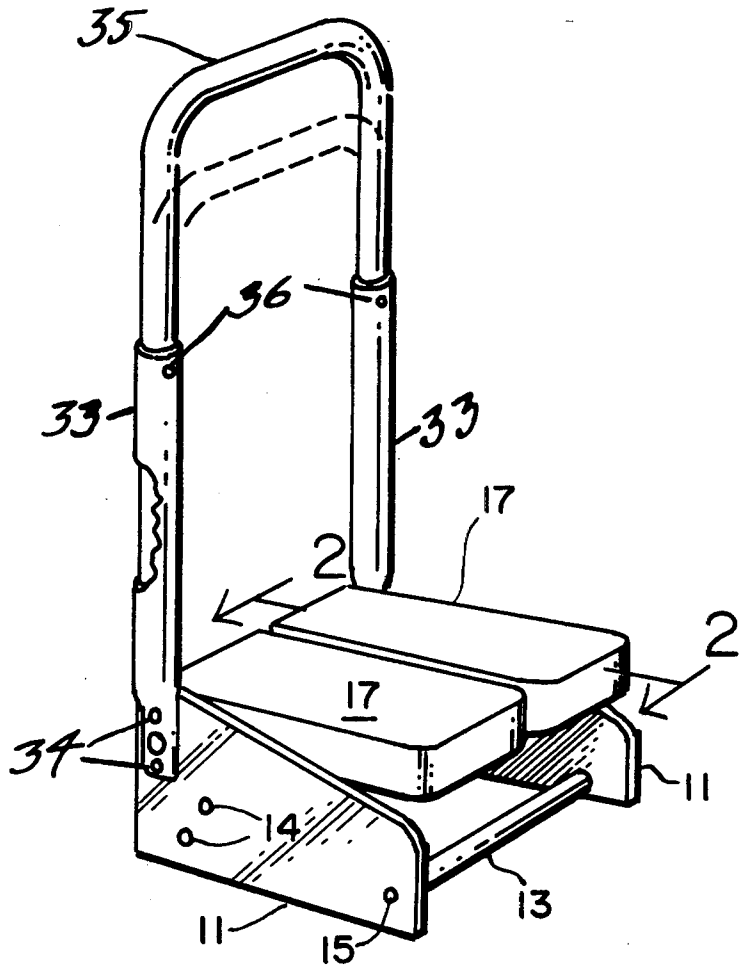
[52] U.S. Cl. ..... **272/83 R,** 272/69, 272/DIG. 4
[51] **Int. Cl.** **A63b 23/04**
[50] **Field of Search** ..... 272/57, 57 D, 83, 69

[56] **References Cited**
UNITED STATES PATENTS

3,295,847	1/1967	Matt	272/83

Primary Examiner—Richard C. Pinkham
Assistant Examiner—Richard Dror
Attorney—Salvatore G. Militana

ABSTRACT: A jogging device having a pair of foot pedals or platforms pivoted at one end and each of whose other ends is supported by coil spring mechanism consisting of a compression spring mounted about a tubular member and a pin telescopically mounted to permit relative slidable movement of the tubular member and pin when a person is jogging on the device. The spring mechanism is pivoted at its upper portion to the foot pedals and the lower portion is received in one of a plurality of notches formed in an arcuate rack. The rack is so positioned with relation to the spring mechanism that mere selection of the notch to receive and support the lower end portion of the spring mechanism permits persons of different weights to use my jogging device without changing the horizontal position of the platforms.



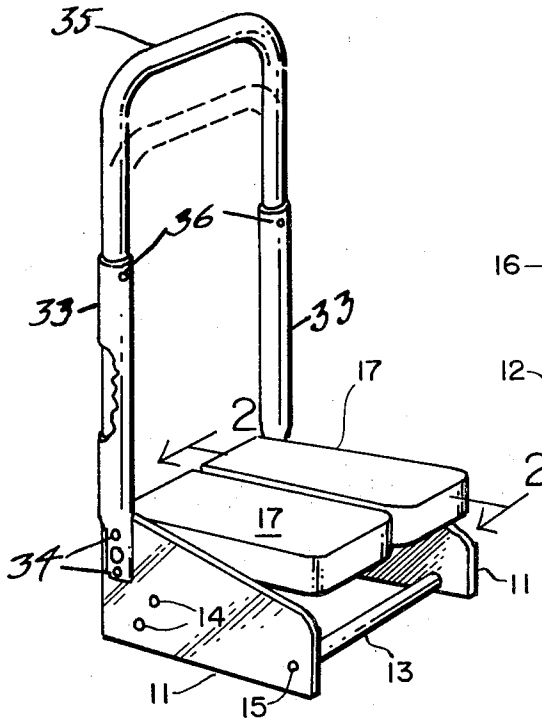


FIG. 1

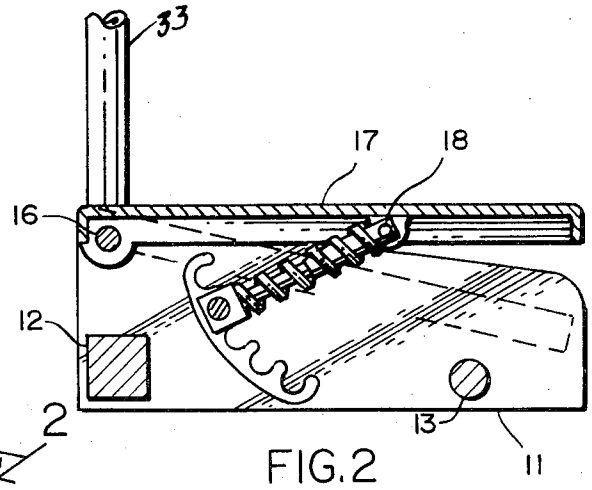


FIG. 2

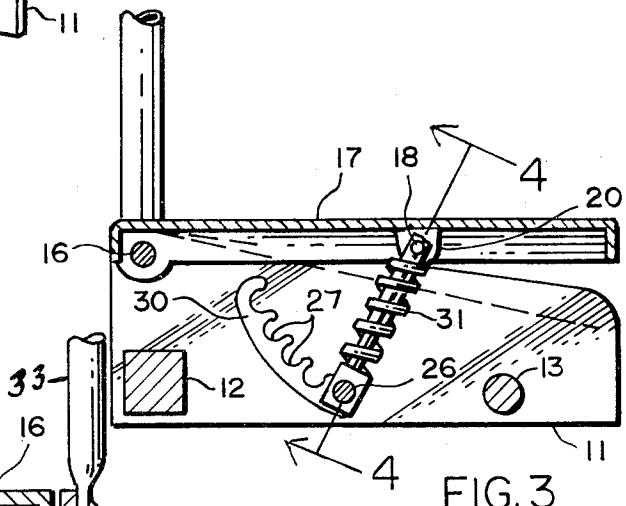


FIG. 3

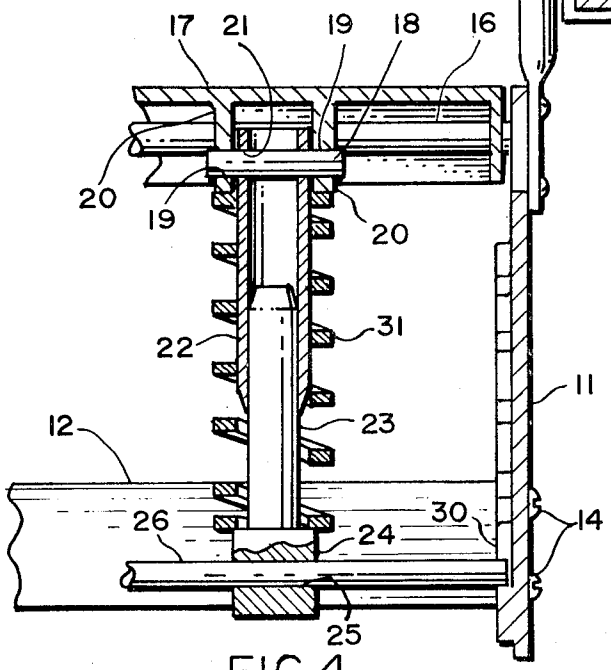


FIG. 4

INVENTOR
RICARDO GARCIA
BY Salvatore G. Militana,
ATTORNEY

PIVOTED JOGGING PLATFORM WITH ADJUSTABLE SPRING-RESISTANCE

BACKGROUND OF THE INVENTION

This invention relates to exercise apparatuses and is more particularly directed to a jogging device.

A principal object of the present invention is to provide a jogging device having a pair of pivoted foot pedals or platforms that are yieldingly supported by a spring mechanism permitting persons of various weights to use same without the necessity of making adjustments of the springs themselves.

Another object of the present invention is to provide a jogging device that permits a person to simulate running or jogging while indoors wherein a pair of foot pedals that are pivoted at one end normally assume a horizontal position and approximately the same pivotal movement of the foot pedals for different weights of persons using my device.

A further object of the present invention is to provide a jogging device with a spring mechanism supporting a pair of pivoted foot pedals in a horizontal position, the spring mechanism being supported at its lower end in one of a plurality of notches in racks which are positioned in an arc formed of a circle whose center is at the pivoted upper end of the spring mechanism.

With these and other objects in view, the invention will be best understood from a consideration of the following detailed description taken in connection with the accompanying drawing forming a part of this specification, with the understanding, however, that the invention is not confined to any strict conformity with the showing of the drawing but may be changed or modified so long as such changes or modifications mark no material departure from the salient features of the invention as expressed in the appended claims.

In the drawing:

FIG. 1 is a perspective view of a jogging device constructed in accordance with my invention.

FIG. 2 is a cross-sectional view taken along the line 2—2 of FIG. 1 showing the position of the spring mechanism when the device is used by a lightweight person.

FIG. 3 is a similar view showing the spring mechanism shifted to a different position for use by a relatively heavy person.

FIG. 4 is a fragmentary cross-sectional view taken along the line 4—4 of FIG. 3.

Referring to the drawing wherein like numerals are used to designate similar parts throughout the several views, the numeral 10 refers to my jogging device consisting of a platform or support having sidewalls 11 held in an upright position by crossmembers 12 and 13 secured at their ends to the sidewalls 11 by appropriate fasteners 14, 15. Also extending between the sidewalls 11 at the upper rear edge portion thereof is a pivot pin 16, on which a pair of foot pedals or platforms 17 are pivotally mounted as best shown by FIGS. 2 and 3.

Each of the platforms 17 are supported at their forward end portions by a compression spring mechanism consisting of a pivot pin 18 extending between bores 19 formed in a pair of ears or tabs 20. The pins 18 each extend through a bore 21 formed in the upper end of a tubular member 22 that telescopically receives a pin 23 mounted on a base member 24. Each of the base members 24 are provided with aligned bores 25 through which extends an elongated pin 26 whose ends rest in notches 27 formed in an arcuate-shaped rack 30 secured to the inner surface of each of the sidewalls 11. A relatively

heavy coil spring 31 is mounted about the tubular member 22 and pin 23 and extending between the base member 24 and the tabs 20 yieldingly resisting the downward swinging movement of the platforms 17. The racks 30 are mounted in an arc of a circle whose center is at the pivot pin 18 and so positioned with relation to the tabs 20 and pivot pins 18 that the angle formed by a plane passing through the platform 17 and the pin 23 decreases as the pin 26 is shifted from the front or lowermost notch 27 to the highest or rearmost notch 27. By virtue of this construction, more weight is progressively required on the platforms 17 to swing the platforms 17 downwardly the same distance against the compression springs 31 when the lowermost or front notches 17 are occupied by the pin 26 than when the rearwardly positioned notches 17 are so occupied. Consequently, when a heavy person desires to work out on the jogging device 10, he pivots the platform 17 upwardly to remove the pin 26 from the notches 27 and swings the spring assembly 22, 23, 31 downwardly to one of the lowermost on the front notches 27. If the person is relatively light in weight, he swings the spring assembly 22, 23, 31 to the uppermost or rear notches 27. In either instance, the platform 17 will swing through approximately the same arc for the person using the jogging device 10 notwithstanding his weight.

A hand grip is provided on my jogging machine 10 consisting of a pair of upright tubular support members 33 fastened at their lower ends to the sidewalls 11 by screws 34. Telescopically mounted in the upright supports 33 is a U-shaped hand support 35 that can be secured at any desired height by screw bolts 36.

From the above description taken in connection with the appended drawing, it is readily noted that I have provided a jogging device that permits persons of different weights to use my device by simply swinging the spring mechanism from one position to another, thereby making the device 10 capable of adjustment without tools and the like for use by any person regardless of size and weight.

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

1. A jogging device comprising a support, a pair of substantially horizontally disposed foot pedals pivotally mounted at one end to said support, spring means yieldingly supporting each of said foot pedals, each of said spring means having a pivot pin at one end securing said spring means to each of said foot pedals intermediate the ends of said foot pedals, means supporting said spring means mounted on said support and having a plurality of notches formed substantially in an arc of a circle whose center is positioned at said pivot pin whereby said foot pedals remain substantially horizontally for all positions of said spring means in said notches and providing substantially the same swinging movement of said foot pedals for persons of different weights using said jogging device.

2. The structure as recited by claim 1 wherein said spring means comprises a pair of telescopically mounted members, a base member secured to one of said members and said pivot pin secured to the other of said members, and a spring mounted about said members and extending between said pivot pin and said base member.

3. The structure as recited by claim 2 wherein said support comprises a pair of spaced apart walls secured together by crossmembers and each of said base members having aligned bores, a rod extending through said bores and received by said notches, said notches being formed on a rack mounted on each of said walls.

* * * * *