

Feb. 12, 1963

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3,077,347

EXERCISE PLATFORM

Filed Dec. 14, 1959

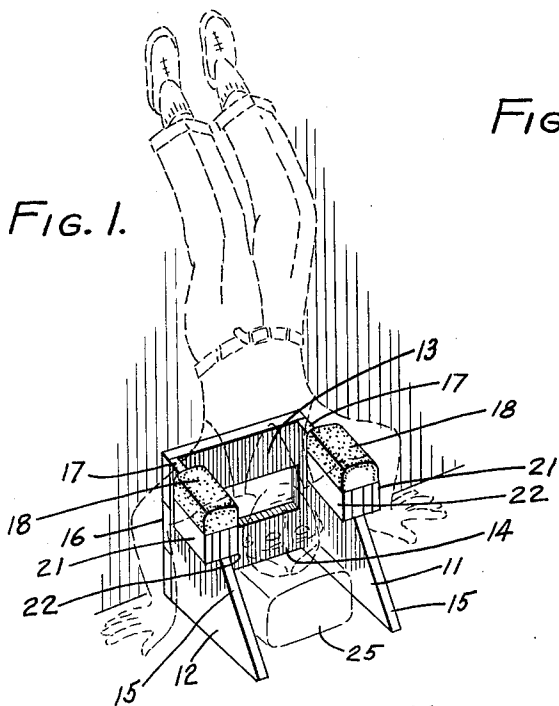
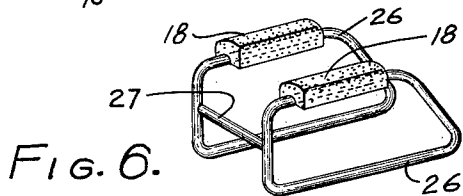
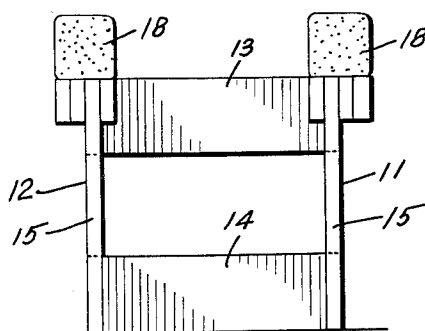


FIG. 2.

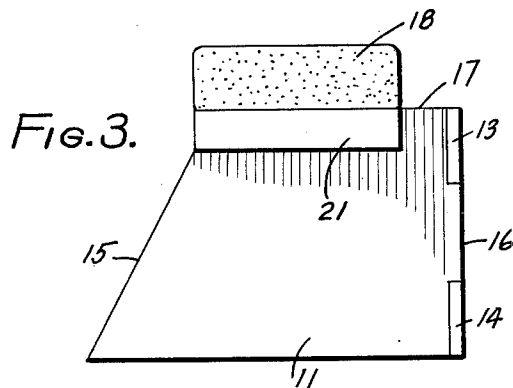
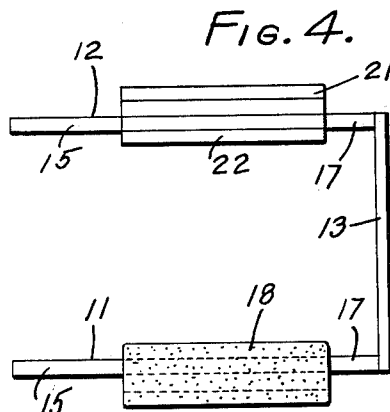
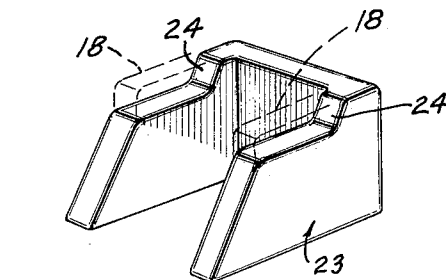


FIG. 5.

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3,077,347

EXERCISE PLATFORM

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Filed Dec. 14, 1959, Ser. No. 859,310

5 Claims. (Cl. 272-60)

This invention relates to exercising platforms or supporting apparatus.

An object of the invention is to facilitate the performance of yogi exercises. A further object is to relieve neck muscles.

Another object is to provide a comfortable, rugged, sturdy, shoulder platform which is light in weight and portable without sacrificing strength or comfort.

Other and further objects, features and advantages will become apparent as the description proceeds.

In carrying out the invention in accordance with a preferred form thereof, a platform is fabricated from a pair of upright members or side plates joined at rear edges by cross members or connecting members. The side plates have level, horizontal upper edges to serve as shoulder rests. For convenience in using the platform and to enhance the appearance, the front edges slope downward away from the rear edges.

The spacing of the side plates or upright members approximately equals the average spacing between the mid portion of the shoulders of a human being and the top edges are level and horizontal so as to serve as a shoulder rest for a person who has not sufficient strength in the neck muscles to bear his entire weight on his head. Preferably for additional comfort pads of foam rubber or the like are secured to the upper edges of the side plates. If relatively thin stock is used for forming the plates broadening strips may be fastened thereto on either side on the upper edge in order to provide a wider bearing surface for the shoulder and the shoulder protective mat. The device may either be fabricated from wood or like products or formed in a single piece from suitable plastic material, preferably with reinforcing fibers embedded for further strength and rigidity, or cast in metal, preferably light metal.

A better understanding of the invention will be afforded by the following detailed description considered in conjunction with the accompanying drawings in which:

FIG. 1 is a perspective view of an embodiment of the invention illustrating the manner in which it is used,

FIG. 2 is a front elevation of the shoulder support illustrated in FIG. 1,

FIG. 3 is a side elevation,

FIG. 4 is a plan view,

FIG. 5 is a view in perspective of a molded form of the device of FIGS. 1 to 4, and

FIG. 6 is a view in perspective of a tubular form of the device of FIGS. 1 to 5.

Like reference characters are utilized throughout the drawings to designate like parts.

Trained athletes are able to perform the yogi exercises by standing on their heads. In order to make the benefits of the yogi practice available to others than trained athletes who do not have the requisite strength of neck muscles, I provide an exercise platform or shoulder rest. This comprises two upright members or side plates 11 and 12 and means for rigidly connecting the side plates 11 and 12 in spaced relation. In the embodiment of FIGS. 1 to 4 these take the form of connecting strips 13 and 14.

The side plates 11 and 12 are spaced a distance substantially equal to the average spacing between the mid-portions of the shoulders of a human being. To render the use of the device more convenient, the front edges 15 of the side plates 11 and 12 preferably slant downward and forward and the rear edges 16 are vertical so that the device may be backed against a wall or a door to

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provide lateral support for an inexperienced user. The side plates 11 and 12 have horizontal or level top edges 17 to which cushioning members or pads 18 of foam rubber or other suitable material are cemented or otherwise secured.

The invention is not limited to a particular method of construction and may either be built up in fabricated form or molded in a single piece. Wood, plastic or other suitable material may be employed. If the shoulder support is constructed of wood, the side plates 11 and 12 may be of relatively thin boards sawed and planed to the desired shape and finish and the connecting members 13 and 14 may be screwed or bolted to the side plates 11 and 12 to secure the requisite rigidity. If narrow boards are used, as shown, to form the side plates 11 and 12, the upper edges 17 are preferably provided with a wider top surface by securing widening plates or cleats 21 and 22 to the sides of the plates 11 and 12 along the top edges with the upper edges of the cleats 21 and 22 in alignment with the top edge 17 of the side plates 11 and 12, so as to form a continuous, relatively wide, top surface affording the maximum of shoulder comfort and a broad bearing surface for receiving the pads 18. The invention is not limited to the use of the particular conformation illustrated in FIGS. 1 to 4, however, and if desired the upper edge of the plates 15 may be recessed to receive the shoulder pads 18 as illustrated in FIG. 5.

If the device is made in molded form, it may be so designed that the upper edges 17 provide the requisite breadth of surface without the use of separate cleats fastened thereon. For example, as illustrated in FIG. 5 a single integral molded piece 23 may be formed from suitable plastic material such as a phenolic condensate or a polymerized acrylic compound or the like. For enhancing strength and rigidity, fibre impregnation may be employed or the structure may be formed from fabric impregnated with a suitable plastic. The provision of recesses 24 in the top edges of the side arms or side plate-forming portions of the structure 23 to receive the pads 18 may be desirable in the production of deluxe forms of the invention, in that it presents an attractive appearance when on display by reason of the continuous unbroken surface formed by the junction of the upper surface of the pads 18 with the upper edge of the remaining portion of the structure 23.

Lightness and convenience to the user may be achieved either by employing light metal in the constructions illustrated in FIGS. 1 to 5, or by the employment of hollow tubular side members as illustrated in FIG. 6. In the embodiment of FIG. 6 the side members are in the form of either open loops or closed loops 26 as shown, composed of tubular metal such as chrome plated steel, for example, with the pads 18 secured to the upper edges of the side members 26 and with the side members 26 joined by suitable cross members 27 having ends surrounding and gripping the rear portions of the tubular members 26 or welded or brazed thereto, or otherwise joined in a suitable manner.

In using the device for the purpose of performing the yogi exercises and aiding the heart in overcoming the force of gravity in normally resisting the flow of blood to the upper portions of the body, the user places the device against a wall or door and facing the device kneels or bends downward placing his head in the space between the side plates 11 and 12 with his shoulders resting on the pads 18. He then straightens out his body throwing his legs and feet upward. The hands may be placed on the floor for balancing purposes, but in the case of an inexperienced user the presence of the wall prevents the user from losing his balance while supported upon his shoulders.

By reason of the inverted position of the user, the heart

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is aided in driving blood into the upper portion of the body without being obliged to overcome the force of gravity which normally resists such action. The height of the top edge 17, that is the distance between the edge 17 and the floor, is made greater than the distance between the top of the users' head and the centers of the shoulders. Since the thickness of the pad 18 provides for a little additional clearance, in practice the device may be so constructed that the height of the top edge 17 exceeds the average distance between the top of the head and the centers of the shoulders of the human being. No support for the head is required, but the comfort and confidence of beginners may be enhanced, if desired, by providing a cushion 25 on the floor between the side plates 11 and 12.

While the invention has been described as embodied in concrete form and as used in a specific manner in accordance with the provisions of the patent statutes, it should be understood that the invention is not limited thereto, since various modifications will suggest themselves to those skilled in the art without departing from the spirit of the invention.

What is claimed is:

1. An exercise platform comprising in combination a pair of flat plates spaced to conform substantially to the average spacing of the midportions of the shoulders of a human being, the plates each having a substantially level upper edge at a height exceeding the average distance between the shoulders and the top of the head of a human

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being, broadening strips secured to said plates on either side along the upper edges to form a widened upper surface along the upper edge of each plate for more comfortably supporting a human shoulder, and means rigidly connecting the plates in spaced relation.

2. An exercise platform comprising a unitary structure formed with a pair of upright members and a connecting member, the upright members being spaced to conform substantially to the average spacing of the midportions of the shoulders of a human being, the upright members having a substantially level upper surface at a height exceeding the average distance between the shoulders and the top of the head of a human being.

3. An exercise platform as in claim 2, wherein the upright members have front edges slanting continuously downward from said upper surfaces.

4. An exercise platform as in claim 2, wherein said upper surfaces have padding strips secured thereto.

5. An exercise platform as in claim 3, wherein the upright members each have a vertical rear edge to permit backing the platform against a wall.

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