

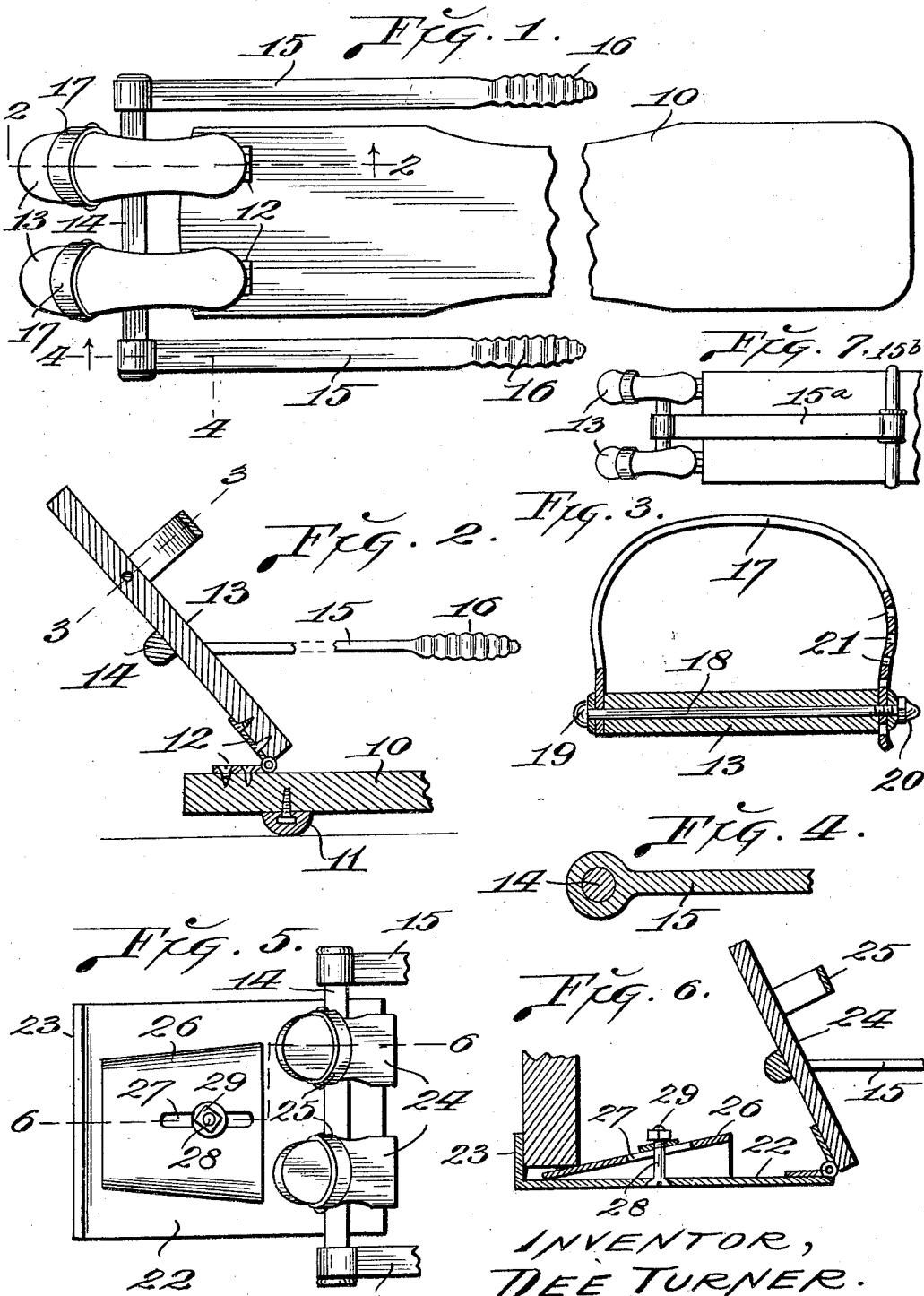
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D. TURNER

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EXERCISING APPARATUS

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INVENTOR,  
D. E. TURNER.  
By *Martin C. Smith* ATTY.

# UNITED STATES PATENT OFFICE

DEE TURNER, OF HOLLYWOOD, CALIFORNIA

## EXERCISING APPARATUS

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My invention relates to an exercising apparatus and has for its principal object, the provision of a relatively simple, practical and inexpensive apparatus that may be conveniently used for exercising practically all muscles of the human body and particularly the muscles in the legs, arms, back and abdomen, further, to provide an exercising apparatus that is relatively simple in construction, inexpensive of manufacture and which is comparatively light in weight so that it may be conveniently shifted from one position to another and which apparatus is very compact so as to require comparatively little storage space and likewise comparatively little floor space while in use.

With the foregoing and other objects in view, my invention consists in certain novel features of construction and arrangement of parts that will hereinafter be more fully described and claimed and illustrated in the accompanying drawing, in which:

Fig. 1 is a top plan view of an exercising apparatus constructed in accordance with the principles of my invention.

Fig. 2 is an enlarged vertical section taken on the line 2—2 of Fig. 1.

Fig. 3 is an enlarged cross section taken on the line 3—3 of Fig. 2.

Fig. 4 is an enlarged cross section taken on the line 4—4 of Fig. 1.

Fig. 5 is a top plan view of a modified form of the exercising apparatus.

Fig. 6 is a section taken on the line 6—6 of Fig. 5.

Fig. 7 is a plan view of a modified form of the device.

Referring by numerals to the accompanying drawing which illustrates a practical embodiment of my invention, 10 designates a board that forms the base of my improved apparatus and upon which the person taking exercise is seated and arranged on the underside of said board at points adjacent to the ends thereof are rubber pads 11 that are

adapted to contact with the floor upon which the board is positioned.

Connected by suitable hinges 12 to the forward end of the board 10 is a pair of foot boards 13 that are adapted to be engaged by the feet of the user of the apparatus and secured to the undersides of the intermediate portions of these foot boards is a cross bar 14.

Loosely mounted on the ends of the cross bar 14 are the forward ends of elastic straps 15, preferably formed of rubber and the rear ends of these straps terminate in handles 16 that are suitably corrugated in order that they may be firmly gripped in the hands.

The straps 15 normally occupy positions parallel with the sides of the board 10.

The ends of flexible straps 17 are connected to the sides of the forward portions of the foot boards 13 by means of rods 18 that pass transversely through said foot boards, each rod being provided on one end with a head 19 and on the opposite end with a nut 20 that engages a thread on the end of the rod. This nut 20 may be readily unscrewed to permit the strap 17 to be adjusted in length and in order that such adjustment may be accomplished the end of the strap that engages the end of the rod 18 that carries the nut 20, is provided with a row of apertures 21.

In the use of my improved exercising apparatus, the user sits on the base board 10 and places the feet against the foot boards 13 with the forward portions of the feet positioned beneath the straps 17. The handles 16 are now manually engaged and the user now swings the body backwardly and forwardly at the same time pulling on the elastic straps so as to stretch the same and simultaneously the foot boards are swung forwardly by pressure of the feet and legs to resist the pulling strains on the elastic straps 15.

Thus an exercise similar to the exercise developed while rowing a boat is accomplished

and such exercise involves practically all the muscles of the body and particularly the back and abdominal muscles and the muscles in the arms and legs.

5 It will be noted that in the use of the apparatus the backward swing of the body and the pull of the arms on the elastic straps is resisted by a forward pushing movement of the legs and feet and thus practically all  
10 muscles of the legs, arms and body are simultaneously exercised.

In Figs. 5 and 6 I have illustrated an apparatus wherein the floor board is dispensed  
15 with and the foot boards are anchored to a door. In this construction a flat plate 22, preferably of metal, is provided at its forward end with an upturned flange 23 and suitably hinged to the rear end of the plate  
20 are foot blocks 24 provided with adjustable straps 25.

Arranged on top of plate 22 is a wedge 26, in the rear portion of which is formed a short longitudinally disposed slot 27 and  
25 passing therethrough is a board 28 carrying on its upper threaded end a nut 29 and the head of said board being located in a countersunk opening in plate 22.

Where this form of device is used the plate 22 is positioned beneath a door with flange 23  
30 engaging against one of the faces of the door and by adjusting wedge 26 so that its point is positioned beneath the door and tightening nut 29, the plate is very firmly anchored on the floor beneath the door. The person  
35 using the apparatus sits on the floor in front of the door with the feet against the blocks 24 and with the hands grasping the ends of the elastic straps that are connected to the foot blocks.

40 In Fig. 7 I have illustrated a modified construction wherein a single relatively heavy elastic strap 15<sup>a</sup> is secured to the center of the cross bar 14 and carried by the rear end of this elastic strap is a cross handle 15<sup>b</sup> that  
45 is manually engaged by the person using the apparatus.

In some instances, for instance, in gymnasiums, the base board 10 may be dispensed  
50 with and the hinges 12 are secured directly to the floor.

Thus it will be seen that I have provided an exercising apparatus that is relatively simple in construction, inexpensive of manufacture and very effective in performing the  
55 functions for which it is intended.

The apparatus is very compact, may be readily shifted from one position to another, requires very little floor space and the apparatus in use is highly efficient in exercising  
60 practically all muscles in the body, arms and legs.

It will be understood that minor changes in the size, form and construction of the various parts of my improved exercising apparatus may be made and substituted for  
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those herein shown and described without departing from the spirit of my invention, the scope of which is set forth in the appended claim.

I claim as my invention:

70 In an exercising apparatus, a base, a pair of foot boards hinged to the forward portion of said base, a transverse bar secured to the undersides of the intermediate portions of said foot boards, elastic straps connected  
75 to the ends of said transverse bar and extending rearwardly therefrom, a bolt extending transversely through the forward portion of each foot board and a foot retaining strap connected to the ends of each bolt and  
80 overlying the forward portion of the corresponding foot board.

In testimony whereof I affix my signature.  
85 DEE TURNER.

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