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[54] ELASTIC PULL TYPE EXERCISER

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[58] **Field of Search** 272/82, 83 R, 79 R, 57 R, 80,
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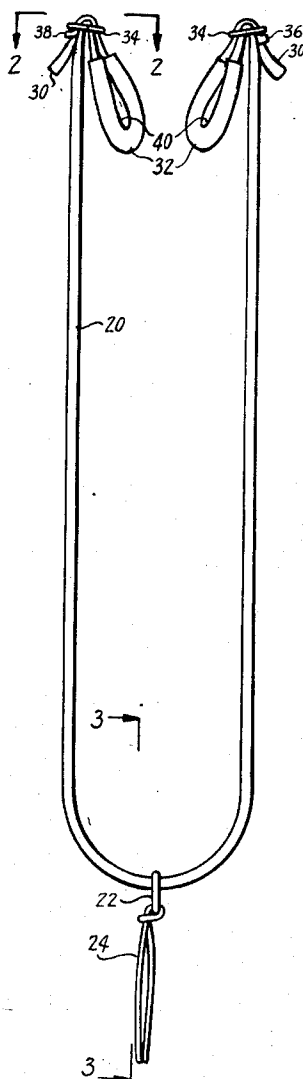
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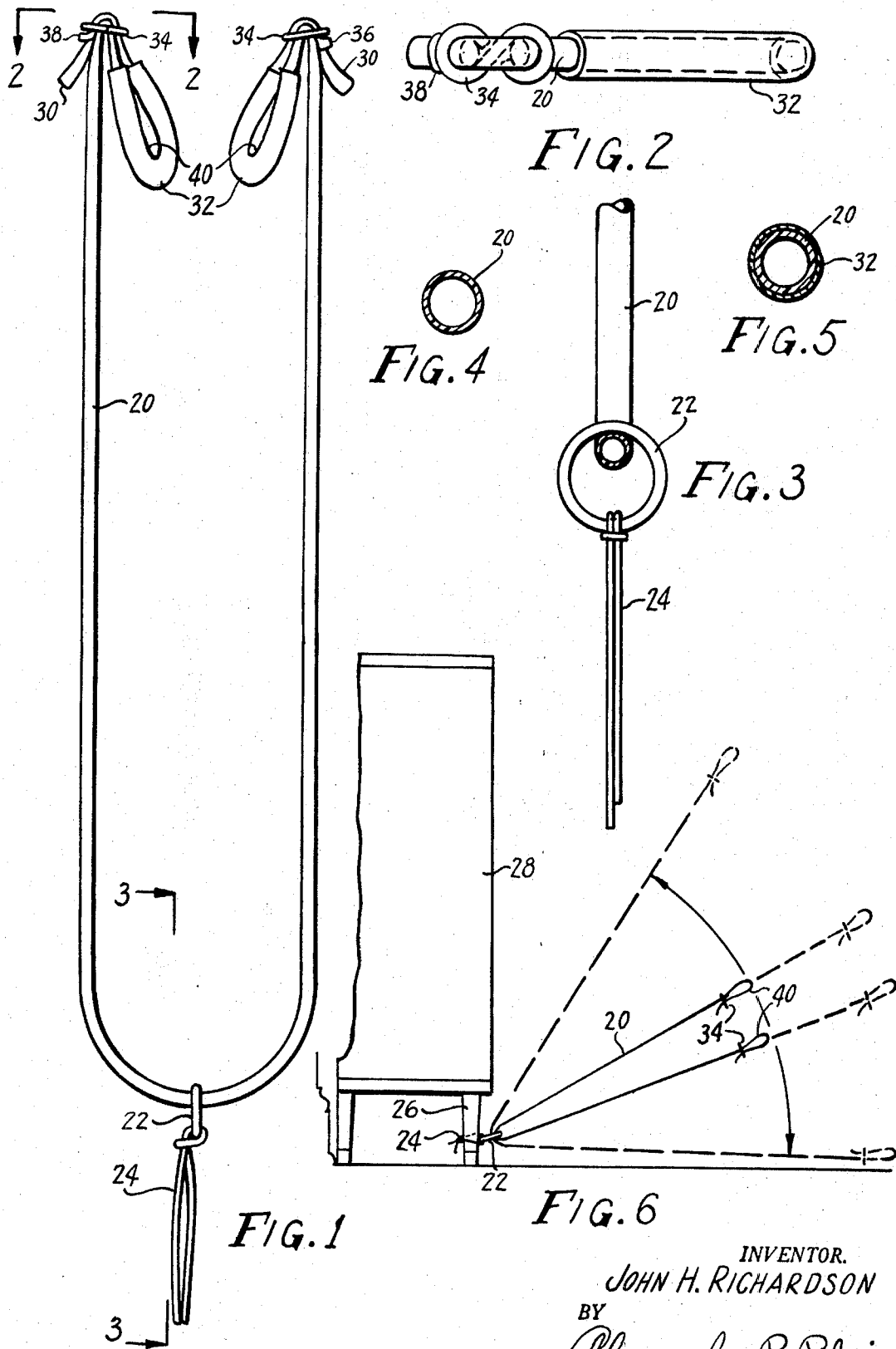
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ABSTRACT

A pull type exercising device including a single piece of elastic tubing with loops formed at the respective ends of the tubing by S-shaped hooks that receive folded ends of the tubing. On each looped portion of the tubing there is a sleeve. A slidable ring with an anchoring attachment is mounted on the tubular member. A use inserts an arm or leg in the loops and pulls on the anchored tubular member.

1 Claim, 6 Drawing Figures





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ELASTIC PULL TYPE EXERCISER

This invention relates to a portable and adjustable exercise apparatus.

The primary object of this invention is the provision of a portable exercising apparatus which may be simply utilized for toning muscles, reducing fat, and in some instances, if used in a certain manner, to develop various muscle groups. It can also be used to improve a person's golf swing.

Another object of this invention is the provision of adjustable loops to fit any size person and adjustable tension (provided by tubing of varying tension) for different age groups and for men and women.

A further object of this invention is comfortable and safe contact between the exerciser and the apparatus.

Another object of this invention is that by using a circular ring and strap, the apparatus can be connected to any stationary object, which therefore makes said apparatus extremely portable and easy to use.

The above and other objects of this invention will become apparent to those skilled in the art after a consideration of the preferred embodiment of this invention taken together with the accompanying drawing wherein:

FIG. 1 is a plan view of the apparatus;

FIG. 2 is a sectional view taken on line 2—2 of FIG. 1;

FIG. 3 is a sectional view taken on line 3—3 of FIG. 1;

FIG. 4 is a cross-sectional view of the tubing;

FIG. 5 is a cross-sectional view of the sleeve over the tubing; and

FIG. 6 is a side elevational view of the apparatus in use.

Referring in detail to the drawing, there is shown a length of rubber surgical tubing, elastic tubing 20, or the like having a ring 22 thereabout at the center of the length thereof. A leather strapping 24 is fastened to ring 22. Ring 22 can be connected to any heavy object 28 by using a leather strap 24 tied to a leg 26. Each end 30 of tubing 20 has slipped thereover a sleeve 32 made of fabric or like material. Each end 30 is then slipped through an S-shaped hook 34. Each end 30 has either a sleeve 36 extending therefrom or a tied knot 38 for preventing end 30 from slipping out of hook 34 as the apparatus is being used. It should be noted that hook 34 is of appropriate dimensions in order to provide the proper amount of friction between looped tubing 20 within hook 34 so that the loop 40 neither increases or decreases in size once set by the exerciser.

Loops 40 are put over a person's limbs (arms or legs) or held by the person's hands in doing the various exercises, sleeves 32 preventing slippage and friction burns as the person exercises as well as providing a comfortable but snug fit about one's limbs such as when loops 40 are about a person's legs as

he is doing a leg curl, a straight rear leg raise, a leg crossover, a leg raise, a forward leg raise, or a leg extension when doing exercises for the hips and thighs.

It should be noted that the exerciser may hold the loops with his hands for doing sit-ups for the waist, arm crossovers for the muscles of the chest, a frontal raise for the front of the shoulder, lateral raises for the side of the shoulder, rowing for the back of the arms and the shoulders, and arm curls for the biceps. Tubing 20 of different diameters can be used to provide the right resistance for men and women of all ages to help them improve their appearance, muscle tone, strength, endurance, and physical fitness. The device is excellent for reducing and firming the women's hips, arms, thighs, waistline, back, and bust line. If used in a certain manner, the apparatus can also be used to develop the muscles of the chest, and therefore improve the size and contour of the bust line. The device can be used safely by the handicapped or those with serious health conditions in addition to athletes and businessmen.

While the preferred embodiment has been illustrated and described, it will be understood by those skilled in the art that many modifications and changes may be resorted to without departing from the spirit and scope of the invention. For instance an eyelet screw can be connected to a snap clasp which is connected to ring 22 enabling the exerciser to easily and quickly disconnect and connect his device without using the leather strap which ties the ring to a piece of furniture or any stationary object.

I claim:

1. A portable exercising apparatus comprising a single elastic tubing, a sleeve slipped over each end thereof and exposing a substantial length of said tubing at its ends, means for receiving a folded portion of said tubing so that an adjustable loop will be formed for receiving hands or legs of a user, said means comprising S-shaped hook having a pair of substantially closed eyelets with said hook positioned near an end of said tubing, said tubing hooked through the eyelets thereof forming the adjustable loop in the portion of the tubing having one of said sleeves thereon, a ring slidably movable along the length of said tubing for connecting said tubing to a projection from a stationary object, said sleeves being mounted on the tubing forming the loops adjacent each hook for safe exercising without friction burns from the tubing, and a second sleeve on each end of said tubing for preventing the end of said tubing from slipping out of said hook, said hook maintaining sufficient friction between the looped tubing within the eyelets of said hook for preventing unwanted changes in the size of the loop once the exerciser sets the loop size for any of his limbs.

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