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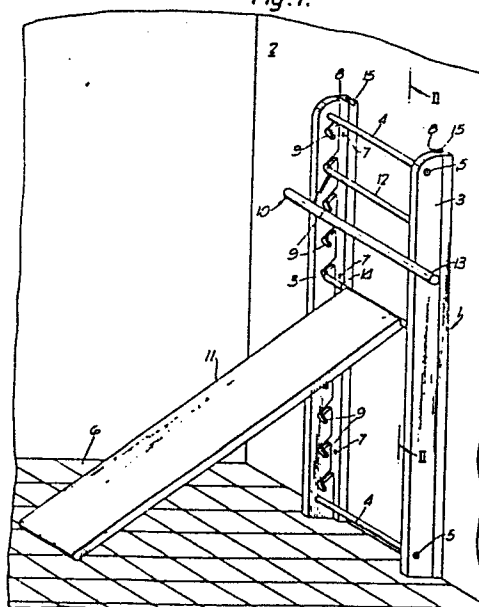
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54 **Wall-mounted gymnastics apparatus.**

57 An apparatus for gymnastics exercises comprises a flat framework (1) of right geometric form for fixing to a wall (2), its vertical elements (3) comprising two mutually facing vertical seats of rack formation to which a gripping handle (10) and a table (11) for supporting a person are hooked.

Fig. 1.



TITLE MODIFIED
see front page

- 1 -

WALL-MOUNTED GYMNASTICS APPARATUS, WITH AN INCLINABLE TABLE

The present patent relates to an apparatus suitable for use in any environment for the practice of physical exercises, including
5 those of therapeutic type, it being convenient for example for gymnasiums, domestic premises and also saunas.

According to the invention, the apparatus is advantageous in that physical exercises of different types can be practised with it
10 for which more than one apparatus has been required up to the present time. This makes it particularly suitable for small premises, for example domestic saunas, where the available space is often insufficient to accomodate more than one apparatus. Moreover, when not in use, the invention is able to assume a flat
15 configuration of minimum bulk. Finally, the proposed apparatus has the advantage of not requiring any assembly, it being ready for fixing to a wall by means of bolts.

According to the invention, and as is clear from claim 1, the
20 proposed apparatus comprises a preassembled flat framework of right geometric form, for example rectangular, which is intended to be fixed to a wall and is provided, along those of its elements which act as uprights, with two longitudinal rack-like seats to which there are hooked a gripping handle and a table for
25 supporting the person undergoing exercise. In particular, said table, which can be arranged with the most convenient inclination relative to the framework, is able to be accomodated parallel to and within this latter when not in use.

This enables the invention to assume said flat, minimum bulk configuration which besides being convenient for the aforesaid reasons has the further advantage of allowing storage and transportation with the apparatus completely assembled and
5 packaged in suitable packages.

The constructional characteristics and advantages of the invention will be more apparent from the description given hereinafter with reference to the accompanying figures of which:

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Figure 1 is a perspective view of the invention;

Figure 2 is a section on the line II-II of Figure 1 to an enlarged scale;

Figure 3 is a partly sectional plan view of one of the uprights
15 of the invention to an enlarged scale.

From Figure 1 it can be seen that the invention comprises a flat rectangular framework 1, which is intended to be fixed to a wall 2, with its longitudinal axis disposed vertically. The framework
20 1 comprises two uprights 3 of right-angled cross-section having their dihedrals facing each other, they being constructed of a suitable material such as wood. The uprights 3 are connected together by opposing metal cross-members 4, which are fixed by two head screws 5 (Figures 1, 3) passing through those flanges of
25 the uprights 3 which are orthogonal to the wall 2. In order to fasten the invention, the uprights 3 are rested on the floor 6, and fixed to the wall 2 by a series of suitable members 7, such as expansion bolts.

30 As shown in Figures 1 and 2, two longitudinal rack-like seats are provided in the facing surfaces of those flanges of the uprights 3 which are orthogonal to the wall 2.

Each seat comprises an upperly open rear longitudinal channel 8
35 from which a series of equidistant front slots 9 extends. Said channel 8 and slots 9 have the same width and depth. The slots 9 are of right-angled shape, with their dihedral facing the

respective channel 8, and have their lower end closed for obvious reasons.

The purpose of these racks is to enable a gripping handle 10 and
5 a table 11 for supporting a person's body to be positioned as
desired. At this point, it is apparent that because of the wide
range of adjustment of said handle 10 and table 11, gymnastics
exercises of different types can be practised with the invention.
Said handle 10 comprises a flat metal frame 12 shaped as the
10 Greek letter π , its cross-member being hooked to said racks and
its legs being spaced apart by a distance nearly equal to the
distance between those flanges of the uprights 3 which are
orthogonal to the wall 2. The free ends of said two legs are
connected together by a cylindrical bar 13 acting as a grip, and
15 constructed for example of wood. As shown, said bar 13 rests
against the front edges of the uprights 3.

The table 11 is also of wooden construction, and has fixed to its
upper end a metal cross-member 14 which is hooked to the racks.
20 When not in use, the table 11 can be inserted into the internal
space of the flat framework 1, as shown by dashed and dotted
lines in Figure 2. This is possible by virtue of the fact that
at the top of the uprights 3 there are provided two seats 15
(Figures 1, 3) for receiving the free ends of said cross-member
25 14, by which the table 11 becomes suspended.

The use and advantages of the invention are apparent from the
aforegoing description and by a simple examination of the
accompanying figures.

PATENT CLAIMS

1. An apparatus for gymnastics exercises, characterised by comprising a preassembled flat framework (1) of right geometric
5 shape, which is intended to be fixed to a wall (2) and has those elements (3) acting as uprights provided with two mutually facing longitudinal seats of rack formation to which there are hooked a gripping handle (10), and a table (11) arranged to support a person and able to be completely housed within the internal space
10 of said preassembled framework (1).
2. An apparatus as claimed in claim 1, characterised in that said flat framework comprises two uprights (3) of right-angled cross-section, which are connected together by two opposing
15 cross-members (4) and have their dihedrals facing each other.
3. An apparatus as claimed in claim 1, characterised in that each rack comprises a longitudinal channel (8) which is open towards the upper end of the respective upright (3) and from
20 which there extends a series of equidistant front slots (9), these latter being of right-angled shape and having their dihedrals facing said channel (8), their lower end being closed.
4. An apparatus as claimed in claim 1, characterised in that
25 said handle (10) comprises a flat frame (12) of right geometric form, provided with a rear cross-member hooked to the racks and with a front bar (13) arranged to rest against the front edges of said uprights (3).
- 30 5. An apparatus as claimed in claim 1, characterised in that said table (11) comprises at its upper end a cross-member (14) arranged to engage with said racks and with two coupling seats (15) provided at the top of the uprights (3), to the rear of said longitudinal channels (8).

1/2
Fig. 1.

