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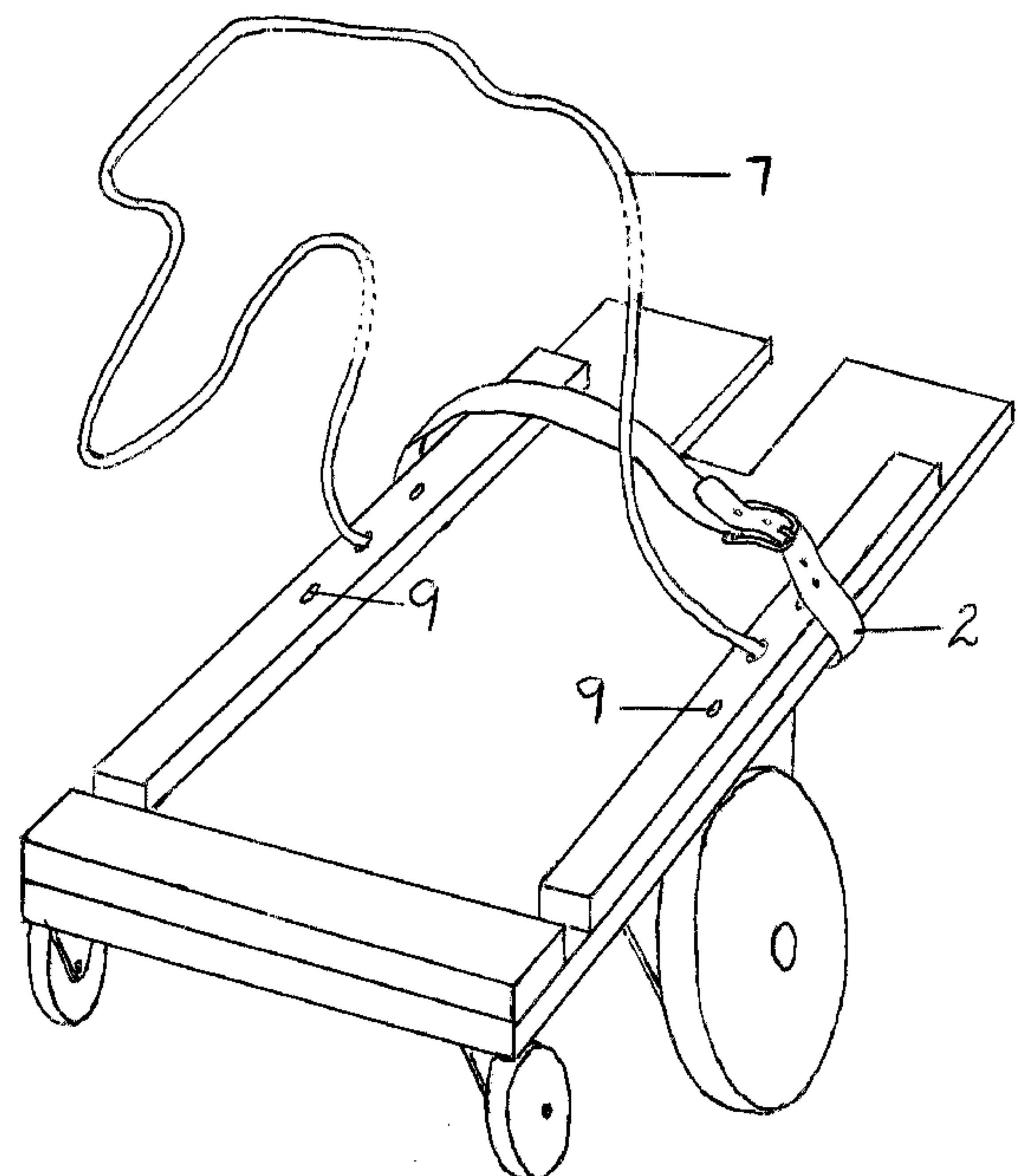
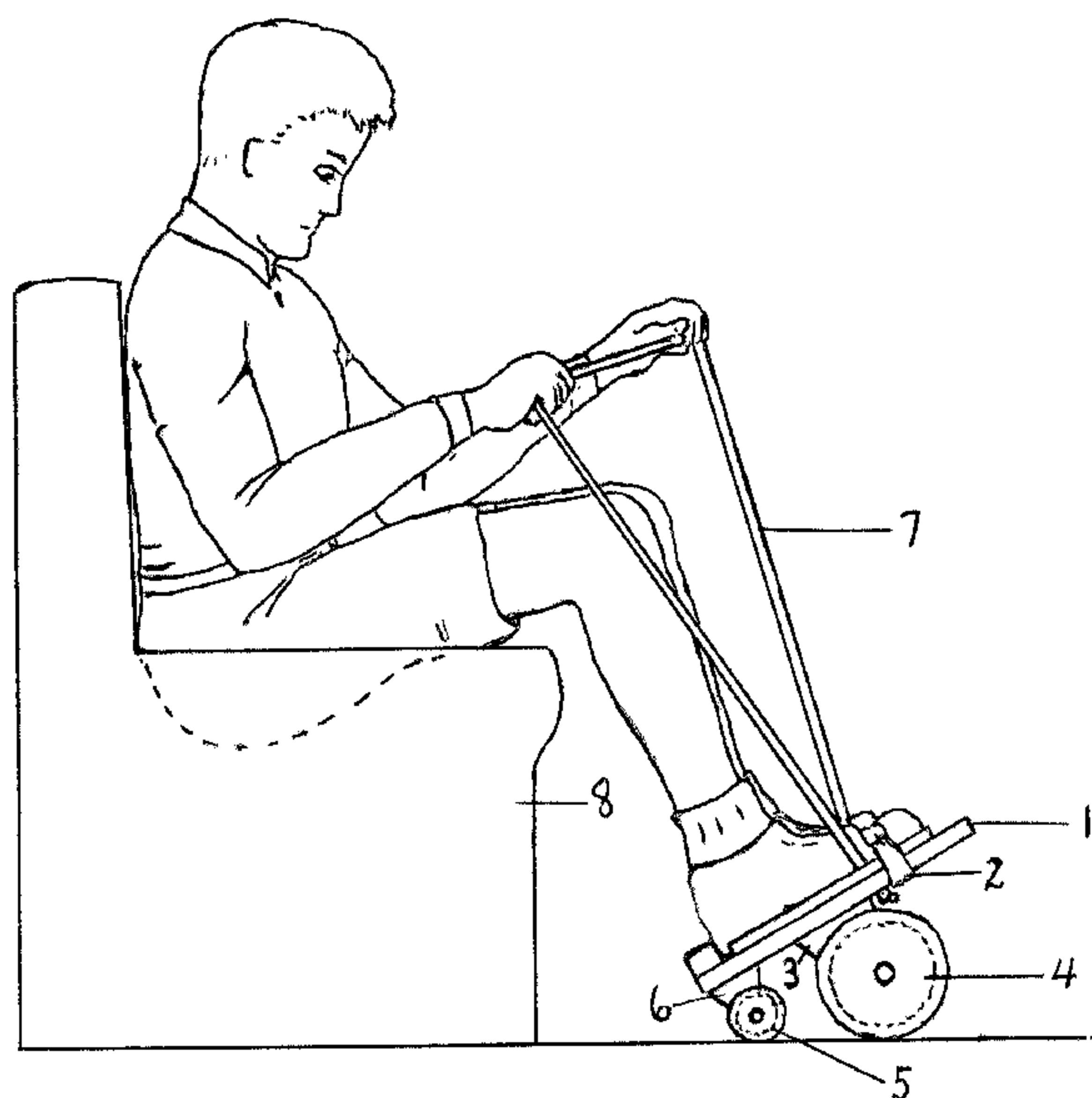
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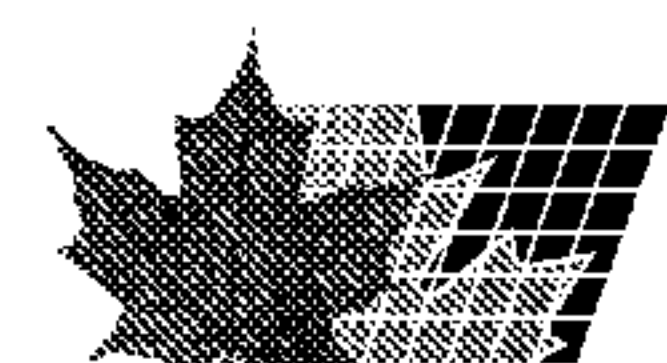
(54) Titre : EXERCISEUR POUR PIEDS EN POSITION ASSISE "PUSHY FOOT ON THE COUCH EXERCISER"

(54) Title: PUSHY FOOT ON THE COUCH EXERCISER



(57) **Abrégé/Abstract:**

This invention, a cart like exerciser, allows the user to obtain an improved level of physical fitness while in a seated position. The cart like exerciser has a sloped platform that serves as the rest position for the user's feet. The front wheels of the cart like exerciser are larger than the back wheels, which dictates the said slope, with the lower end of the slope closest to the user. The user operates the invention from a seated position. From this seated position the user places his feet on the platform of the cart like exerciser. The feet are then held in place by an adjustable belt. An adjustable rope attached to the platform is then grasped by the user. By pushing the feet outwards on the cart like exerciser while imparting resistance on the rope one strengthens the muscles involved. By pulling the cart like exerciser back with the feet while imparting resistance on the rope one strengthens the muscles involved. This cart like exerciser will be called The Pushy Foot on the Couch Exerciser.



Abstract

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Disclosure

This invention relates to using a cart like exerciser to improve one's physical condition while seated. The cart like exerciser has four main components. It has a platform, #1 of Figure 1, and a set of four wheels attached to the underside of the platform. The front pair of wheels, #4 of Figure 1, are larger than the back pair labeled #5 of Figure 1. The correct difference in size of the front wheels to the back wheels gives the platform its proper slope of 40 degrees. The third component is an adjustable belt, #2 of Figure 1. The fourth component is an adjustable rope, #7 of Figure 1.

The cart like exerciser is placed on the floor in front of the person using it. The platform, #1 of Figure 1, is arranged so that the lowest end of the platform's slope is closest to the user. The person, who is seated, places his feet on the platform. The feet are then strapped to the cart like exerciser by means of the adjustable strap, #2 of Figure 1. The rope guide, #7 of Figure 1, is adjusted to the proper length. The rope guide is then grasped by both hands.

The exercising is then begun. This includes pushing the feet outwards on the platform of the cart like exerciser while at the same time holding back on the rope to provide resistance. The action should be such that all wheels, #4 and #5 of Figure 1, remain on the floor while the cart like exerciser is moved out to the full extension of the legs. The cart like exerciser is then pulled back towards the user by retracting the legs while at the same time exerting pressure on the rope guide. This motion of pushing outward and then pulling backwards with the legs is repeated to the user's satisfaction.

Figure 1 indicates the relative positions of the user and the cart like exerciser that are required for exercising to take place. Figure 2 indicates a view of the cart like exerciser alone. The openings labeled as #9 in Figure 2 are for adjustment to positions of the rope guide, #7. This is to suit the size of the foot of the user with the topmost opening suiting the largest foot size.

Claims

- 1) It is claimed that this invention, the cart like exerciser, (which we shall call **The Pushy Foot on the Couch Exerciser**) will aid the user in improving his or her physical condition while the user is in a seated position.
- 2) The level of improvement in Claim 1 is dictated by the effort provided by the user. The more the effort, the greater the physical fitness level. These benefits of having a greater physical fitness level will accrue to many sports activities. Stronger arms and legs will make a person a better golfer, for example.
- 3) This invention is lightweight, easily portable and it can be set up quickly. It is easy to use. All of these factors make it very convenient to use in helping to avoid, for example, that sedentary lifestyle while seated on the couch, **especially watching TV**. It can also be used without the rope guide as one sits at an office desk.

Figure 1

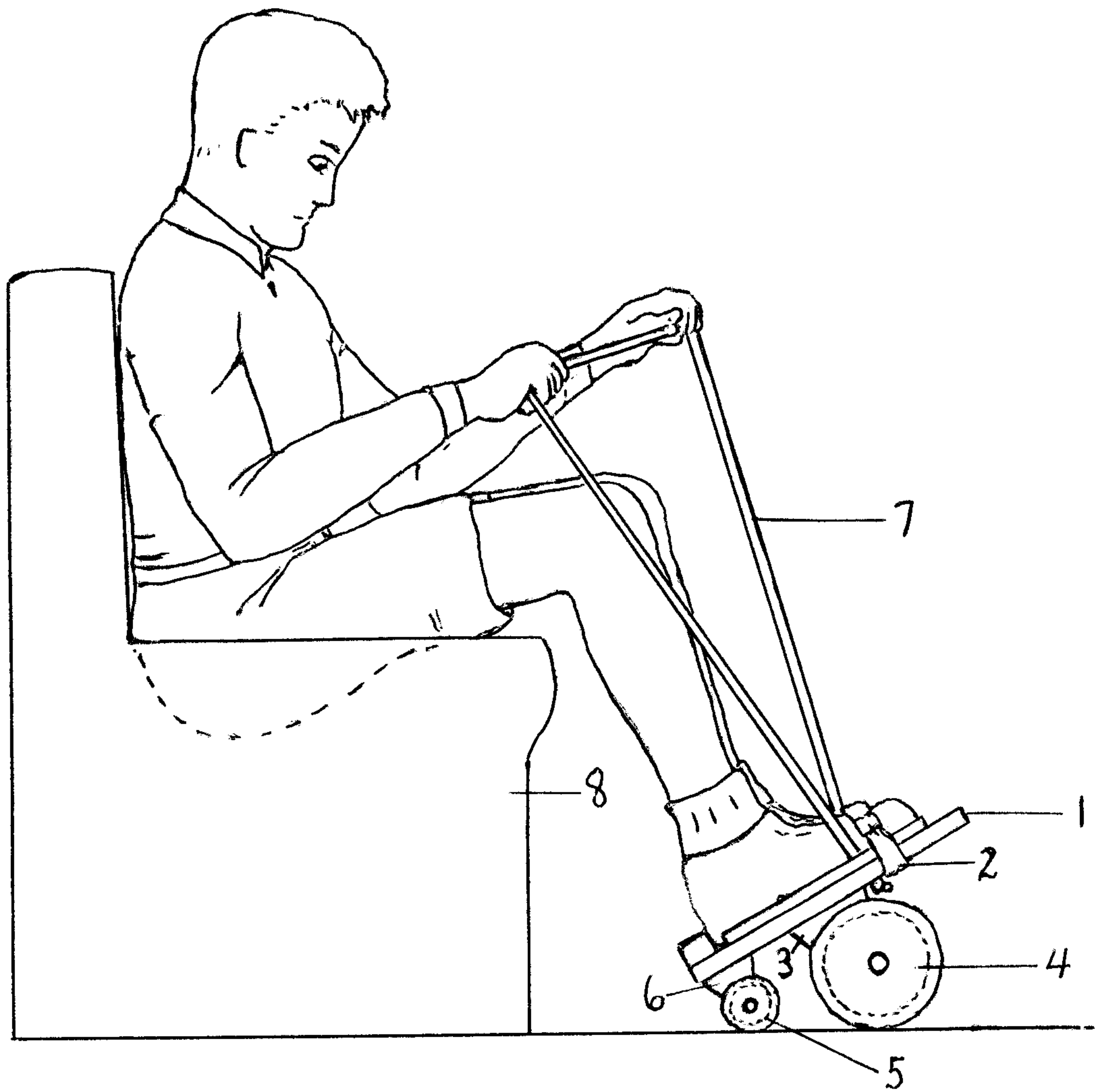


Figure 2

