March 19, 1929. J. R. ANDERSON 1,705,745

EXERCISING APPARATUS

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Fig. 1

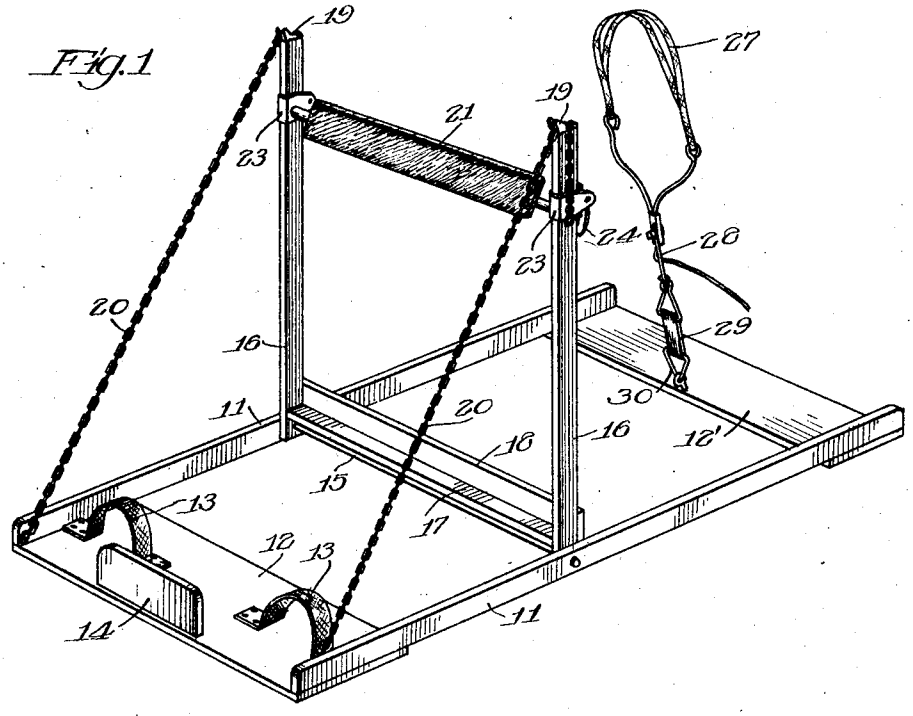
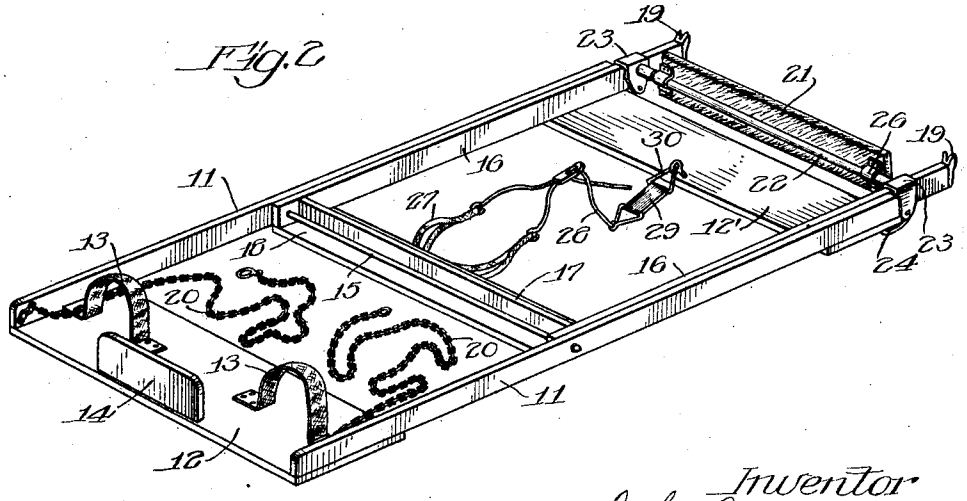


Fig. 2



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Fig. 3

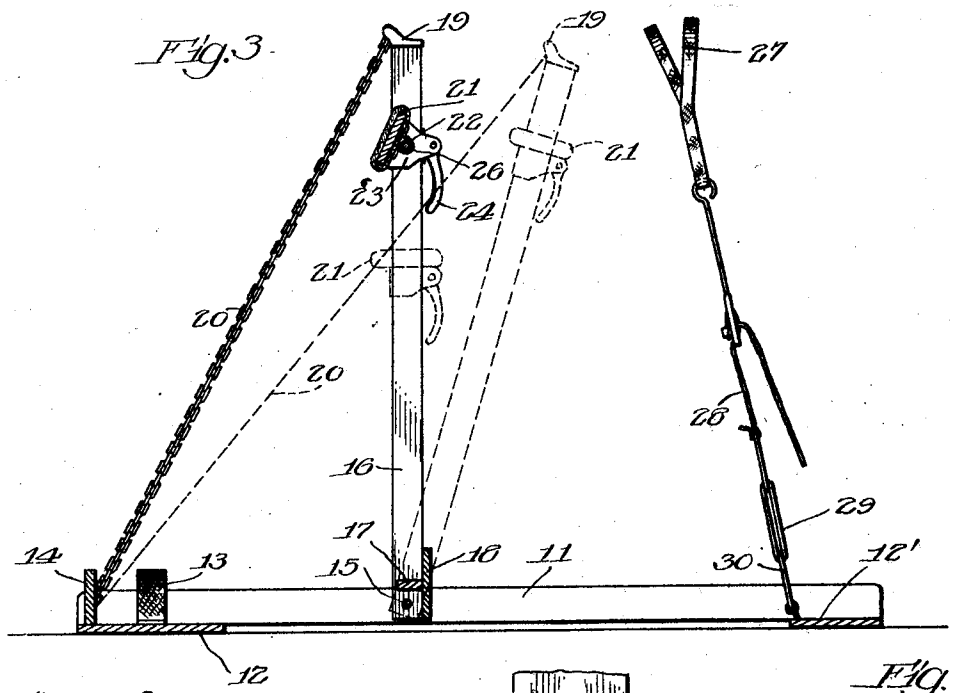


Fig. 4

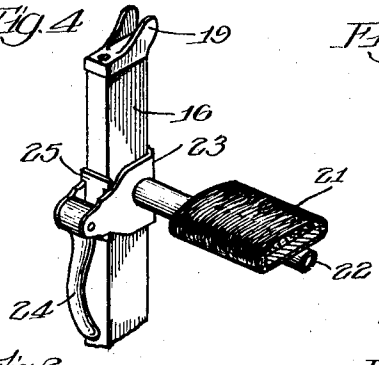


Fig. 5

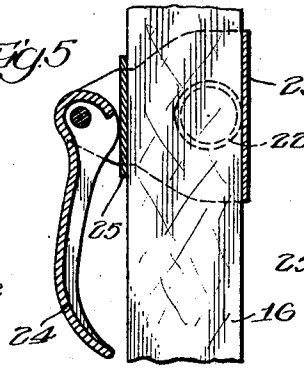


Fig. 6

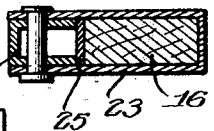


Fig. 7



Fig. 10

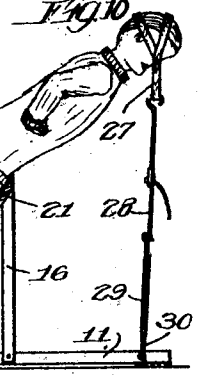


Fig. 8

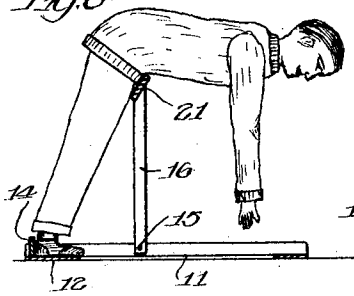
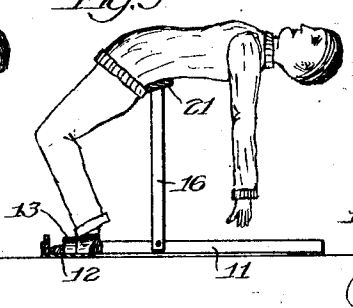


Fig. 9



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Patented Mar. 19, 1929. 1,705,745

UNITED STATES PATENT OFFICE.

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EXERCISING APPARATUS.

Application filed October 7, 1926. Serial No. 139,971.

This invention relates to novel improvements in exercising apparatus and its object is to provide simple means of strong and substantial construction which can be easily set up for use and as easily folded in compact form for transportation and storage.

Another object is to provide novel means which will enable the user to bend and stretch the body and leg muscles in many different ways and to an extent wholly within the control of the user.

A further object is to provide the apparatus with means for exercising the neck and shoulder muscles independently of or in conjunction with the exercise of the body and leg muscles.

And a further object is to provide novel means for adjusting the apparatus to suit particular persons and to simplify or make more arduous the use thereof.

In the accompanying drawings illustrating a selected embodiment of the invention:

Fig. 1 is a perspective view showing the apparatus set up for use.

Fig. 2 is a similar view showing the apparatus folded.

Fig. 3 is a sectional elevation showing parts in broken lines in different positions.

Figs. 4, 5, 6 and 7 are detail sectional views.

Figs. 8, 9 and 10 illustrate uses of the apparatus.

Referring to the drawings, the base is skeleton in form and comprises two side bars 11, 11 and two end cross-boards 12, 12′ rigidly secured together. The cross-board 12 constitutes a foot rest and is provided with stirrups 13, 13 and an intermediate abutment 14. A frame is pivoted to the side bars 11, 11 by a pivot rod 15 about midway between the ends of the base, and this frame comprises the side bars 16, 16 the cross bar 17 and the cross-board 18. The cross bar is fastened to the side bars just above the pivot rod and the cross-board is fastened to the side bars and the cross bar, the cross bar and cross-board forming a substantial T-shaped brace for the frame at the pivoted end thereof (Fig. 3). The frame is adapted to be swung to upright position, Fig. 1, or to folded position within the base bars and resting upon the cross-board 12′, Fig. 2. A jaw 19 is mounted on the outer end of each frame bar 16, and chains 20 are fastened at one end to the base bars 11, 11, at the foot rest end thereof, and are engageable with the jaws to hold the frame in operative position. The chains permit a varied adjustment of the frame, in many operative positions suitable for different persons and different exercising movements. In Fig. 3 I have shown the frame in vertical position in full lines and in one of many possible inclined positions in broken lines. A body rest 21 is adjustable on the frame bars and it comprises a cross rod 22 mounted at its ends in brackets 23 which are slidable on the frame bars and are held in adjusted position by cam clamps 24. The brackets are substantially U-shaped to embrace the frame bars snugly and the clamps are pivoted in the brackets and are adapted to engage a friction plate 25 which is loosely held by the bracket. When the clamps are operated to lock the body rest in adjusted position the cams press the friction plates tightly against the frame bars (Fig. 5). The body rest is padded suitably and it is pivotally mounted on the cross rod 22 to yield to the movement of the body. But I prefer that the body rest should move pivotally only in response to the movement of the user, and that it should not swing freely, which is easily accomplished by making the pivot members 26 relatively tight. By loosening the clamps the body rest can be adjusted to any position on the frame bars, and then locked securely in adjusted position by tightening the clamps. A head piece 27 adapted to be arranged on the head of the user is connected by an adjustable rope 28 with an elastic strap member 29 which is engaged with a ring 30 fastened to the cross-board 12′. The head attachment may or may not be provided, as desired, and when provided as a part of the apparatus it may or may not be used, since it does not in any way interfere with the use of the apparatus for other purposes.

In practice the apparatus is set up as shown in Fig. 1 on the floor, with the body rest adjusted as desired. Then the user may stand on the foot rest with his heels against the abutment and with his body leaning against the body rest and do forward bending exercises, as shown in Fig. 8. Then the user may insert his toes in the stirrups and lean his back against the body rest and do backward bending exercises, as shown in Fig. 9. And the user may lean his right side against the body rest and engage the side of his right foot against the abutment and throw his left foot and leg outward and upward while

bending sideways over the body rest; and repeat this operation on the left side. And the user may lean forward over the body rest and engage his head with the head piece and stretch the elastic strap member to exercise his neck and shoulder muscles while engaged in forward bending exercises. It will be apparent that the apparatus may be used in many ways for a great variety of bending exercises, which stretch and develop the muscles and keep them supple and strong. At the same time these movements exercise the organs of the body and keep them in a healthy active condition.

It may be desirable to change the form, construction and arrangement of parts of the apparatus to meet different conditions and I reserve the right to make all such changes as fall within the scope of the following claims.

I claim:

1. An exercising apparatus comprising a base having a foot rest thereon, a frame pivoted on the base in advance of the foot rest, means for holding the frame in upward adjusted position, and a body rest slidably mounted on the frame.

2. An exercising apparatus comprising a base having a foot rest thereon, a frame pivoted on the base in advance of the foot rest, means for holding the frame in upward adjusted position, a pivoted body rest slidable on the frame, and means for adjusting and locking the body rest in adjusted position on the frame.

3. An exercising apparatus comprising a base having a foot rest thereon, a frame pivoted on the base in advance of the foot rest, means for holding the frame in upward adjusted position, and a body rest pivotally and slidably mounted on the frame to move in the direction of the length of the base.

4. An exercising apparatus comprising a base having a foot rest thereon, a frame pivoted on the base in advance of the foot rest, means for holding the frame in upward adjusted position, brackets slidable on the frame, a transverse rod mounted on the brackets, and a body rest pivoted on said rod.

5. An exercising apparatus comprising a base having a foot rest thereon, a frame pivoted on the base in advance of the foot rest and comprising side bars, means for holding the frame in upward adjusted position, brackets slidable on the frame bars, clamps for securing the brackets in adjusted position, and a body rest connected with said brackets.

6. An exercising apparatus comprising a base having a foot rest thereon, a frame pivoted on the base in advance of the foot rest and comprising side bars, means for holding the frame in upward adjusted position, brackets slidable on the frame bars, clamps for securing the brackets in adjusted position, a rod mounted at its ends on said brackets, and a body rest pivoted on said rod to move in the direction of the length of the base.

7. An exercising apparatus comprising a base having a foot rest thereon, a frame pivoted on the base in advance of the foot rest and comprising side bars, a body rest on the side bars, jaws on the outer ends of the side bars, and chains connected to the base and adjustably engageable with the jaws to hold the frame in upward adjusted position.

8. An exercising apparatus comprising a base having a foot rest thereon at one end, a frame pivoted to said base, a slidably mounted body rest pivoted to said frame, means for supporting said body rest in adjusted position lengthwise of the base, means for adjusting said body rest towards or from the base. and a head piece elastically connected to the base on the opposite side of the body rest from the foot rest.

JOHN R. ANDERSON.