April 16, 1935. F. P. BREEN 1,997,715

EXERCISING DEVICE

Filed March 16, 1931

FIG. 1

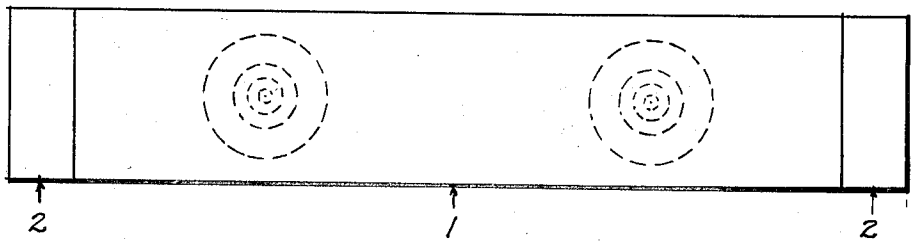


FIG. 2

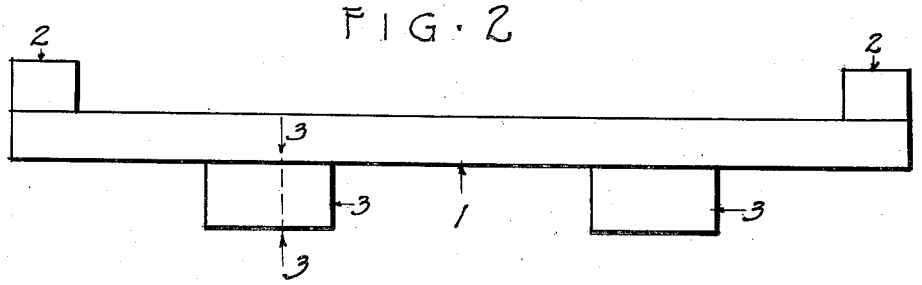
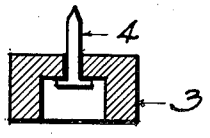


FIG. 3



INVENTOR.

Frederick Paul Breen

Patented Apr. 16, 1935 1,997,715

UNITED STATES PATENT OFFICE

1,997,715

EXERCISING DEVICE

Frederick Paul Breen, Springfield, Mass.

Application March 16, 1931, Serial No. 523,025

5 Claims. (Cl. 272—70)

This invention relates to a twisting exercising device. One of the uses of the exercising device is its use as a foot and angle strengthener. Such use is especially beneficial at this time as most persons are not using their feet enough and consequently foot troubles are increasing. The stomach is also benefited by twisting exercises, a fact which is well known.

It is also an object of the invention to provide an exercising device which is practically a complete exerciser in that it requires balance, tension and twisting.

An additional object is to provide a rugged combined toy and twisting exerciser usable by young or old, which is very cheap to manufacture and which can be used indoors or outdoors.

In the accompanying drawing forming a part hereof, I have shown one simple construction in which:

Figure 1 is a top plan view of my improvement in an exercising device;

Figure 2 is an elevation thereof; and

Figure 3 is a section of one of the supporting legs 3 taken on the line 3—3 of Figure 2.

Similar numerals refer to similar parts throughout the several views.

The reference character 1 indicates a rigid base or support. The reference character 2 indicates means for keeping the feet of the operator from slipping off. In the preferred form shown in the drawing these means comprise members secured to the upper side of the base 1 near the ends thereof and may be appropriately designated as slip guards. On the under side of the base there are provided supporting legs 3 which have swivel connections with the base. One method of attaching the supporting legs to the base or support 1, so as to allow of a swivel action, is by use of ordinary nails 4 although obviously there can be employed other methods of accomplishing the same result.

In operation a person stands on the rigid base or support 1 and places his feet against the opposite slip guards 2. By leaning either to the left or to the right, twisting the body, and bringing the raised foot forward or backward in a wide sweeping motion so as to swivel upon one of the legs 3, the operator can make progress in any direction.

While I have shown and described the foregoing embodiment of the invention, it should be understood that I reserve the right to make such changes in form or construction as will not depart from the spirit of the invention, or the scope of the subjoined claims.

Having thus described the invention, I claim:

1. An exercising device comprising a rigid support member of an elongated character, a pair of supporting legs extending downwardly from the lower side of said member and spaced inwardly, one from each end thereof, and a foot positioning device at each end of said member and upon its upper side.

2. In an exercising device, a rigid support member of an elongated character, a foot positioning device at each end of said member and upon its upper surface, and a supporting leg between each foot positioning device and the center of the support member and upon the lower surface of the latter.

3. An exercising device comprising a rigid support member of an elongated character, a pair of supporting legs extending downwardly from the lower side of said member and spaced inwardly, one from each end thereof, each of said legs being pivotally connected with said member so as to be rotatable about a vertical axis, and a foot positioning device at each end of said member and upon its upper side.

4. An exercising device comprising a rigid support member of an elongated character, a pair of supporting legs extending downwardly from the lower side of said member and spaced inwardly, one from each end thereof, and a pair of transverse cleats secured to the upper surface of said member, one at each end thereof.

5. An exercising device comprising a rigid support member of an elongated character, a pair of supporting legs extending downwardly from the lower side of said member and spaced inwardly, one from each end thereof, each of said legs being pivotally connected with said member so as to be rotatable about a vertical axis, and a pair of transverse cleats secured to the upper surface of said member, one at each end thereof.

FREDERICK PAUL BREEN.