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W. PETCOFF

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REGULATOR

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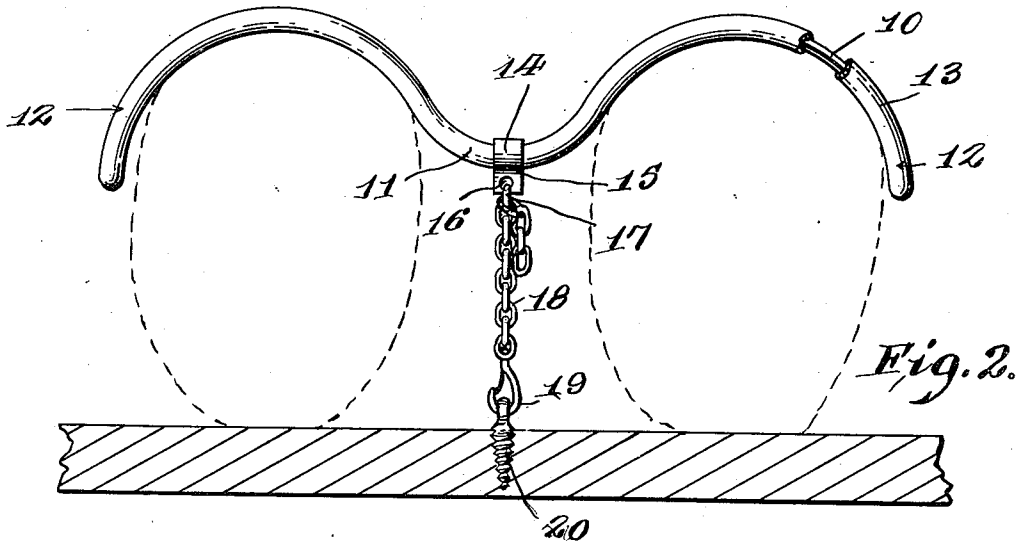


Fig. 2.

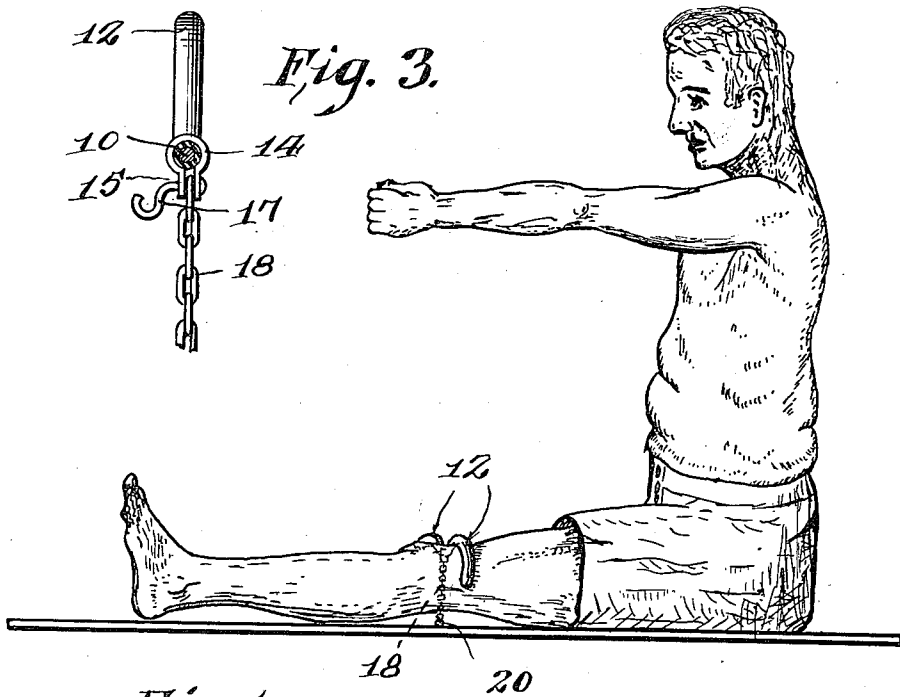


Fig. 3.

Fig. 1.

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UNITED STATES PATENT OFFICE

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1 Claim. (Cl. 272-57)

My invention relates to a device for exercising the abdominal muscles of the human body, and it consists in the constructions, arrangements and combinations herein described and claimed.

It has become a well accepted fact that in order to reduce the waistline of the human body, the body should be bent at the waistline repeatedly. The most common of the exercises followed is for the person to lie flat on his back and alternately raise and lower his back from the supporting surface, but in order to obtain the most beneficial results, the legs of the body should be maintained substantially flat upon the surface.

It is therefore an object of the invention to provide an appliance which may be readily anchored and applied to the lower limbs of the person for the purpose of maintaining the limbs substantially flat upon the supporting surface.

It is also an object of the invention to provide a device which is readily adjustable to accommodate persons of different stature, as well as permitting positioning of the device at various points along the thigh portions of the legs, as desired.

It is a still further object of the invention to provide a device which is of extreme simplicity both in manufacture and in use, and which may be quickly dismantled for storage in the baggage of the person when travelling.

Additional objects, advantages and features of invention will be apparent from the following description considered in conjunction with the accompanying drawing, wherein

Figure 1 is a side elevation of a person in one position during an exercise, showing my device installed.

Figure 2 is an enlarged front view of the device, the covering of one of the hook members being partially broken away.

Figure 3 is a detail view illustrating the anchorage and adjusting means.

In carrying out the invention I make use of a rod 10, preferably of metal, bent intermediate its ends to provide a loop 11, the portions of the rod on both sides of the loop being further bent to form limb-engaging hooks or yoke-like members 12. The hooks 12 as clearly shown in Figure 2, curve outwardly in the direction of the supporting surface, and are of a size to readily engage the limbs of a person undergoing an exercise.

In order to afford comfort to the limbs of a person and prevent chafing, the bar 10 has a covering 13 extending throughout its length. This covering may be of any suitable material, but preferably

I employ a rubber tubing which may be slipped over the ends of the rod and adjusted to final position and secured by cementing, or otherwise.

A clip 14 is adjusted over the covering, intermediate of the loop 11 and includes a downwardly extended lug 15, apertured as at 16, within which a hook 17 is secured.

An anchorage chain 18 is employed, of any desired length although in practice it has been found that six to eight inches of chain is ample, to one end of which there is attached a snap-hook 19. The hook 19 is engageable with a screw-eye 20, by means of which the chain may be fixed to the floor or other supporting surface.

In use, the screw-eye 20 is anchored to the floor with the snap-hook 19 engaged therein, and the person seats himself upon the floor or other surface with his legs disposed upon opposite sides of the eyelet 20, as shown in Figure 2. The bar 10 is then laid upon the legs, above the knees, and a link of the chain then adjusted to the hook 17. This adjustment is preferably such that the limb-engaging hooks 12 rest comfortably upon the legs and undue slackness of the chain is avoided. The person now proceeds with his exercise which consists of alternately raising and lowering his back from prone to upright sitting position, stretching his arms and body forwardly as far as possible, such as in an attempt to touch his toes. Also, it will be obvious that the person may partake of movements laterally from side to side, and in all such movements the legs will be maintained substantially flush with the supporting surface, and the muscles in the region of the waistline exercised to produce beneficial results.

While I have shown and described a preferred construction, it will be apparent that changes may be made, and I therefore consider as my own all such modifications as fairly fall within the scope of the appended claim.

I claim:—

A device for exercising the muscles of the waistline comprising a yoke-like member for engaging the legs of a person above the knees, said yoke including a loop portion therebetween, a clip member mounted in the bight of the loop, a hook member on the clip member, and a chain having one end attached to a screw-eye for securement to a supporting surface, the opposite end of the chain connected to said clip, the intermediate portions having adjustable attachment with the hook.

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