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(54) **WEIGHT LIFTING EXERCISING DEVICE**

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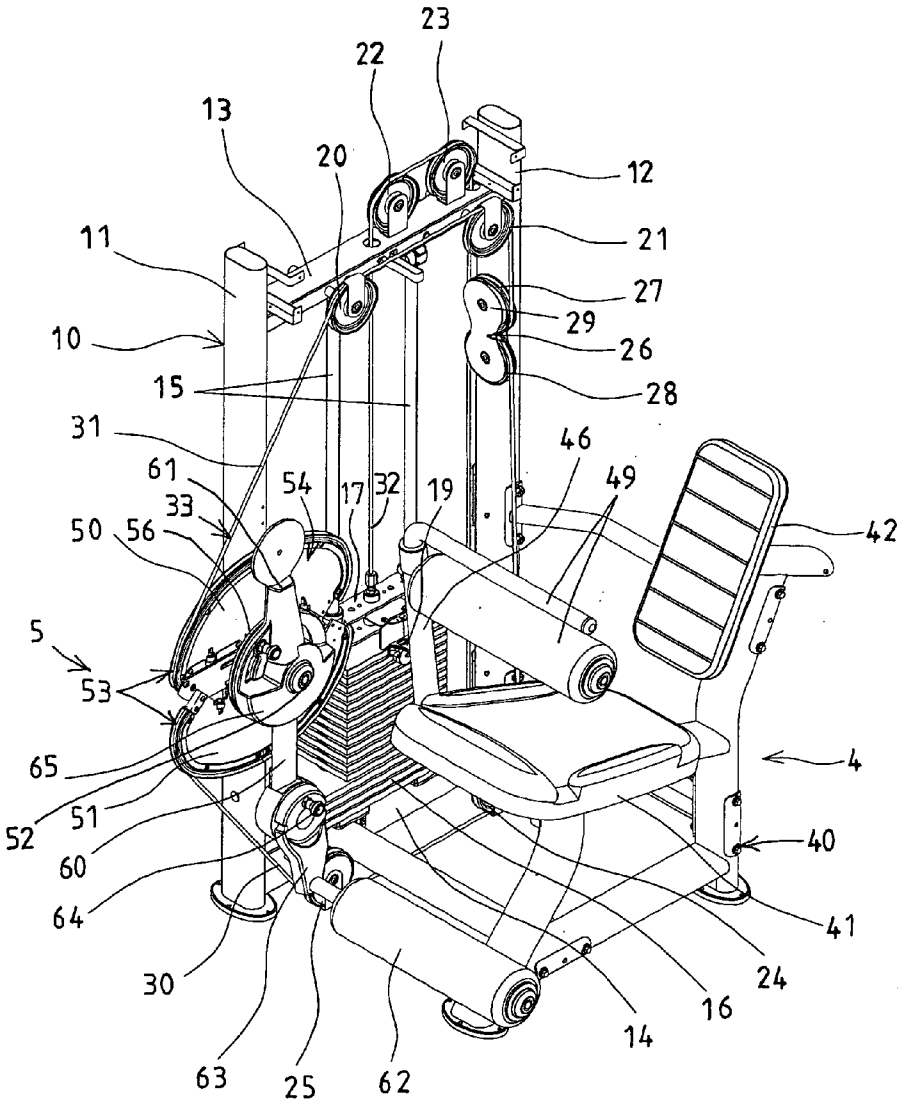
(57) **ABSTRACT**

A weight lifting exercising device includes a number of weight plates slidably attached to a frame with a weight guide rod, two cam members pivotally attached to the frame, two cables coupled between the cam members and the weight plates for moving the selected number of the weight plates up and down along the weight guide rod, and an operating device engaged with the cam members for rotating either of the cam members to actuate either of the cables to move the weight plates up and down along the weight guide rod and for allowing the user to lift and to exercise the weight members either by pulling or pushing a force transfer member and for training or exercising the lower or the upper muscle groups of the users.



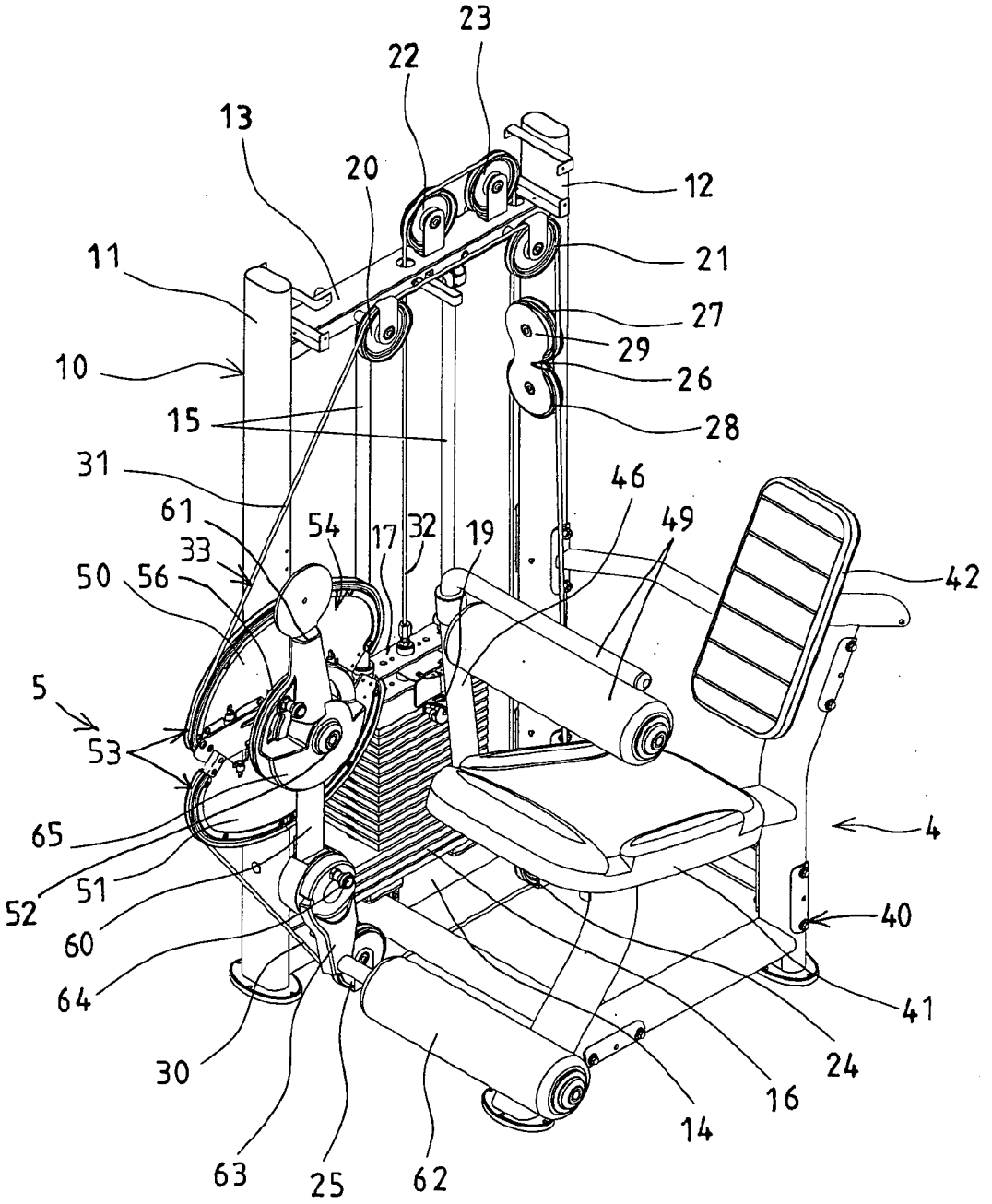

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FIG. 1

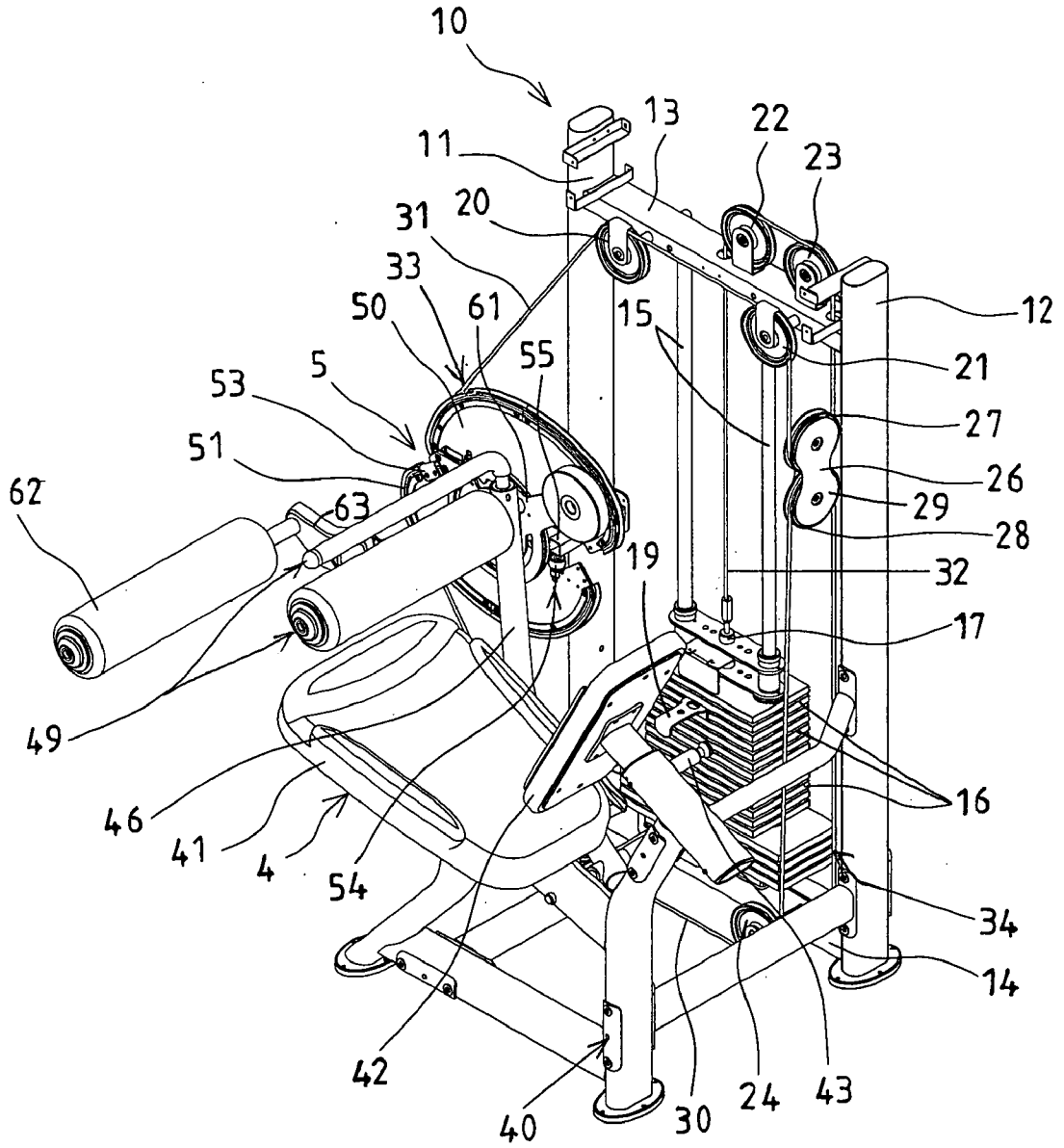
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FIG. 2

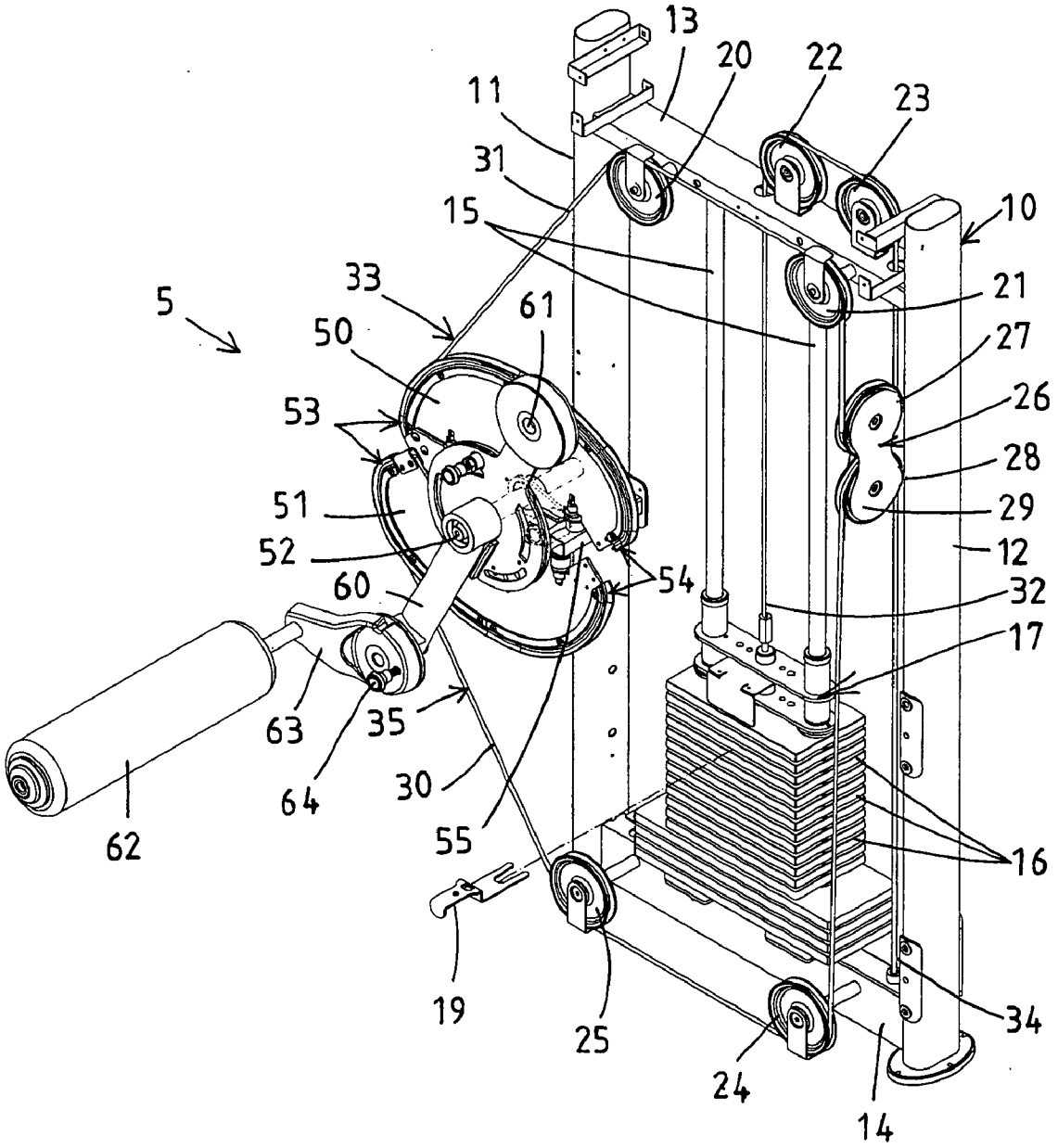
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FIG. 3

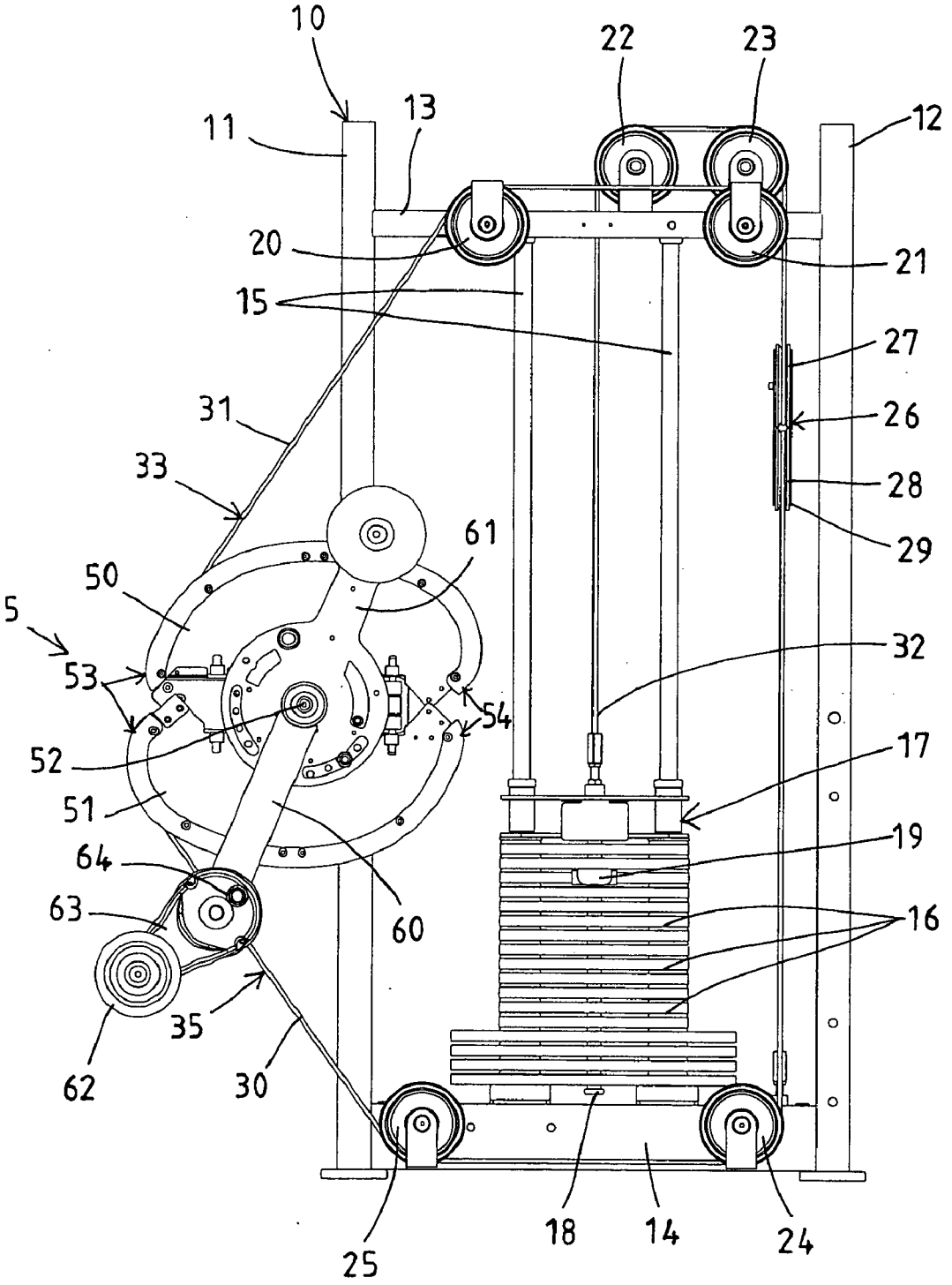
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FIG. 4

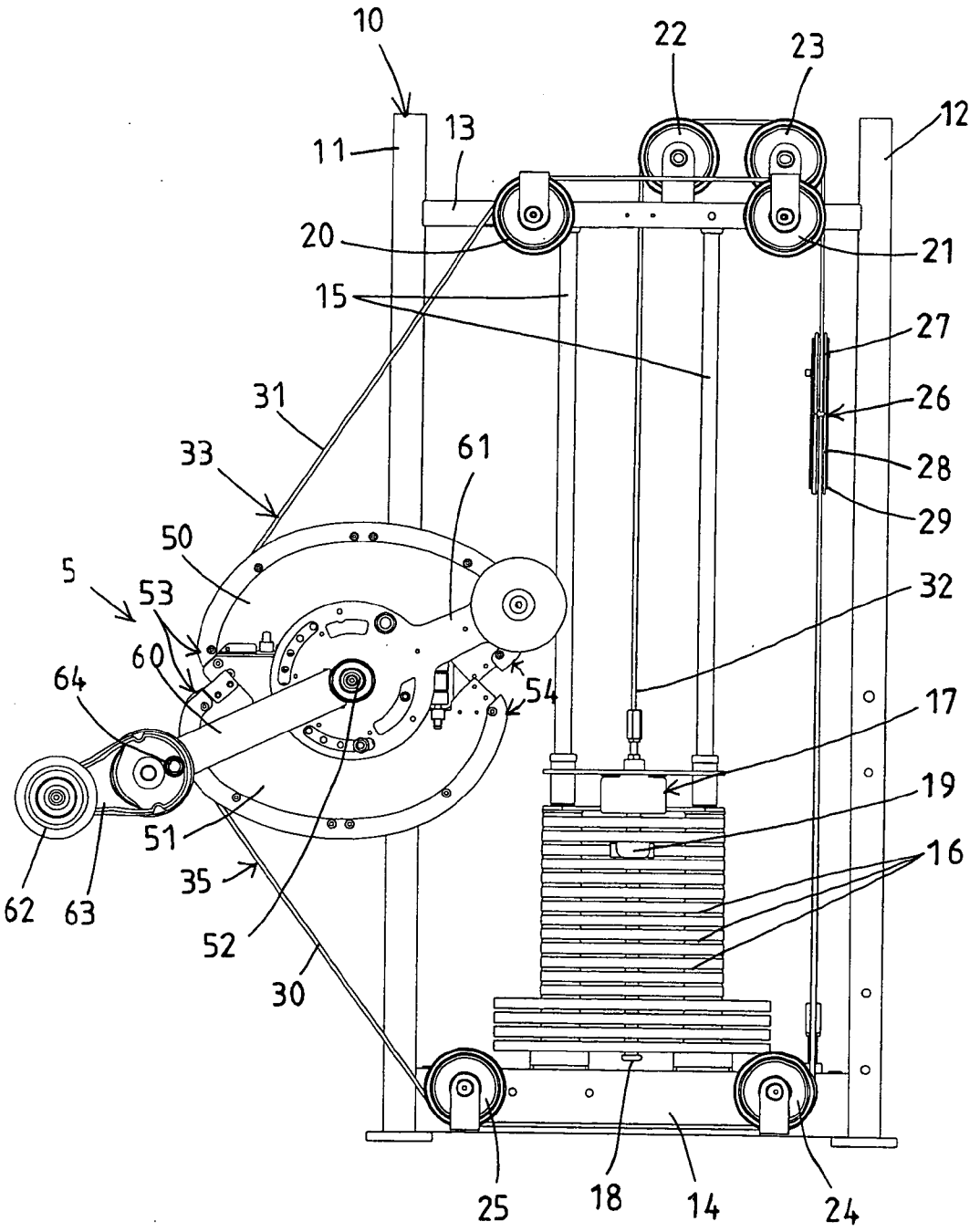
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FIG. 5

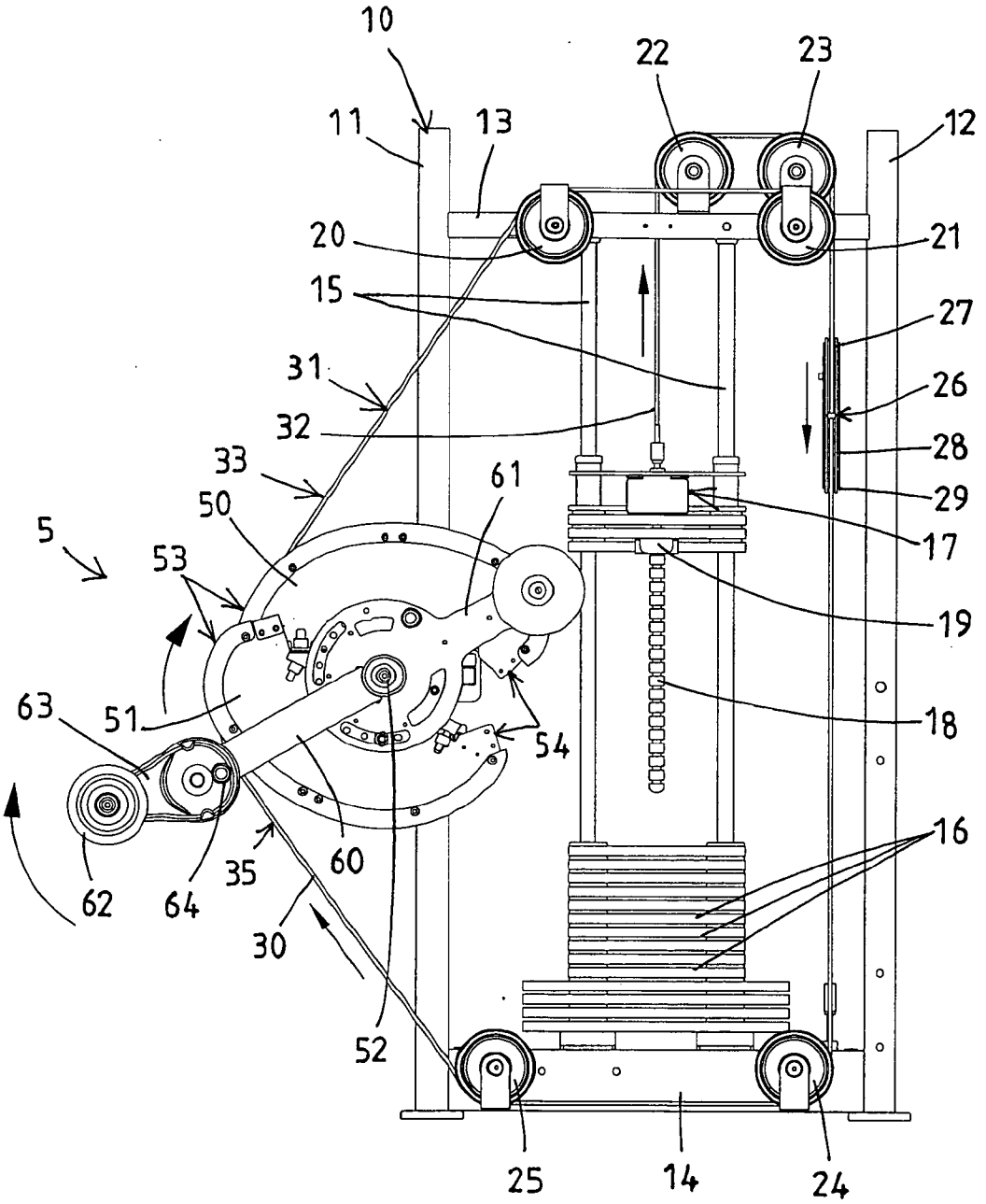
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FIG. 6

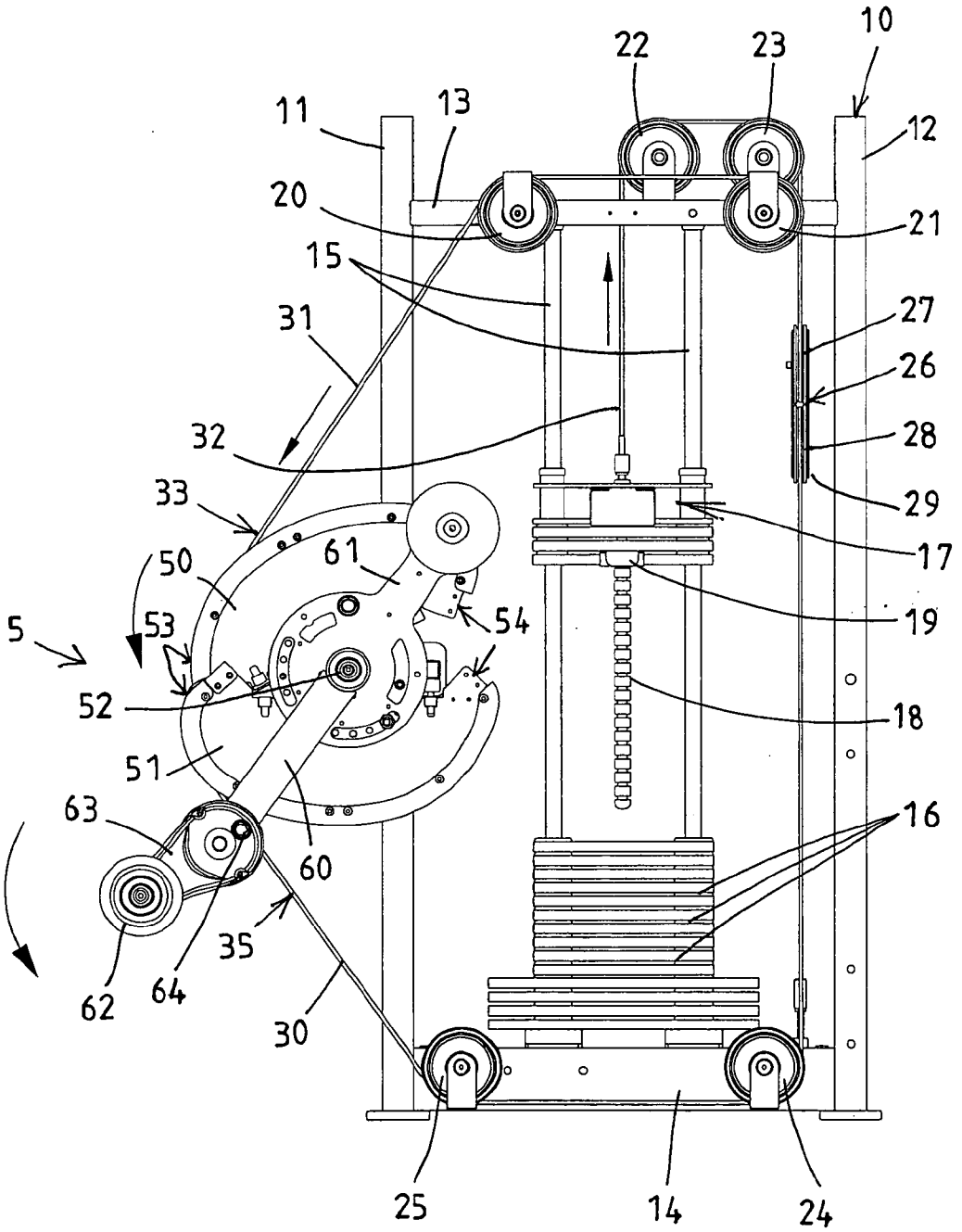
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FIG. 7

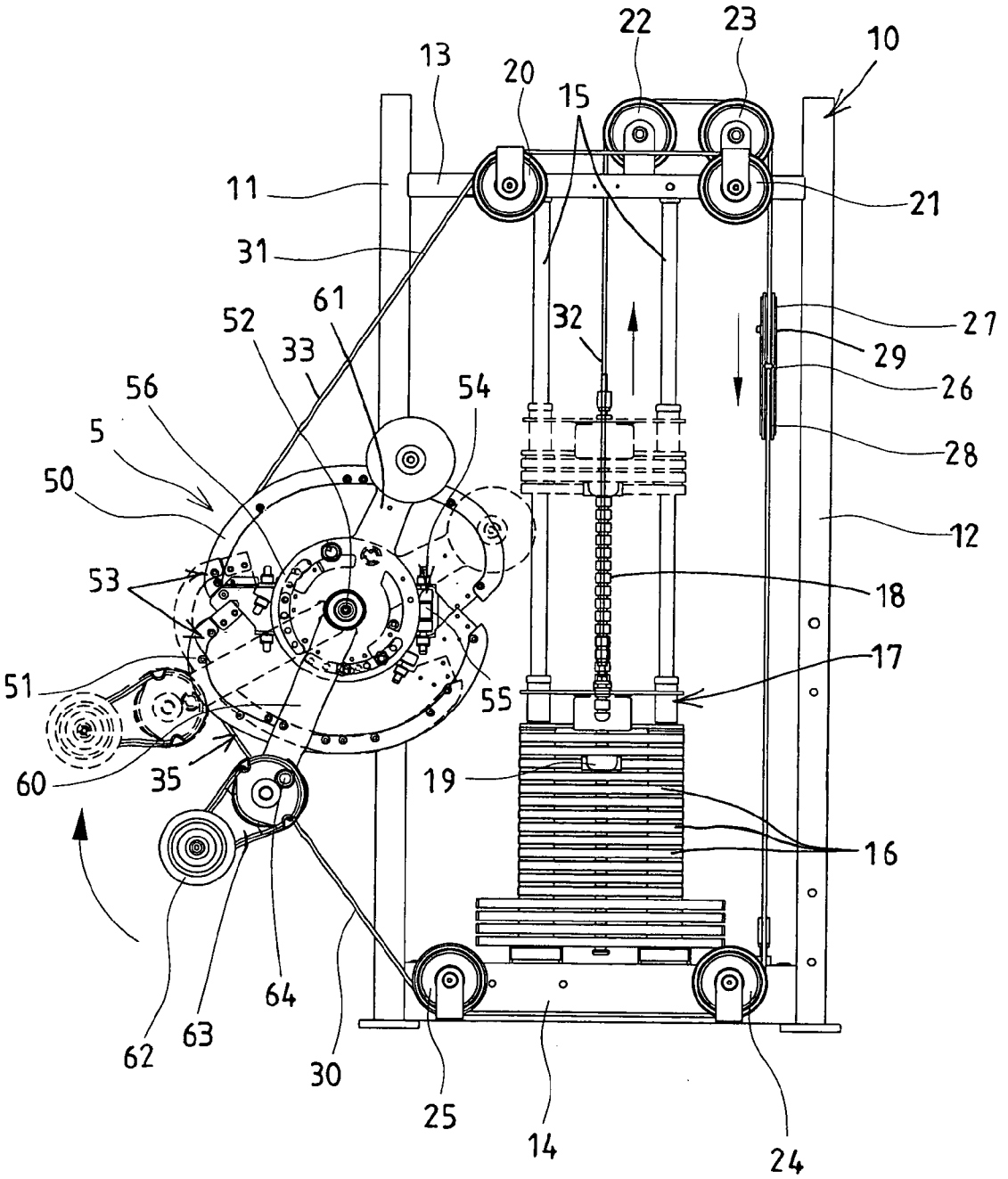
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FIG. 8

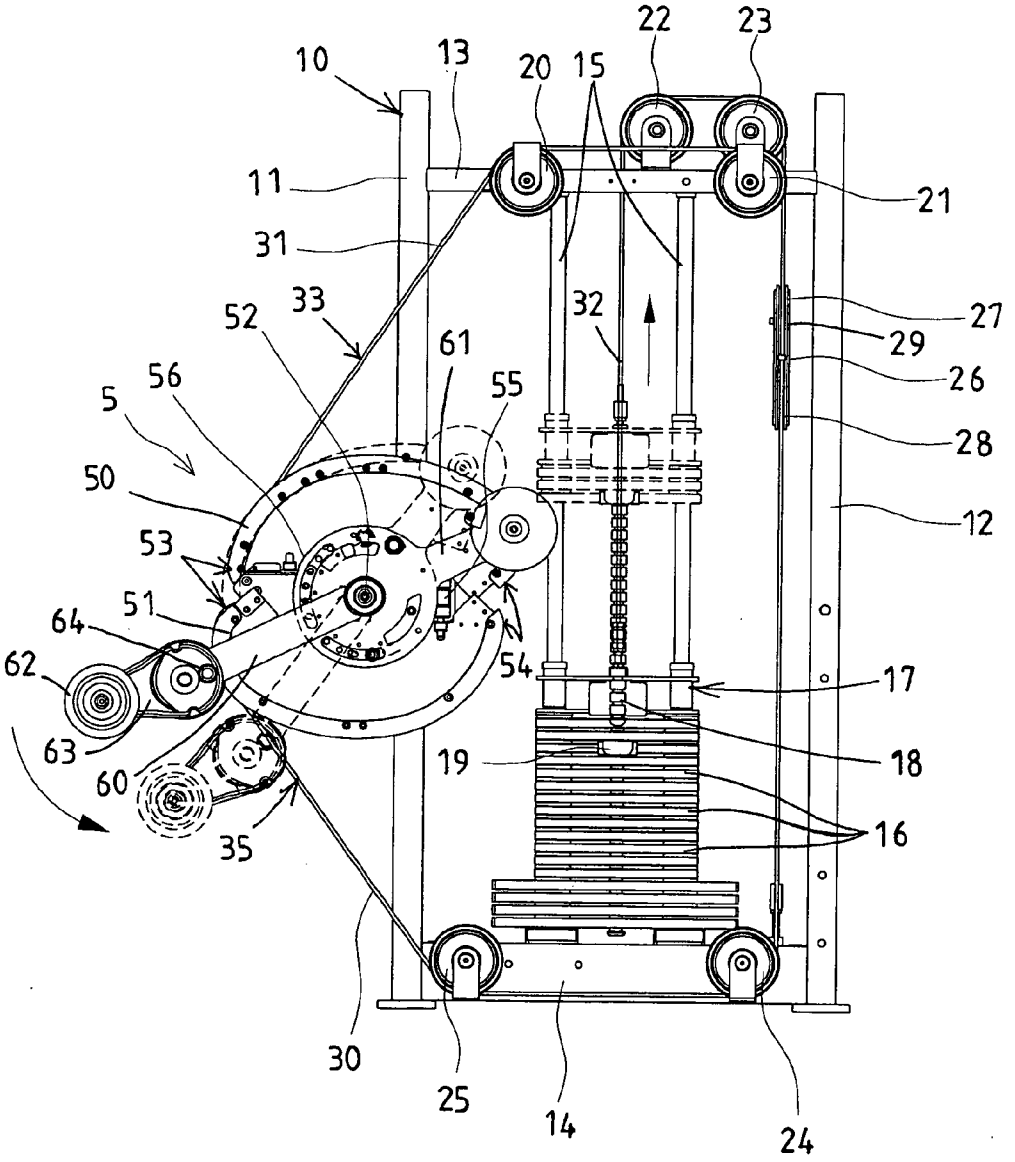
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FIG. 9

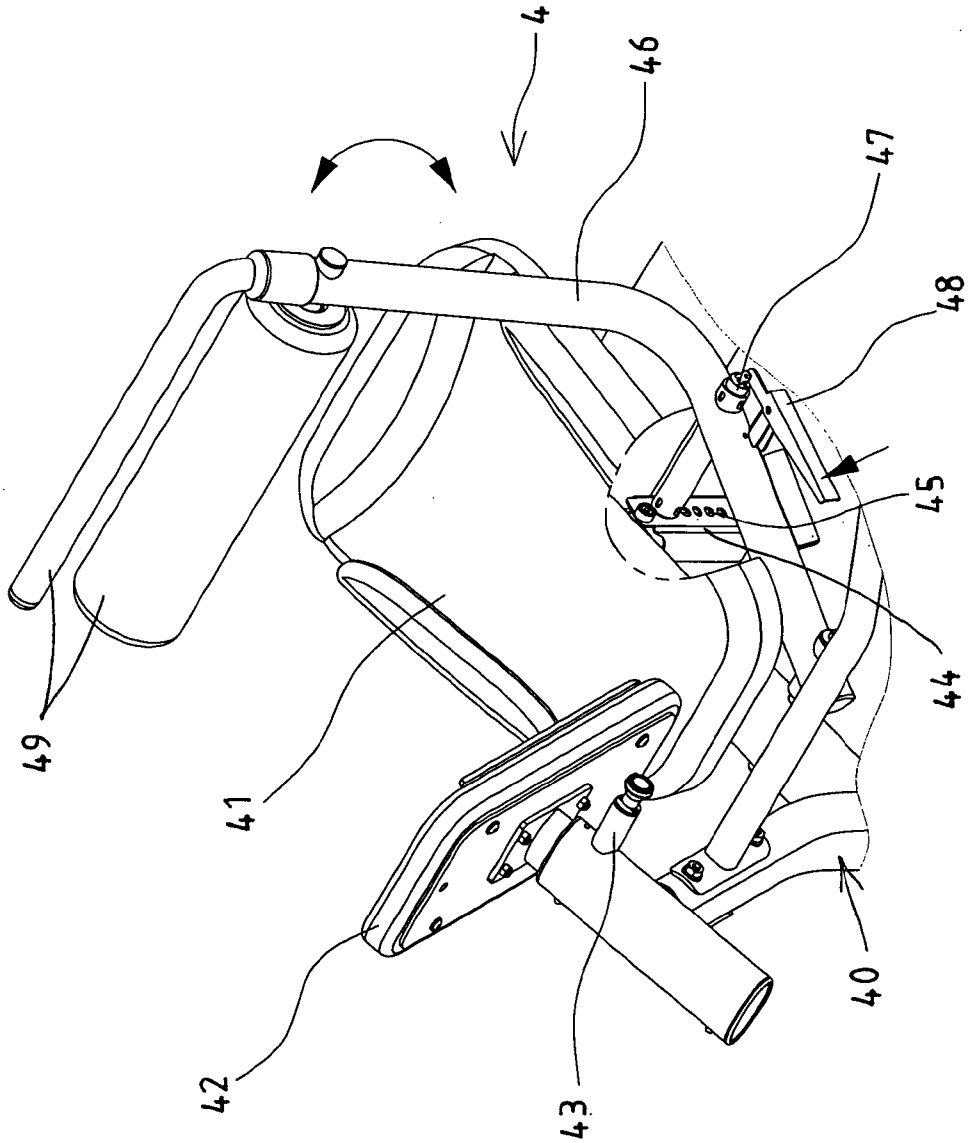

FIG. 10

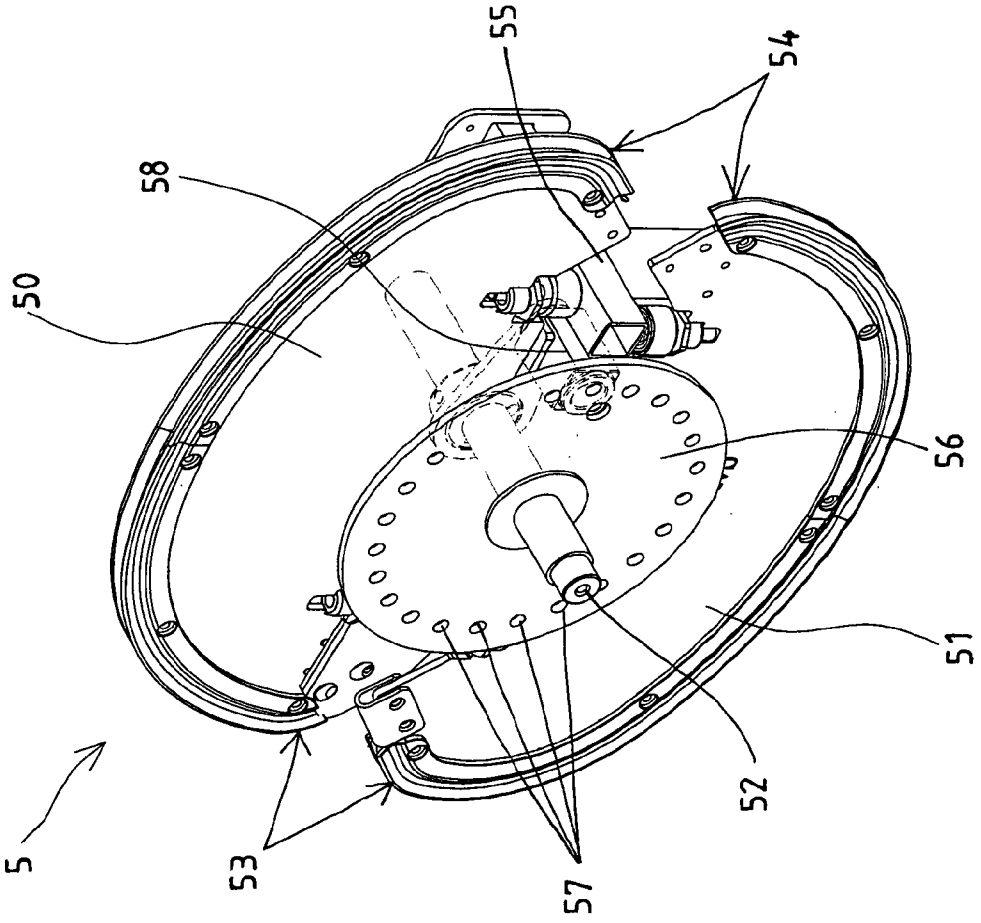

FIG. 11

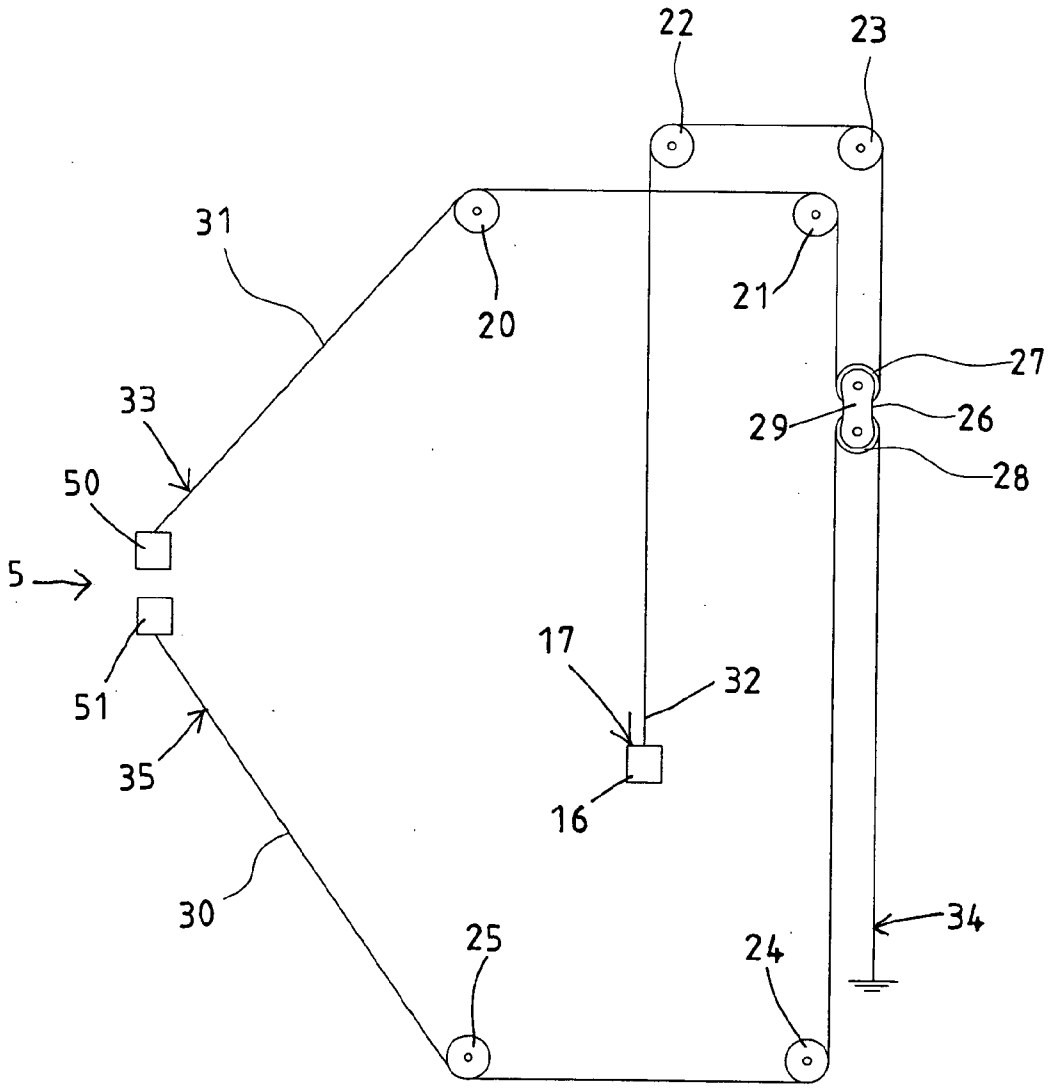

FIG. 12

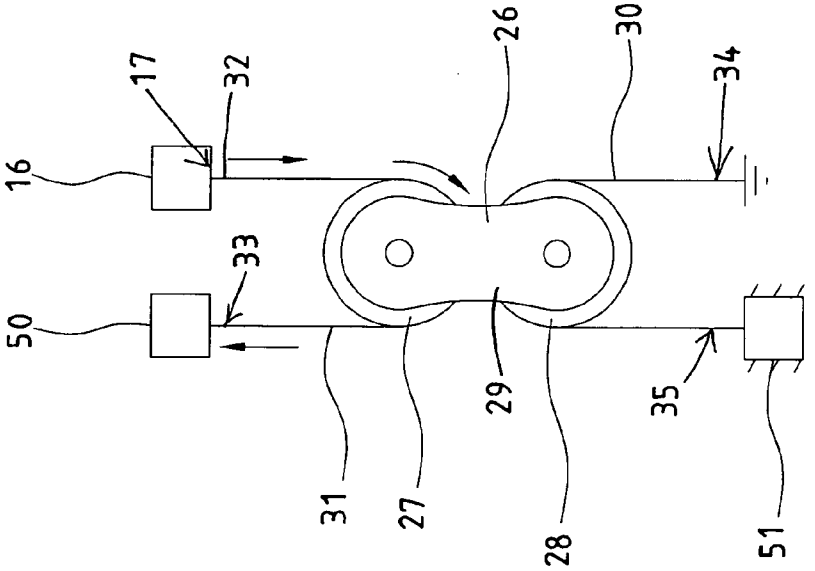
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FIG. 13

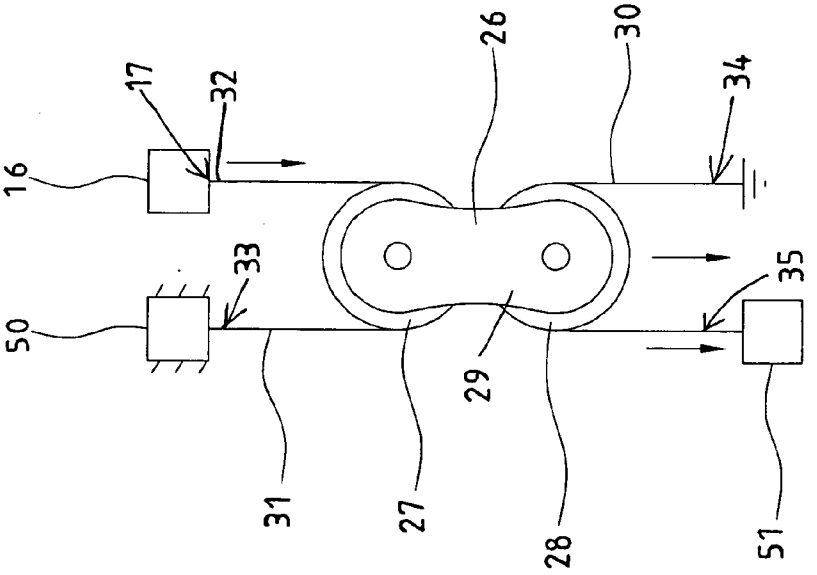
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FIG. 14

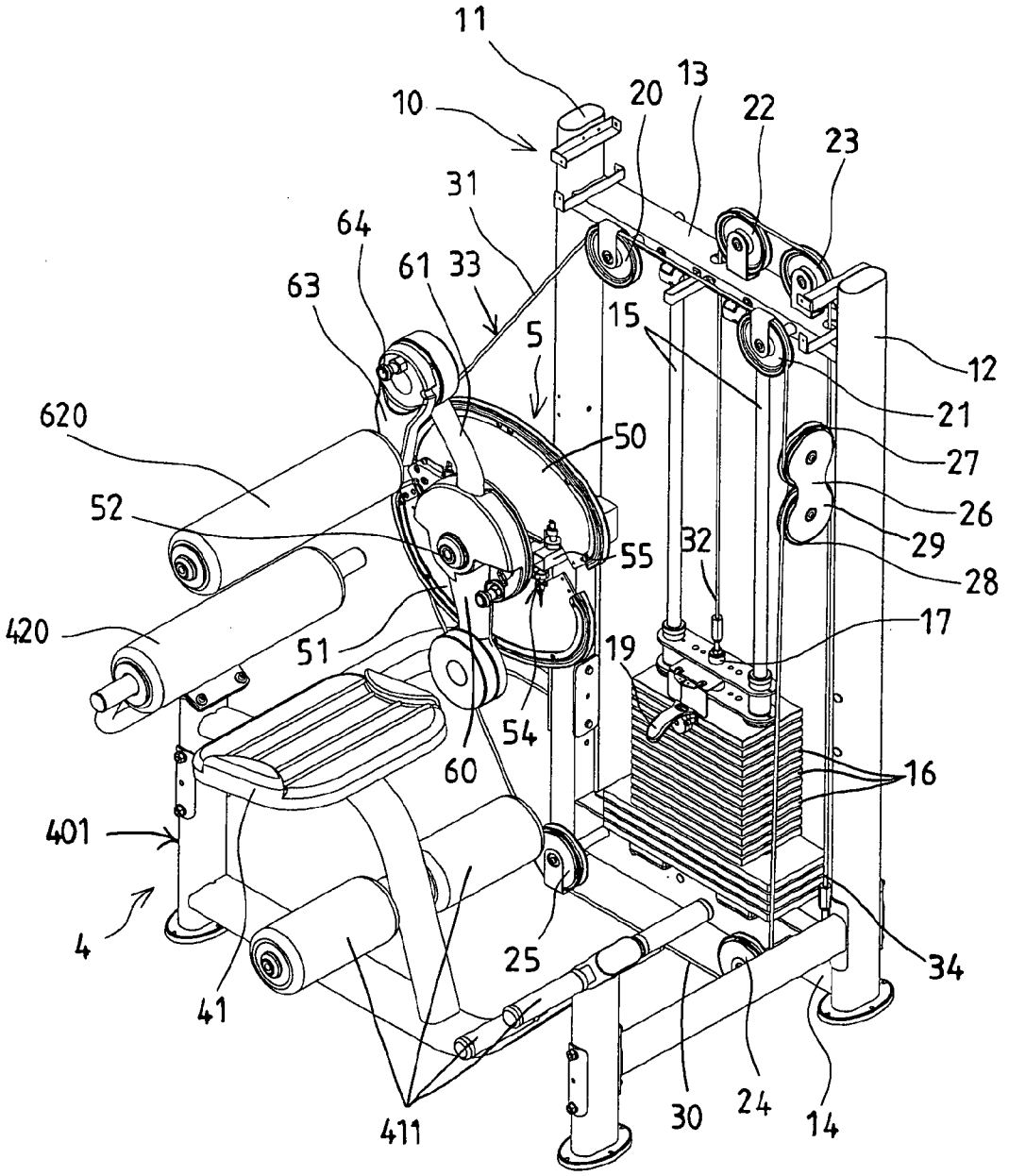
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FIG. 15

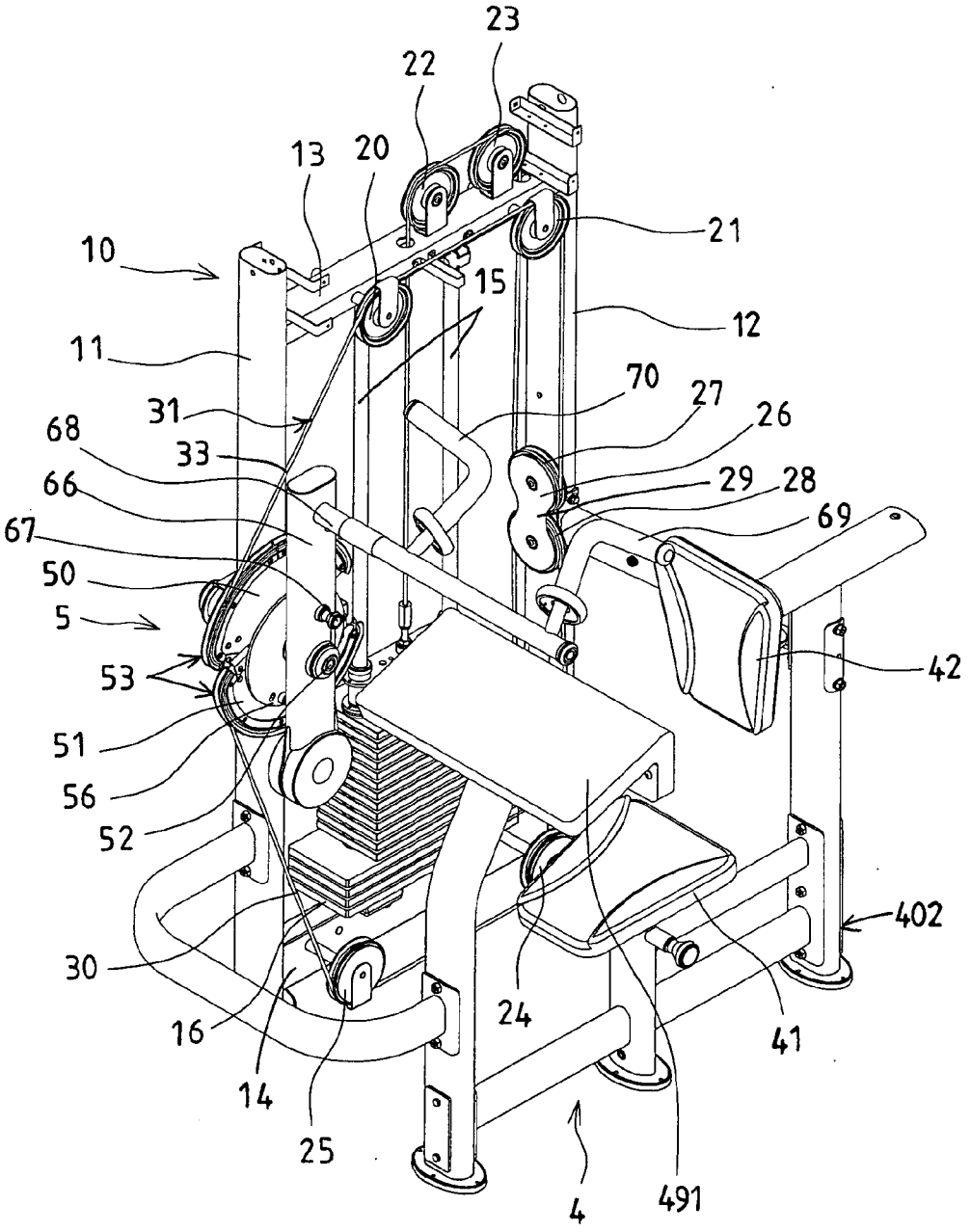
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FIG. 16

WEIGHT LIFTING EXERCISING DEVICE

BACKGROUND OF THE INVENTION

[0001] 1. Field of the Invention

[0002] The present invention relates to a weight lifting exercising device, and more particularly to a weight lifting exercising device including a structure for allowing the user to lift and to exercise the weight members either by pulling or pushing handle bar or foot pedal or foot actuating member and for training or exercising the lower or the upper muscle groups of the users.

[0003] 2. Description of the Prior Art

[0004] Typical weight lifting exercising devices comprise a number of weight plates stacked or disposed in a frame, a bench or chair or the like for supporting the user thereon, and a force transfer member, such as a handle bar, a foot pedal or a foot actuating member coupled to the weight plates with one or more cables for lifting the weight plates and for exercising the lower or the upper muscle groups of the users.

[0005] For example, U.S. Pat. No. 4,349,192 to Lambert, Jr. et al. discloses one of the typical counterbalanced weight systems comprising a number of weight plates slidably attached or disposed on four parallel weight rods, and a handle coupled to the weight plates for lifting or operating the weight plates and for exercising purposes.

[0006] However, the handle may only be moved or pulled or pushed in one direction in order to lift or to elevate the weight plates, but the handle may not be moved or pulled or pushed in the opposite direction to lift the weight plates.

[0007] U.S. Pat. No. 4,511,137 to Jones discloses another typical compound weight lifting exercising machine also comprising a number of weight plates slidably attached or disposed on a pair of weight guide rods, and a force transfer member, such as a foot pedal or a foot actuating member coupled to the weight plates with one or more cables or sprocket chains for lifting the weight plates and for exercising the lower muscle groups of the users.

[0008] However, similarly, the force transfer member or the foot pedal may only be moved or stepped in one direction in order to lift the weight plates, but may not be moved in the opposite direction to lift the weight plates.

[0009] U.S. Pat. No. 4,648,594 to Schleffendorf discloses a further typical body training device also comprising a number of weight plates slidably attached or disposed on a pair of weight guide tubes, and a force transfer member, such as a handle bar or handle member coupled to the weight plates with one or more cables for lifting the weight plates and for exercising the lower muscle groups of the users.

[0010] However, similarly, the force transfer member or the handle member may only be moved or pulled in one direction relative to the weight guide tubes in order to lift or elevate the weight plates, but may not be moved in the opposite direction to lift the weight plates.

[0011] U.S. Pat. No. 4,691,916 to Voris discloses a still further typical exercise apparatus also comprising a number of weight plates slidably attached or disposed on a pair of weight guide rods, and a force transfer member, such as a handle or a press bar coupled to the weight plates with a trolley system for lifting the weight plates and for exercising the lower or the upper muscle groups of the users.

[0012] However, similarly, the force transfer member or the press bar may only be moved or pulled in one direction in order to lift the weight plates, but may not be moved in the opposite direction to lift the weight plates.

[0013] U.S. Pat. No. 5,217,422 to Domzalski discloses a still further typical compact exercise apparatus also comprising a number of weight plates slidably attached or disposed on a pair of weight guide bars, and a force transfer member, such as an exercise bar coupled to the weight plates with one or more drive cables for lifting the weight plates and for exercising the upper muscle groups of the users.

[0014] However, similarly, the force transfer member or the exercuse bar may only be moved or pulled in one direction in order to lift the weight plates, but may not be moved in the opposite direction to lift the weight plates.

[0015] The present invention has arisen to mitigate and/or obviate the afore-described disadvantages of the conventional weight lifting exercising devices.

SUMMARY OF THE INVENTION

[0016] The primary objective of the present invention is to provide a weight lifting exercising device including a structure for allowing the user to lift and to exercise the weight members either by pulling or pushing handle bar or foot pedal or foot actuating member and for training or exercising the lower or the upper muscle groups of the users.

[0017] In accordance with one aspect of the invention, there is provided a weight lifting exercising device comprising a frame including at least one weight guide rod, a number of weight plates slidably attached onto the weight guide rod and movable up and down along the weight guide rod, a first cam member and a second cam member pivotally attached to the frame with a spindle, a first cable selectively coupling the first cam member to a selected number of the weight plates for selectively moving the selected number of the weight plates up and down along the weight guide rod, a second cable selectively coupling the second cam member to a selected number of the weight plates for selectively moving the selected number of the weight plates up and down along the weight guide rod, and an operating device engaged with the first cam member and the second cam member for selectively rotating either of the first or the second cam member relative to the frame in opposite rotational directions, and for actuating either of the first or the second cable to move the weight plates up and down along the weight guide rod.

[0018] The operating device includes a rotary member rotatably attached to the spindle, and an actuating member attached to the rotary member and engageable with either of the first or the second cam member for rotating either of the first or the second cam member relative to the frame when the rotary member is rotated relative to the frame.

[0019] The operating device includes a force transfer member attached to the rotary member for rotating the rotary member relative to the frame.

[0020] The operating device includes a crank attached to the rotary member, and the force transfer member is attached to the crank for rotating the rotary member relative to the frame. For example, the force transfer member is adjustably attached to the crank with a shank and a latch device.

[0021] The operating device includes an anchor attached to the frame and engageable with either of the first or the second cam members for limiting the first or the second cam members to rotate relative to the frame.

[0022] The frame includes a carriage slidably attached to the weight guide rod and movable up and down along the weight guide rod and engageable with the selected number of the weight plates and for carrying the selected number of the weight plates up and down along the weight guide rod.

[0023] The frame includes a floating pulley assembly having two pulleys rotatably coupled together and engaged with the first and the second cables respectively. The floating pulley assembly includes at least one bar for rotatably coupling the first and the second pulleys together.

[0024] The frame includes an upper beam and a lower beam, a first wheel and a second wheel attached to the upper beam, and a third wheel attached to the lower beam, the first cable is engaged with the first wheel and then engaged with a first of the pulleys of the floating pulley assembly and then engaged with the second wheel, and includes a first end coupled to the weight plates and a second end coupled to the first cam member, the second cable is engaged with the third wheel and then engaged with a second of the pulleys of the floating pulley assembly, and the second cable includes a first end coupled to the frame and a second end coupled to the second cam member.

[0025] The frame includes a chair having a seat cushion disposed on a seat base for suitably supporting a user, and the chair may include a seat back adjustably attached to the seat base with an adjusting device.

[0026] The chair includes a track attached to the seat base and having a number of orifices formed therein, an arm attached to the seat base and having a support member for supporting an upper portion of the user. The arm is adjustably attached to the seat base with a latch device.

[0027] Further objectives and advantages of the present invention will become apparent from a careful reading of the detailed description provided hereinbelow, with appropriate reference to the accompanying drawings.

BRIEF DESCRIPTION OF THE DRAWINGS

[0028] FIG. **1** is a front perspective view of a weight lifting exercising device in accordance with the present invention;

[0029] FIG. **2** is a rear perspective view of the weight lifting exercising device;

[0030] FIG. **3** is a partial exploded view of the weight lifting exercising device, in which the chair has been removed for showing the detailed structure of the weight lifting exercising device;

[0031] FIG. **4** is a side plan schematic view of the weight lifting exercising device;

[0032] FIGS. **5**, **6**, **7**, **8**, **9** are side plan schematic views similar to FIG. **4** illustrating the exercising operation of the weight lifting exercising device;

[0033] FIG. **10** is a partial perspective view illustrating the chair of the weight lifting exercising device;

[0034] FIG. **11** is another partial perspective view illustrating the actuating device of the weight lifting exercising device;

[0035] FIG. **12** is a plan schematic view illustrating the operation of the weight lifting exercising device;

[0036] FIGS. **13**, **14** are enlarged partial plan schematic views illustrating the operation of the weight lifting exercising device;

[0037] FIG. **15** is a rear perspective view similar to FIG. **2** illustrating the other arrangement of the weight lifting exercising device; and

[0038] FIG. **16** is a front perspective view similar to FIG. **1** illustrating the further arrangement of the weight lifting exercising device.

DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENT

[0039] Referring to the drawings, and initially to FIGS. **1-9**, a weight lifting exercising device in accordance with the present invention comprises a frame **10** including two side frame posts **11**, **12** disposed parallel to each other and extended upwardly from such as the ground, an upper beam **13** and a lower beam **14** disposed or attached or coupled between the side frame posts **11**, **12**, one or more (such as two) weight guide rods **15** attached or mounted between the upper and the lower beams **13**, **14** and preferably disposed parallel to the side frame posts **11**, **12**, a number of weight plates **16** slidably attached or mounted onto the weight guide rods **15** and movable up and down along the weight guide rods **15**, and a carriage **17** slidably attached or mounted onto the weight guide rods **15** and movable up and down along the weight guide rods **15** for engaging with the weight plates **16** and for carrying one or more of the weight plates **16** up and down along the weight guide rods **15**.

[0040] For example, the carriage **17** includes a weight selector post **18** attached to the carriage **17** for engaging with or into the weight plates **16** and for coupling to one or more of the weight plates **16** with a latch **19** which may couple and anchor or secure one or more of the weight plates **16** to the weight selector post **18** of the carriage **17** for allowing the selected number of the weight plates **16** to be carried and moved up and down along the weight guide rods **15** by the carriage **17**. The above-described structure including the frame **10** and the weight plates **16** and the carriage **17** and the weight selector post **18**, and the coupling of the weight plates **16** to the carriage **17** with the latch **19** is typical and will not be described in further details.

[0041] One or more (such as two) rollers or wheels **20**, **21** are rotatably attached or mounted onto the upper beam **13**, such as attached to the side portion of the upper beam **13**, and one or more (such as two) further rollers or wheels **22**, **23** are rotatably attached or mounted onto the upper beam **13**, such as attached to the upper portion of the upper beam **13**, and one or more (such as two) further rollers or wheels **24**, **25** are rotatably attached or mounted onto the lower beam **14**, such as attached to the side portion of the lower beam **14**, and a floating pulley assembly **26** includes two pulleys **27**, **28** pivotally or rotatably coupled together with one or more (such as two) plates or bars **29**, and two cables **30**, **31** are engaged with or around the wheels **20-25** and the pulleys **27**, **28** of the floating pulley assembly **26**.

[0042] For example, one of the cables **31** is engaged with or around the wheels **20**, **21**, and then engaged with or around one of the pulleys **27** of the floating pulley assembly **26**, and then engaged with or around the wheels **22**, **23**, and includes one end **32** coupled to the selected number of the weight plates **16** and/or the carriage **17**, and includes the other end **33** to be actuated or pulled or operated by the user in order to pull or elevate the weight plates **16** and the carriage **17**, as shown in FIGS. **7**, **9** and **12-14**, when the other end **33** of the cable **31** is pulled or moved away from the wheels **20**, **21**, the other end **33** of the cable **30** is provided for coupling to an actuating device which will be described in further details hereinafter.

[0043] The other cables **30** is engaged with or around the wheels **24**, **25**, and then engaged with or around the other

pulley **28** of the floating pulley assembly **26**, and then engaged with or attached or mounted or secured to the frame **10**, such as attached or secured to the lower beam **14**, and includes the other end **35** to be actuated or pulled or operated by the user in order to pull or elevate the weight plates **16** and the carriage **17**, as shown in FIGS. **6**, **8** and **12-14**, when the other end **35** of the cable **30** is pulled or moved away from the wheels **24**, **25**, the other end **35** of the cable **30** is also provided for coupling to an actuating device which will be described in further details hereinafter.

[0044] As shown in FIGS. **1-2** and **10**, a chair **4** includes a seat base **40**, a saddle or seat cushion **41** disposed or attached or mounted onto the seat base **40** for supporting the user thereon, a seat back **42** slidably and adjustably attached or mounted onto the seat base **40** with a latch or fastener or adjusting device **43** for suitably supporting the back portion of the user, a beam or track **44** attached or mounted onto the seat base **40** and having a number of orifices **45** formed therein (FIG. **10**), an arm **46** adjustably attached or mounted onto the seat base **40** with a fastener or latch device **47** which is adjustably engaged with the orifices **45** of the track **44** for adjustably attaching or mounting the arm **46** onto the seat base **40**, a hand grip **48** attached or mounted to the latch device **47** for actuating or operating the latch device **47**, and a support member **49** attached or mounted onto the arm **46** for suitably supporting the upper portion of the user.

[0045] As shown in FIGS. **1-9** and **11**, an actuating device **5** is attached or mounted onto the frame **10** and coupled to the cables **30**, **31** for actuating or operating the cables **30**, **31**, and includes two cam members **50**, **51** pivotally or rotatably coupled or attached or mounted onto the frame **10** with a spindle **52**, the cam members **50**, **51** include one end **53** coupled to the other or free ends **35**, **33** of the cables **30**, **31** respectively for actuating or operating or pulling the cables **30**, **31** when the cam members **50**, **51** are rotated relative to the frame **10** with the spindle **52** respectively, and include the other end **54** for engaging with a stop or anchor **55** which is attached or mounted onto the frame **10** and for limiting the cam members **50**, **51** to rotate relative to the frame **10**.

[0046] A rotary member **56** is also pivotally or rotatably coupled or attached or mounted onto the frame **10** with the spindle **52**, and includes a number of apertures **57** formed in the outer peripheral portion thereof for adjustably attaching or mounting an actuating member **58** to the rotary member **56**, in which the actuating member **58** is engageable with either of the cam members **50**, **51** for rotating either of the cam members **50**, **51** relative to the frame **10** respectively, and thus for pulling or actuating or operating the cables **30**, **31** to pull or to elevate the weight plates **16** and the carriage **17**. An operating device **6** including one or more (such as two) cranks **60**, **61** attached or mounted onto the rotary member **56** for rotating the rotary member **56** relative to the frame **10** to actuate or operate the cam members **50**, **51** to pull or actuate or operate the cables **30**, **31** respectively.

[0047] A force transfer member **62**, such as a handle bar, a foot pedal or a foot actuating member **62** is adjustably attached or mounted to the rotary member **56** or mounted to either of the cranks **60** with a shank **63** and a fastener or latch device **64** which is adjustably engaged with the crank **60** (FIGS. **3-5**) for adjustably attaching or mounting the force transfer member **62** onto the crank **60**. A cover **65** (FIG. **1**) may be provided and attached or mounted onto the rotary member **56** and/or the cranks **60**, **61** for covering and shielding the rotary member **56** and a portion of the cranks **60**, **61**. The force transfer member **62** is provided for being engaged with the legs or feet of the user and for allowing the cranks **60**, **61** and the rotary member **56** to be rotated or actuated or operated relative to the frame **10** by the user in order to actuate or operate either of the cam members **50**, **51** to pull the cables **30**, **31** and to elevate the weight plates **16** and the carriage **17**.

[0048] In operation, as shown in FIGS. **6** and **8**, when the force transfer member **62** is actuated or operated or moved or rotated relative to the frame **10** clockwise by the user, the cam member **51** may also be actuated or operated or moved or rotated relative to the frame **10** clockwise by the crank **60** and the rotary member **56** and the actuating member **58** in order to actuate or pull the cable **30** and to elevate the weight plates **16** and the carriage **17** (FIGS. **12**, **14**), at this moment, the other cam member **50** has not been and may not be rotated relative to the frame **10** by the crank **60**. As shown in FIGS. **7**, **9**, and **12-13**, the other cam member **50** may also be actuated or operated or moved or rotated relative to the frame **10** counterclockwise by the crank **60** and the rotary member **56** and the actuating member **58** in order to actuate or pull the cable **31** and to elevate the weight plates **16** and the carriage **17**.

[0049] Accordingly, the force transfer member **62** may be actuated or rotated relative to the frame **10** in either direction by the user to elevate the weight plates **16** and the carriage **17** and to train or exercise the lower or the upper muscle groups of the users. The force transfer member **62** and the crank **60** and the rotary member **56** and the actuating member **58** may be formed or may act as an operating device **6** to actuate or operate or move or rotate either of the cam members **50**, **51** relative to the frame **10** in order to actuate or pull the cable **31** and to elevate the weight plates **16** and the carriage **17**.

[0050] As shown in FIG. **15**, the force transfer member **620** may be selected from a handle bar **620** and adjustably attached or mounted onto the other crank **61** with the shank **63** and the fastener or latch device **64**, and a saddle or seat cushion **41** and/or a back cushion **420** may be disposed or attached or mounted onto the seat base **401** for supporting the back portion of the user, and one or more foot engaging members **411** may be disposed or attached or mounted onto the seat base **401** for anchoring or engaging with the feet of the user, and for allowing the user to push or pull the force transfer member or handle bar **620** to actuate or operate either of the cam members **50**, **51** to pull the cables **30**, **31** and to elevate the weight plates **16** and the carriage **17**.

[0051] As shown in FIG. **16**, the actuating device **5** may further include a stem **66** adjustably attached or mounted onto the rotary member **56** with a fastener or latch device **67**, and a lever **68** extended or attached or mounted onto the stem **66**, and one or more (such as two) force transfer members **69**, **70**, such as handles **69**, **70** may be disposed or attached or mounted onto the lever **68** or the stem **66** for being grasped or held by the user, and a table **491** may be disposed or attached or mounted onto the seat base **402** for supporting the upper portion or the arms of the user, and for allowing the user to grasp or hold the handles **69**, **70** to train or exercise the upper muscle groups of the users.

[0052] It is to be noted that the arrangement or the coupling of the cables **30**, **31** to the weight plates **16** and the carriage **17** with the wheels **20-25** and the pulleys **27**, **28** of the floating pulley assembly **26** and the cam members **50**, **51** and the crank **60** and the force transfer member **62** allows either of the cam members **50**, **51** to be actuated or operated or moved or rotated relative to the frame **10** to pull the cables **30**, **31** and to elevate the weight plates **16** and the carriage **17**, and the force

transfer members **62**, **620**, **69**, **70** may be selected from a handle bar **620**, two handles **69**, **70**, or a foot pedal or a foot actuating member **62** and for allowing the user to suitably train or exercise either the lower or the upper muscle groups of the users.

[0053] Accordingly, the weight lifting exercising device in accordance with the present invention includes a structure for allowing the user to lift and to exercise the weight members either by pulling or pushing handle bar or foot pedal or foot actuating member and for training or exercising the lower or the upper muscle groups of the users.

[0054] Although this invention has been described with a certain degree of particularity, it is to be understood that the present disclosure has been made by way of example only and that numerous changes in the detailed construction and the combination and arrangement of parts may be resorted to without departing from the spirit and scope of the invention as hereinafter claimed.

1. A weight lifting exercising device comprising:
a frame including at least one weight guide rod,
a plurality of weight plates slidably attached onto said at least one weight guide rod and movable up and down along said at least one weight guide rod,
a first cam member and a second cam member pivotally attached to said frame with a spindle,
a first cable selectively coupling said first cam member to a selected number of said weight plates for selectively moving the selected number of said weight plates up and down along said at least one weight guide rod,
a second cable selectively coupling said second cam member to a selected number of said weight plates for selectively moving the selected number of said weight plates up and down along said at least one weight guide rod, and
an operating device engaged with said first cam member and said second cam member for selectively rotating either of said first or said second cam member relative to said frame, and for actuating either of said first or said second cable to move said weight plates up and down along said at least one weight guide rod, said operating device including a rotary member rotatably attached to said spindle, and an actuating member attached to said rotary member and engageable with either of said first or said second cam member for rotating either of said first or said second cam member relative to said frame when said rotary member is rotated relative to said frame, a force transfer member attached to said rotary member for rotating said rotary member relative to said frame, a crank attached to said rotary member, and said force transfer member being adjustably attached to said crank with a shank and a latch device for rotating said rotary member relative to said frame.

2-**5**. (canceled)

6. The weight lifting exercising device as claimed in claim **1**, wherein said operating device includes an anchor attached to said frame and engageable with either of said first or said second cam members for limiting said first or said second cam members to rotate relative to said frame.

7. The weight lifting exercising device as claimed in claim **1**, wherein said frame includes a carriage slidably attached to said at least one weight guide rod and movable up and down along said at least one weight guide rod and engageable with the selected number of said weight plates and for carrying the selected number of said weight plates up and down along said at least one weight guide rod.

8. The weight lifting exercising device as claimed in claim **1**, wherein said frame includes a floating pulley assembly having two pulleys engaged with said first and said second cables respectively.

9. A weight lifting exercising device comprising:
a frame including at least one weight guide rod, and including a floating pulley assembly having two pulleys,
a plurality of weight plates slidably attached onto said at least one weight guide rod and movable up and down along said at least one weight guide rod,
a first cam member and a second cam member pivotally attached to said frame with a spindle,
a first cable selectively coupling said first cam member to a selected number of said weight plates for selectively moving the selected number of said weight plates up and down along said at least one weight guide rod,
a second cable selectively coupling said second cam member to a selected number of said weight plates for selectively moving the selected number of said weight plates up and down along said at least one weight guide rod, and said pulleys of said floating pulley assembly of said frame being engaged with said first and said second cables respectively, and
an operating device engaged with said first cam member and said second cam member for selectively rotating either of said first or said second cam member relative to said frame, and for actuating either of said first or said second cable to move said weight plates up and down along said at least one weight guide rod, and
said frame including an upper beam and a lower beam, a first wheel and a second wheel attached to said upper beam, and a third wheel attached to said lower beam, said first cable being engaged with said first wheel and then engaged with a first of said pulleys of said floating pulley assembly and then engaged with said second wheel, and including a first end coupled to said weight plates and a second end coupled to said first cam member, said second cable being engaged with said third wheel and then engaged with a second of said pulleys of said floating pulley assembly, and including a first end coupled to said frame and a second end coupled to said second cam member.

10. The weight lifting exercising device as claimed in claim **8**, wherein said floating pulley assembly includes at least one bar for rotatably coupling said first and said second pulleys together.

11. The weight lifting exercising device as claimed in claim **1**, wherein said frame includes a chair having a seat cushion disposed on a seat base for supporting a user.

12. The weight lifting exercising device as claimed in claim **11**, wherein said chair includes a seat back adjustably attached to said seat base with an adjusting device.

13. The weight lifting exercising device as claimed in claim **11**, wherein said chair includes a track attached to said seat base and having a plurality of orifices formed therein, an arm attached to said seat base and having a support member for supporting an upper portion of the user.

14. The weight lifting exercising device as claimed in claim **13**, wherein said arm is adjustably attached to said seat base with a latch device.

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