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(54) Apparatus for physical exercise

(57) The apparatus for physical exercises features a principal tubular support designed to rest on the floor at one end and having at the other end a crossbeam destined to receive the user's hands and a second shorter tubular support, joined close to the lower end of the principal tubular support, by an articulation, having at its upper end a crossbeam destined to receive the user's feet and elastic means of connection between the crossbeam for the feet and the crossbeam for the hands, to permit physical exercise by counteracting the resistance to traction of these said elastic elements.

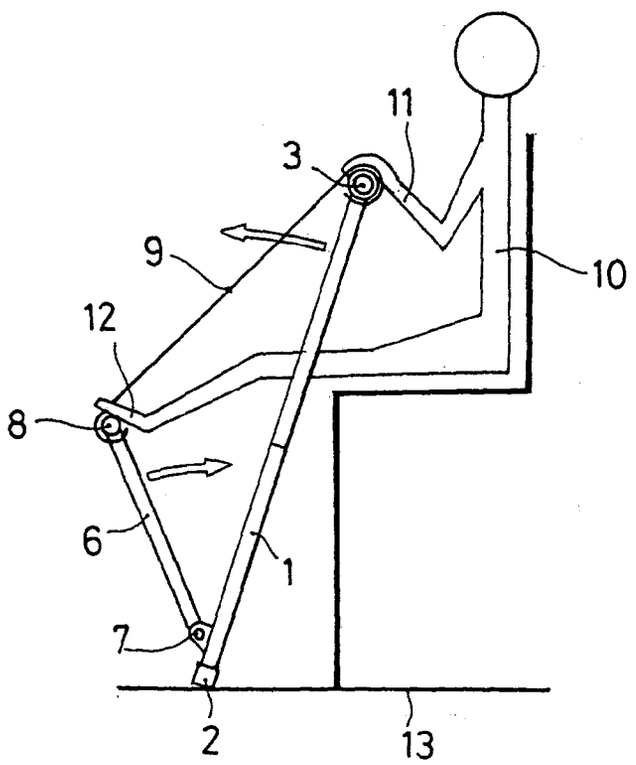

FIG. 4

EP 0 894 513 A2

Description

[0001] The present invention refers to an apparatus for physical exercise showing advantageous features as against those currently known allowing a simplified and versatile use.

[0002] As is known, there are many physical exercise apparatus in the awareness of the public which claim to deliver to the users the necessary means to carry out a series of physical exercises in limited spaces, and therefore of special application in the home.

[0003] However, in many cases, the apparatuses currently known, suffer from certain complications requiring stabilization or fixing to the floor, or having considerable dimensions and weight in order to achieve stability, or offer the inconvenience that they are only appropriate for a reduced range of physical exercises.

[0004] The apparatus subject of the present invention is designed with simplicity to provide physical exercise and is built in a simple way in its basic elements but combined to give great versatility in its use, enabling the carrying out of a very varied series of physical exercises in a reduced space and in a very convenient manner.

[0005] The apparatus of this invention essentially comprises a principal support in the form of a tubular support fitted in its upper part with a crossbeam and handles to receive the two hands of the user and in its lower part designed to be able to rest on the floor, with a second tubular support articulated close to the lower part of the principal support and shorter than the first which at its upper end is also fitted with a crossbeam designed for the user's feet.

[0006] An elastic connection is established, specially made of rubber strands or of another type, between the two cross-pieces, the upper one that is normally used as handles and the lower one normally destined for the users feet, connecting the ends of both crossbeams, enabling various physical exercises to be undertaken counteracting the resistance to traction of these elastic elements.

[0007] Thus, for example, it is very practical to use the apparatus for exercising the arms, back, chest muscles and legs using the apparatus in a sitting position with the principal tubular support placed upright on the floor, supporting the feet on one crossbeam and holding the apparatus with the hands on the other upper crossbeam of the principal tubular support.

[0008] It is also possible to use the apparatus of the present invention for exercises similar to those in the sport of rowing. In this case, the user will be in a sitting position, support the feet on the crossbeam of the shorter tubular support, the hands on the handles while the principal tubular support will be in the air.

[0009] Exercises for the legs can also be carried out either standing or seated or for the arms in an arched position as well as many other exercises which this new and original apparatus offers to the user.

[0010] For greater comprehension some illustrations are attached, in an explanatory but not limitative manner, showing some examples of the use of the present invention destined for a complete physical exercise session.

[0011] Figures 1 and 2 show views in perspective of the apparatus of the present invention, from the back and the front, respectively.

[0012] Figure 3 shows a side view of the apparatus.

[0013] Figures 4 and 5 represent sketched views of two examples of using the apparatus of the present invention.

[0014] As can be appreciated in the drawings, the apparatus of the present invention comprises essentially two long tubular struts of different lengths with an articulation between them. One of these, the principal tubular support -1- is fitted at the lower end with a cushioned support -2- to rest upon the floor with a crossbeam at the upper end -3- destined for use as a handle with elastic cushioned or similar sleeves -4- and -5- to facilitate its use by the hands. The second longitudinal tubular support of the apparatus is shown with reference numeral -6- and is articulated at the joint -7- at its lower end, where it connects with the principal tubular support -1- close to its lower end. The tubular support also has a top crossbeam -8- to support the user's feet.

[0015] Essential to the subject of the present invention is the connection by means of elastic elements -9- established between the crossbeam -8- for the feet and the crossbeam -3- for the hands so that the different exercises to be carried out with the apparatus are based specifically on the resistance to traction of the elastic elements -9- in opposition, which must be overcome in the physical exercises.

[0016] The elastic elements -9- can be made, preferably of rubber, and can be given more or less turns between the anchorage points allowing an easy adjustment of the effort required by the user to overcome their resistance. Also the number of elastic elements applied on to the apparatus can be easily increased or decreased allowing an additionally greater variation in the effort of the user while performing the different exercises.

[0017] An additional important feature of the apparatus of the present invention rests on the fact that the long tubular support -1- can be easily dismantled for which purpose it has a convenient dismantling device in its middle part indicated with reference numeral -15-. This allows the aforementioned support to be easily and rapidly dismantled for packaging in a box of small dimensions or for the apparatus to be kept easily in a drawer, suitcase, etc.

[0018] Given the features of the apparatus, it allows a very versatile use with a large number of different exercises to be carried out.

[0019] As examples, but not in any way limited to these, figures 4 and 5 show two types of exercises, the first of these shows a human figure -10- in a seated position on a chair or similar support, holding the upper

crossbeam with the hands -11- and resting the feet -12- on the lower crossbeam, enabling the person to perform very comprehensive exercises using the muscles of arms, hands, chest, back, legs, etc.

[0020] In the other example of use, represented in figure 5, the user is shown in the seated position on a flat surface -13- with the feet on the crossbeam destined for the feet while holding the other crossbeam with the hands and performing exercises by movements such as those indicated by the arrow -14- resulting in the simultaneous action of arms and legs.

[0021] Another advantage of the apparatus of the present invention consists in the very small space it occupies when folded. As is shown in figure 3, the folded apparatus occupies a minimum space, not very different from the space occupied by an umbrella or similar household product, so that putting it away for storage when not in use does not offer any problem for the user.

Claims

1. Apparatus for physical exercises, characterized in that it is comprised of a principal tubular support designed to rest on the floor at one end and having at the other end a crossbeam destined to receive the user's hands and a second shorter tubular support, joined close to the lower end of the principal tubular support, by an articulation, having at its upper end a crossbeam destined to receive the user's feet and elastic means of connection between the crossbeam for the feet and the crossbeam for the hands, to permit physical exercise by counteracting the resistance to traction of these said elastic elements.

2. Apparatus for physical exercise according to claim 1, characterised in that the elastic elements are made out of rubber elements with a variable number of elements to be used as well as a variable number of turns around the crossbeams for the hands and fee respectively.

3. Apparatus for physical exercise according to claim 1, characterised in that the principal tubular support has a dismountable element in the middle part, enabling a reduction of the dimensions of the apparatus, once folded.

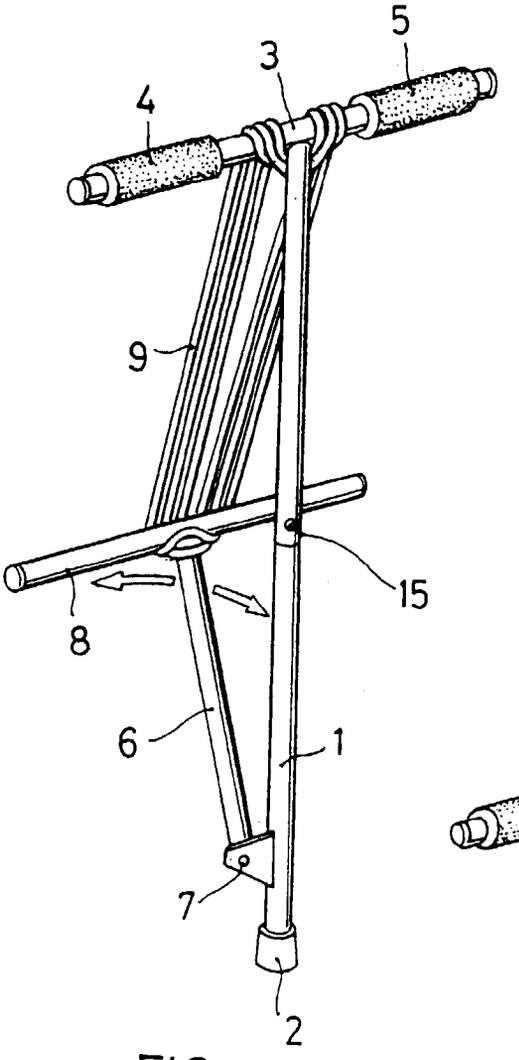

FIG. 1

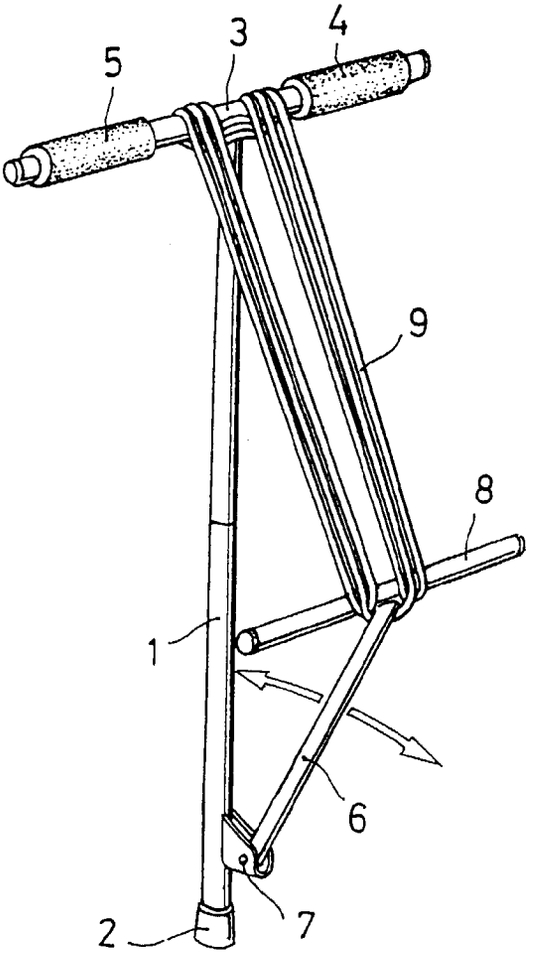

FIG. 2

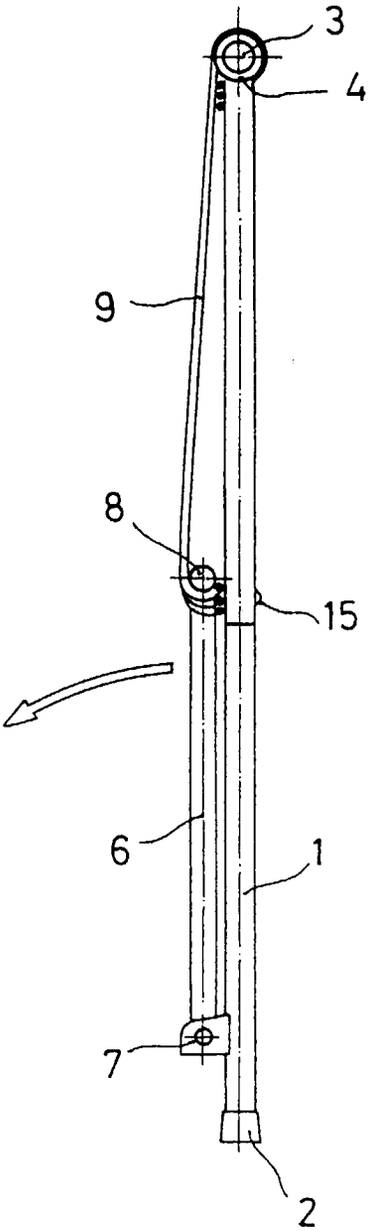

FIG. 3

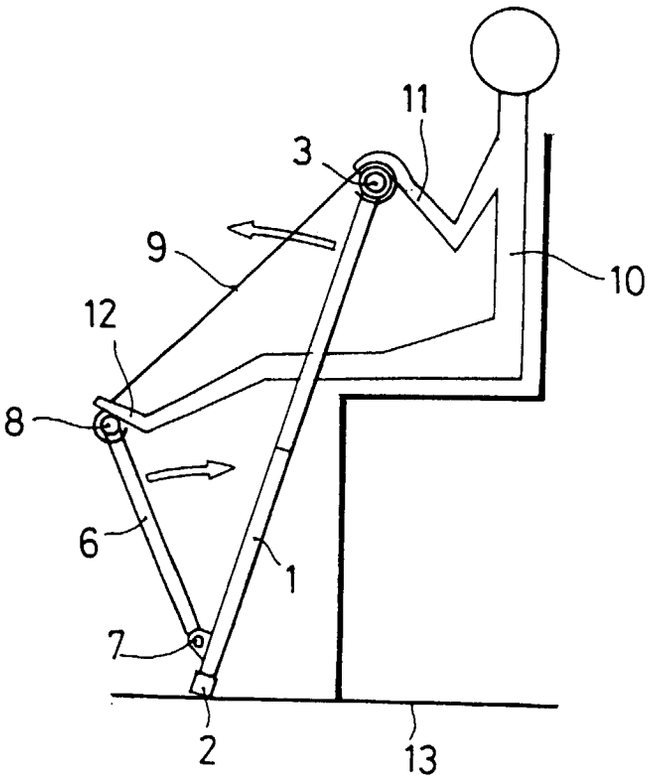

FIG. 4

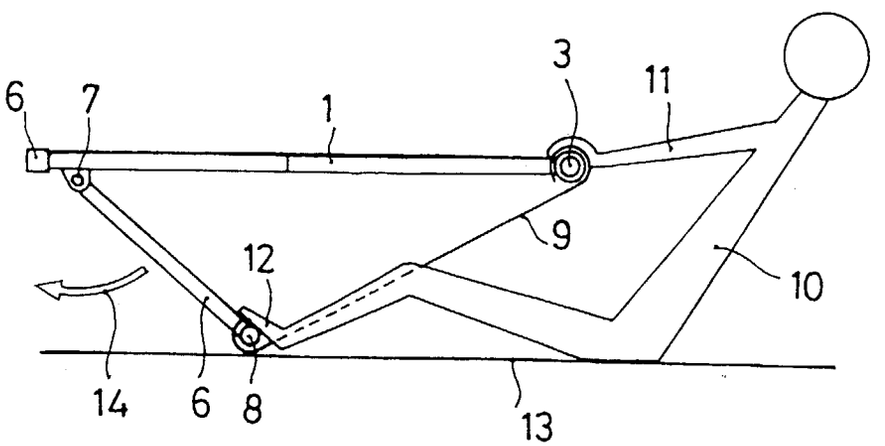

FIG. 5