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PHYSICAL EXERCISING APPARATUS

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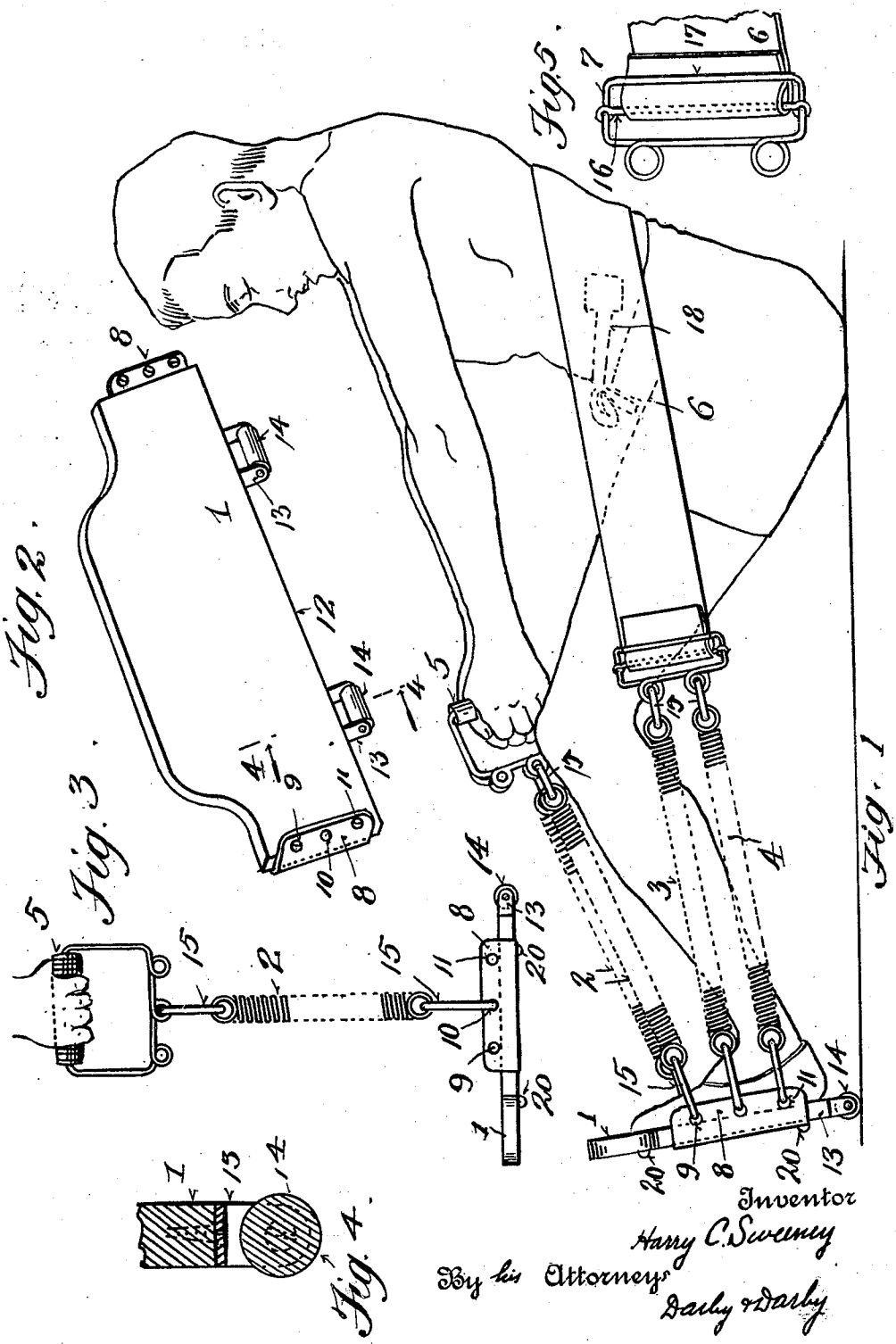

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UNITED STATES PATENT OFFICE

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PHYSICAL-EXERCISING APPARATUS

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This invention relates to an improved physical exercising apparatus and has for its object the provision of a portable "knock-down" exercising apparatus which is so constructed that it may be quickly and easily assembled and arranged so that it can be used to perform varied forms of muscular exercises.

Other objects will appear more fully hereinafter and I obtain these objects by the construction shown in the accompanying drawing in which,

Figure 1 shows a side view of the apparatus with its several parts in assembled relation and while being used by an operator in the performance of one form of physical exercise which is made possible by reason of the construction and arrangement of the parts of said apparatus;

Fig. 2 is a perspective view of the platform or base member of the exercising apparatus;

Fig. 3 is an end elevation of the platform or base member as it appears when resting flat upon the floor and showing one of the tension members of the apparatus attached thereto;

Fig. 4 is a detail sectional view of Fig. 2 taken on the line 4—4 of said figure;

Fig. 5 is a perspective view of the connecting device employed to connect the strap or belt member of the apparatus to the tension members.

Like numerals refer to similar parts throughout the several views.

Referring to the drawing in detail, the exercising apparatus of my invention comprises generally, a platform or base member 1; a plurality of tension members 2, 3 and 4; handles 5 adapted to be detachably secured to the said tension members; a strap or belt member 6; and a connecting device 7 to adjustably secure said strap or belt member to said tension members.

The platform or base member 1 is made of wood or any other suitable material and is of such size and shape that the operator of the apparatus can confortably stand thereon if said base is laying flat upon the floor or cam, brace his feet against it when the apparatus is used in the manner illustrated in Fig. 1.

The platform member has secured thereto at its ends, metal strips which are bent up into upwardly extending flanges 8. The flanges 8 are provided with openings 9, 10 and 11, to which a plurality of tension members 2, 3 and 4 may be attached. It is obvious that there may be any desired number of these openings in flanges 8 so that any desired number of tension devices may be attached thereto.

Secured to the platform or base member 1 along its straight side 12 are the supports 13 which rotatively support the rollers 14. The rollers 14 are positioned with respect to the platform or base member so that when the base member lies flat upon the floor, said rollers do not contact with the floor but when the base member is turned on its edge as shown in Fig. 1 the rollers will provide a sliding or rolling contact for said base member with the floor.

The platform or base member is provided on its under side with knobs or feet 20 which may be of rubber or other suitable material to prevent said base from sliding or slipping when the exercising apparatus is used with said base member lying flat on the floor.

The tension members 2, 3 and 4 are all similar in construction and may be in the form of coiled springs or of an elastic cord. The tension members may be different lengths so that an adjustment as to length may be provided. Each of the tension members is provided at its ends with a ring or other suitable means to allow ready attachment by connecting means 15 to the flanges 8 of the base member or to the hand grips 5 of belt 6. The connecting means 15 may be in the form of snap hooks or other equivalent devices.

The structures of the hand grip 5 are obvious from the drawing and comprise wire frames carrying wooden or analogous grips and having eyes formed from the wire for the attachment of the connecting elements 15. Each hand grip has three or more eyes so that a plurality of tension members may be attached thereto.

The apparatus further employs a webbed

or canvas belt member 6 which is adapted to have its ends secured to one or more of the tension members by means of a connecting device 7. The connecting device is composed of a wire frame having two eyes formed therein and a member 16, slidably mounted on the end portions of the same.

The ends of the belt member are inserted in the wire frames 7 so that they pass over the slidable member 16 and under the side 17 of the frame and when a tension is put upon the belt member the slidable member 16 is pulled towards the side 17 and exerts a clamping action on the belt member. The eyes in the connecting device are adapted to receive the snap hooks 15 of the tension members as is clearly illustrated in Fig. 1. It will be seen that the connecting device for the belt member will allow for a quick and efficient adjustment of the length of the said belt member by sliding the ends of the belt through the connecting device any desired distance and then putting a tension on the belt so that it is clamped between the slidable member 16 and the side 17 of the wire frame.

The belt member has secured thereto on one side thereof straps or tapes 18 which are adapted to be tied or secured in any suitable manner around the body of the operator when the apparatus is used, as for instance, in the manner illustrated in Fig. 1.

In the operation of this exercising apparatus it can be seen that many varied forms of physical exercise can be performed. A person may stand or sit upon the box or platform member as it rests flat upon the floor and by grasping the handles connected to the tension members may operate the cords in various ways and in different directions. The belt member also, while the apparatus is used in these positions may be placed around the neck, shoulders or back and exercises of varied character may be accomplished.

The operator may also place the device on end so that the rollers 14 of the platform rest upon the floor and while in a sitting position on the floor, brace his feet against the platform and by arranging the belt member as illustrated in Fig. 1 and grasping the handles connected to the tension members 2 a rowing action can be accomplished which will develop the muscles of the legs, back and arms. The base member of the apparatus when used in this position will have a sliding motion with respect to the floor by reason of the action of the rollers 14.

By means of the connecting devices employed with the tension members there is provision made for lengthening and shortening the tension members to suit the particular size of the person using the apparatus, it being obvious that two tension devices can be connected together to lengthen the distance between the base and the handles or grips.

It is also obvious that the connecting device employed with the belt member allows for the adjustment of said belt member with respect to the tension members.

By tying or securing the ends of the straps or tapes 18 of the belt member around the part of the body of the operator where the belt member is used the said belt member is prevented from slipping out of place during the performance of certain exercises.

Having described my invention, what I claim as new and desire to secure by Letters Patent is:

1. In an exercising apparatus, a base member connecting means secured to said base member at opposite ends thereof, rollers secured to one edge of said base member, a plurality of independently extensible tension devices detachably secured at the ends thereof to said connecting means, manipulating means detachably secured to the other ends of said tension devices, one of said manipulating means comprising a belt detachably secured at its ends to a plurality of said tension members.

2. In an exercising apparatus, a base member, connecting means secured to said base member at opposite ends thereof, rollers secured to one edge of said base member, a plurality of independently extensible tension devices detachably secured at the ends thereof to said connecting means, individual hand manipulating means detachably secured to the other ends of some of said tension devices, a belt detachably secured at its ends to the ends of other of said tension devices and means for adjusting the length of said belt with respect to said tension devices.

3. In an exercising apparatus, a base member adapted to lie flat upon the floor, connecting means secured to said base member at opposite ends thereof, rollers secured to one edge of said base member, said rollers being positioned so that they will contact with the floor when said base member is turned on edge, independently extensible tension springs detachably secured to said connecting means, hand grasps adapted to be detachably secured to a plurality of said tension springs, a belt detachably secured to other of said tension springs, means for securing said belt to the operator of the apparatus, and means for adjusting the length of said belt with respect to the tension devices to which it is attached.

4. In an exercising apparatus, a base member adapted to lie upon the floor, metallic flanges having openings therein secured to said base member at opposite ends thereof, a plurality of rollers mounted on one edge of said base member, said rollers being positioned so as to contact with the floor only when said base member is turned on edge, independently extensible tension springs detachably secured in the openings in said metallic flanges, hand grasps detachably secured to a pluarity of

said tension springs, a belt adapted to be detachably secured to other of said tension springs, means for detachably securing said belt to said tension springs, said means comprising means for adjusting the length of said belt with respect to the tension devices to which it is attached.

5. In an exercising apparatus, a base member, means secured to said base member to provide sliding contact therefor with the floor, connecting means secured to the base member at opposite ends thereof, independently extensible tension springs detachably secured to the connecting means, hand grasps for a plurality of said extensible tension springs, a belt adapted to be detachably secured to other of said springs, a connecting means for said belt to detachably secure the same to said belt, said means being adapted to adjust the length of said belt with respect to its connecting tension devices.

In testimony whereof I have hereunto set my hand on this 14th day of November, A. D., 1928.

HARRY C. SWEENEY.