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EXERCISING DEVICE

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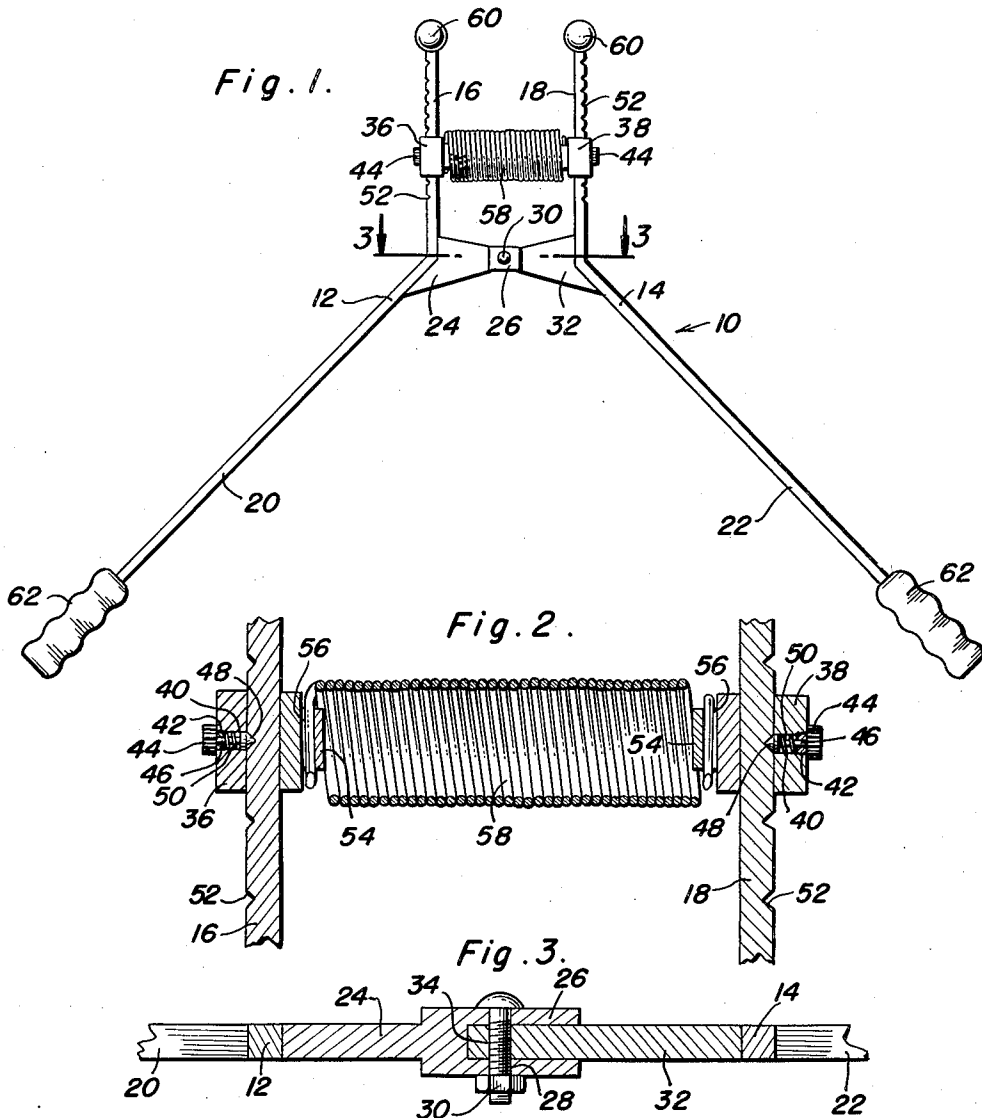


Fig. 4.

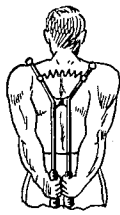


Fig. 5.

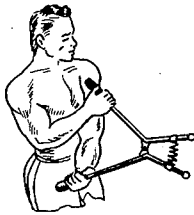


Fig. 6.

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EXERCISING DEVICE

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This invention relates to new and useful improvements in exercising apparatus and the primary object of the present invention is to provide an exercising device for developing and strengthening the muscles of the back, chest, neck, shoulders, arms and legs.

Another important object of the present invention is to provide an exercising device including a pair of pivotal levers, spring means acting upon the levers, and embodying novel and improved adjustable support means for the spring means that will permit the levers to be forced inwardly relative to each other as a predetermined pressure is applied to the same.

A further object of the present invention is to provide an exercising device for developing and strengthening the muscles of certain parts of the body that is extremely small and compact in structure and which is applicable for users of various heights, weights or strength.

A still further aim of the present invention is to provide an exercising device that is simple and practical in construction, strong and reliable in use, neat and attractive in appearance, relatively inexpensive to manufacture, and otherwise well adapted for the purposes for which the same is intended.

Other objects and advantages reside in the details of construction and operation as more fully hereinafter described and claimed, reference being had to the accompanying drawings forming part hereof, wherein like numerals refer to like parts throughout, and in which:

Figure 1 is a side elevational view of the present invention;

Figure 2 is an enlarged fragmentary longitudinal vertical sectional view of Figure 1 and illustrating the manner in which the slidable supports are adjustable on the pivotally joined levers;

Figure 3 is an enlarged transverse horizontal sectional view taken substantially on the plane of section line 3-3 of Figure 1;

Figure 4 is a diagrammatic view showing the present invention in use for strengthening the pectoral muscles of chest, the inner sides of biceps and the forearm grip muscles;

Figure 5 is a diagrammatic view showing the present invention in use for strengthening and developing the pectoral muscles and the latissimus muscles of back; and

Figure 6 is a diagrammatic view showing the present invention in use for strengthening and developing the biceps.

Referring now to the drawings in detail, wherein for the purpose of illustration, there is dis-

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closed a preferred embodiment of the present invention, the numeral 10 represents the present invention generally including a pair of substantially V-shaped levers 12 and 14 having outer terminals 16 and 18 and elongated inner terminals 20 and 22.

Rigidly secured to the lever 12, adjacent the outer terminal 16 thereof, is an arm 24 having an integral substantially U-shaped member 26 at the outer free end thereof, the legs of which are provided with opposed apertures 28 that removably receive a fastener or bolt and nut 30.

A further arm 32 is fixed to the lever 14 adjacent the outer terminal 18 thereof and the free end of the arm 32 extends between the legs of the member 26 and is formed with an aperture 34 that receives the fastener 30 for pivotal movement of the levers relative to each other.

Slidably mounted on the outer ends of the levers 12 and 14 are support blocks 36 and 38 having recesses 40, the outer portions of which are internally threaded to receivably engage the externally threaded portion 42 of holding plugs or caps 44.

The caps 44 are provided with axial bores that slidably engage pins 46 having conical end portions 48. Coil springs 50 embracing the pins 46 are biased between the caps 44 and the end portions 48 of the pins 46 to normally urge the end portions into selected notches or recesses 52 provided in the outer terminals 16 and 18.

Projecting from the inner faces of the supports 36 and 38, are annular lugs 54 having annular recesses 56 that frictionally receive the terminals of a coil spring 58 which will retain the inner terminals of the levers 12 and 14 spaced relative to each other.

Spherical elements 60 are fixed on the outer terminals 16 and 18 of the levers 12 and 14, and hand grips 62 are fixed on the inner terminals of the levers 12 and 14 to permit the inner terminals of the levers to be forced inwardly toward each other.

In practical use of the present invention, the grips 62 are grasped by a user in any suitable position or in a position illustrated in Figures 4, 5 and 6 and by adjusting the supports 36 and 38 a predetermined amount of strength will be required before the levers will be properly forced inwardly.

By reversing the position of the levers, so that a user will grasp the spherical elements 60, the user may pull outwardly thereon to strengthen his pulling muscles.

In view of the foregoing description taken in

conjunction with the accompanying drawings it is believed that a clear understanding of the device will be quite apparent to those skilled in this art. A more detailed description is accordingly deemed unnecessary.

It is to be understood, however, that even though there is herein shown and described a preferred embodiment of the invention, the same is susceptible to certain changes fully comprehended by the spirit of the invention as herein described and the scope of the appended claims.

Having thus described the invention, what is claimed as new is:

1. An exercising device comprising a pair of substantially V-shaped levers having inner and outer terminals, means pivotally securing said levers to each other intermediate the ends thereof, hand gripping means carried by the outer terminals of said levers, additional hand gripping means carried by the inner terminals of said levers, supports slidable on the levers adjacent the outer terminals thereof, means for adjusting said supports on said lever, and an elongated spring member biased between said supports normally urging the outer terminals of said levers spread relatively to each other, said spring member being interposed between the outer terminals of said levers, said adjusting means including spring urged locking pins carried by said support, each of said levers having a plurality of spaced notches for receiving said locking pins.

2. An exercising device comprising a pair of substantially V-shaped levers having inner and outer terminals, the inner terminals of said levers being elongated, hand grips carried by the inner terminals of said levers, means pivotally securing said levers together intermediate the terminals thereof, supports adjustable on the levers adjacent the outer terminals of said levers, spring urged locking pins carried by said supports, notches provided in the outer terminals of said levers for receiving said locking pins, and a coil spring between said supports normally urging the inner terminals of said lever spread relative to each other.

3. An exercising device comprising a pair of substantially V-shaped levers, each of said levers having inner and outer end portions, the inner end portions of said levers being elongated, means pivotally securing said levers to each other intermediate the end portions thereof, a plurality of longitudinally spaced notches provided in the outer end portions of each of said levers, support blocks having axial bores slidably receiving the outer end portions of said levers, an elongated spring member disposed between said blocks and having ends anchored to said blocks and means carried by said blocks and received in selected of said notches for retaining said blocks adjusted relative to the outer end portions of said levers, said spring member restricting inward movement of said inner end portions relative to each other and outward movement of said outer end portions relative to each other.

4. The combination of claim 3 and hand grips carried by said outer end portions and limiting sliding movement of said blocks relative to said outer end portions in one direction.

5. The combination of claim 3 wherein said blocks include outwardly projecting lugs having peripheral recesses therein, said spring member having terminals received in said recesses for retaining said spring member relative to said blocks.

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