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1,456,317

W. E. LAUER

EXERCISER

Filed Aug. 18, 1921

Fig. 1

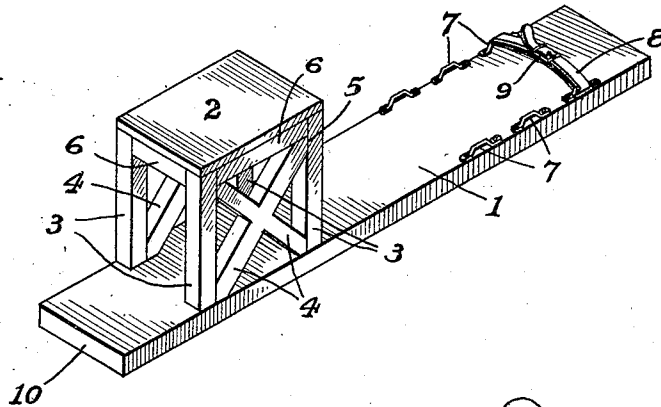


Fig. 2

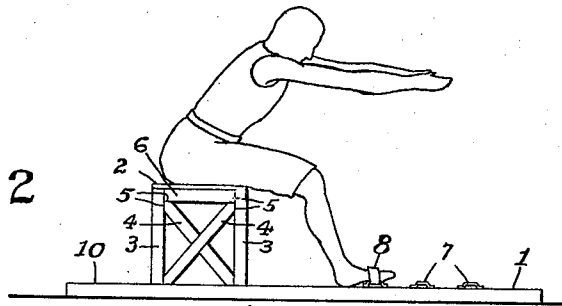
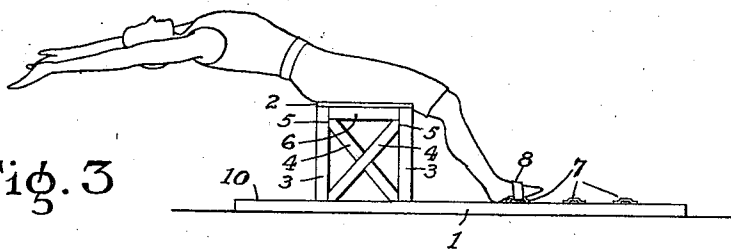


Fig. 3



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WILLIAM E. LAUER, OF ST. LOUIS, MISSOURI, ASSIGNOR, BY MESNE ASSIGNMENTS, TO ATHLETIC HEALTH CHAIR COMPANY, OF ST. LOUIS, MISSOURI, A CORPORATION OF MISSOURI.

EXERCISER.

Application filed August 18, 1921. Serial No. 493,216.

To all whom it may concern:

Be it known that I, WILLIAM E. LAUER, a citizen of the United States, residing at the city of St. Louis, in the State of Missouri, have invented certain new and useful Improvements in Exercisers, of which the following is a specification.

This invention is intended especially to reduce abdominal girth, but in so doing exercises all the muscles of the body, with the result of eliminating adipose tissue wherever undesirably found, and with the further result of toning up the entire system.

This apparatus affords exercise for the muscles of the neck, arms, torso, hips, thighs, lower legs, and toes.

In the accompanying drawings forming part of this specification, in which like numbers of reference denote like parts wherever they occur,

Figure 1 is a perspective view;

Figure 2 is a side elevation illustrating the initial position of the user; and

Figure 3 is a side elevation showing the user in a recumbent position, which may be either final or intermediate, as some users will be able to go further and to touch the floor behind them.

The device as a whole may be made of any suitable material. The base 1 may be a heavy plank or the like, but it must be weighted and of sufficient strength to stand the strain arising from the pull due to the weight of the user.

The seat 2 must be arranged at a suitable height above the base 1, and is fixed thereto in any desirable manner. Its supports 3 need to be strong and substantial, and the same are preferably tied together with diagonal braces 4, having mitred ends 5 that fit into the corners between the legs 3 and braces 4 and the cross-pieces 6 and between the said legs 3 and the base 1. The seat 2 is attached to the said cross-pieces 6 and to the top of the said legs 3. The legs 3 and braces 4 are securely attached to the base 1.

This device will preferably be made and sold in different sizes, suited to the different sizes of persons; but a measure of adjustability is provided by the plurality of holders 7 for the strap 8, which strap 8 in Figure 1 is shown in the extreme outward pair of holders 7, while in Figures 2 and 3 the same

is shown located in the innermost pair of holders 7. This adjustment adapts the device for persons of longer or shorter legs.

The strap 8 may be of leather or webbing or of any other suitable material, and is preferably provided with a buckle 9 for fastening its ends, and is arranged so as to double on itself. Some other form of strap may, however, be used, as for instance (not shown in the drawings), a member with hooks at its ends adapted to grasp holders 7.

A form of holder 7 (shown in the drawings), is simply and easily attached to base 1, but if the base 1 were made of metal the holders 7 would be formed integral therewith. Other forms of holders 7 may be used.

In the construction of this device the height of seat 2 and its location relative to the center line dividing the length of base 1, and the location, also, of the strap 8, needs to be taken into consideration, so that there will be a long enough tail 10 to base 1 behind seat 2 to prevent the apparatus as a whole tilting on its rear end when its user reaches the extreme recumbent position. Among these points the location of seat 2 not too far to the rear is most important, while at the same time the toehold ought not to be too far forward.

While the strap 8 forms an extremely simple and cheap form of toehold, some other form of toehold can be substituted.

Having thus described this invention, I hereby reserve the benefit of all changes in form, arrangement, order, or use of parts, as it is evident that many minor changes may be made therein without departing from the spirit of this invention or the scope of the following claims.

I claim:

1. An exercising apparatus comprising a base, a seat rigidly supported by the base and so located thereon as to leave the base with a tilt-resisting portion to the rear of the seat and a foot-supporting portion extending forwardly from the seat, and foot-holding means on said forwardly extending portion, said foot-holding means comprising strap members extending transversely of the base, and anchoring means for said strap members, there being a plurality of anchoring means spaced different distances from the seat.

2. An exercising apparatus comprising a base, a seat rigidly supported by the base and so located thereon as to leave the base with a tilt-resisting portion to the rear of the seat and a foot-supporting portion extending forwardly from the seat, foot-holding means on said forwardly-extending portion, said foot-holding means comprising strap members extending transversely of the base, and anchoring means for said strap members. 10

In testimony whereof I hereunto affix my signature.

WILLIAM E. LAUER.