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(54) Arm and waist exercising apparatus

(57) An arm and waist exercising apparatus includes a positioning member (3) for positioning on the floor, a swinging frame bar (1) having a longitudinal sliding slot (10) located on the top, rollers (11) pivotally mounted in the bottom side for supporting on the floor, a longitudinal sliding track (15) located on the inside, a handlebar (14) supported on and movable along the longitudinal sliding slot, a slide fixedly connected to the handlebar and mov-

able along the longitudinal sliding track, an elastic band (13) connected between the slide and one end of the longitudinal sliding track and a ring-shaped bracket (17) pivotally connected to the rear side thereof and fixedly mounted on the positioning member, an AV (audio and video) indicator (12) for giving audio and video indication signals during exercise, and a knee rest (2) mounted on the ring-shaped bracket.

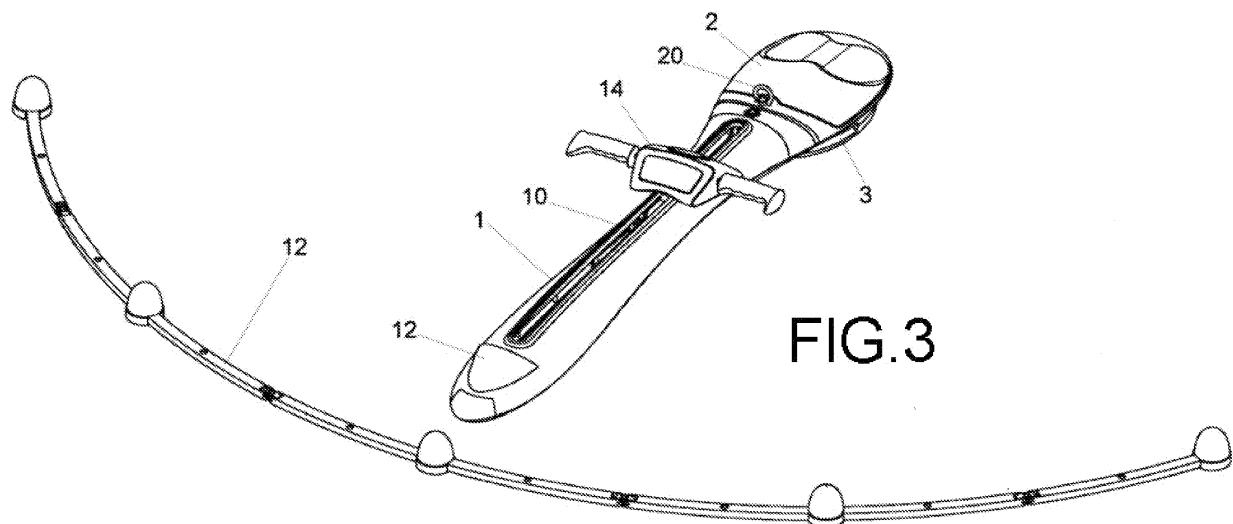


FIG. 3

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Description

BACKGROUND OF THE INVENTION

1. Field of the Invention:

[0001] The present invention relates to physical exercising apparatuses and more particularly, to an arm and waist exercising apparatus, which is practical for exercising the muscles of the arms and the waist and adjustable to fit the user's body length.

2. Description of the Related Art:

[0002] Due to unbalanced diet, lack of exercise places and insufficient exercise, more people are overweight today than ever before. Nowadays, people do more care about body health. In consequence, different exercising apparatus have been continuously created and have appeared on the market. However, few commercial exercise apparatuses are specifically designed for exercising the muscles of the arms and the waist. Commercial exercise apparatuses having such a function are commonly complicated, heavy and expensive, not attractive to people.

[0003] Therefore, it is desirable to provide a simple and inexpensive exercise apparatus practical for exercising the muscles of the arms and the waist.

SUMMARY OF THE INVENTION

[0004] The present invention has been accomplished under the circumstances in view. It is one object of the present invention to provide an arm and waist exercising apparatus, which is practical for exercising the muscles of the arms and the waist. It is another object of the present invention to provide an arm and waist exercising apparatus, which is adjustable to fit the user's body length. It is still another object of the present invention to provide an arm and waist exercising apparatus, which gives audio and video indication signals during operation.

[0005] To achieve these and other objects of the present invention, an arm and waist exercising apparatus includes a positioning member for positioning on the floor, a swinging frame bar, which has a longitudinal sliding slot located on a top side thereof, a plurality of rollers pivotally mounted in a bottom side thereof for supporting the swinging frame bar on the floor, a longitudinal sliding track located on the inside thereof corresponding to the longitudinal sliding slot, a handlebar supported on and movable along the longitudinal sliding slot, a slide coupled to and movable along the longitudinal sliding track and fixedly connected to the handlebar, an elastic band connected between the slide and one end of the longitudinal sliding track and a ring-shaped bracket pivotally connected to a rear side thereof and fixedly mounted on the positioning member, an AV (audio and video) indicator for giving audio and video indication signals during

operation of the arm and waist exercising apparatus, and a knee rest mounted on the ring-shaped bracket.

[0006] Further, the knee rest comprises a bottom holder frame having a plurality of pin holes arranged in a line, and a pin selectively inserted through one of the pin holes into the ring-shaped bracket to lock the knee rest to the ring-shaped bracket in one of a series of positions.

[0007] Further, the AV (audio and video) indicator can be fixedly mounted on the front side of the swinging frame bar remote from the knee rest. Alternatively, the AV (audio and video) indicator can be a separated member kept apart from the swinging frame bar.

BRIEF DESCRIPTION OF THE DRAWINGS

[0008]

FIG. 1 is an elevational view of an arm and waist exercising apparatus in accordance with the present invention.

FIG. 2 is a side view of the arm and waist exercising apparatus in accordance with the present invention.

FIG. 3 is an elevational view of an alternate form of the arm and waist exercising apparatus in accordance with the present invention.

FIG. 4 is an exploded view of the arm and waist exercising apparatus shown in FIG. 3.

DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENT

[0009] Referring to FIGS. 1-4, an arm and waist exercising apparatus in accordance with the present invention is shown comprising a swinging frame bar **1**, a knee rest **2** and a positioning member **3**.

[0010] The swinging frame bar **1** has a longitudinal sliding slot **10** located on the top side thereof, a plurality of rollers **11** pivotally mounted in the bottom side thereof, an AV (audio and video) indicator **12** located on the front side thereof, a longitudinal sliding track **15** located on the inside thereof corresponding to the longitudinal sliding slot **10**, a handlebar **14** supported on and movable along the longitudinal sliding slot **10**, a slide **16** coupled to and movable along the longitudinal sliding track **15** and fixedly connected to the handlebar **14**, an elastic band **13** that has its one end connected between the slide **16** and its other end connected to one end of the longitudinal sliding track **15** and a ring-shaped bracket **17** pivotally connected to the rear side thereof remote from the AV (audio and video) indicator **12**. The ring-shaped bracket **17** is fixedly mounted on the positioning member **3** to support the knee rest **2**. The knee rest **2** comprises a bottom holder frame **22** having a plurality of pin holes **21** arranged in a line, and a pin **20** selectively inserted through one pin hole **21** of the bottom holder frame **22** of the knee rest **2** into the ring-shaped bracket **17** to lock the knee rest **2** to the ring-shaped bracket **17** in one of a series of positions. Thus, the length of the arm and waist exercising apparatus is

adjustable subject to the body length of the user. Further, the AV (audio and video) indicator **12** can be a separated member and shaped like an arch for a wide-angle indication, as shown in FIGS. **3** and **5**.

[0011] When in use, the swinging frame bar **1** and the positioning member **3** are positioned on the floor, and then the pin **20** is selectively inserted through one of the pin holes **21** of the bottom holder frame **22** of the knee rest **2** into the ring-shaped bracket **17** to lock the knee rest **2** to the ring-shaped bracket **17** in the desired position to fit the user's body length. At this time, the user can rest the knees on the knee rest **2** and hold the handlebar **14** with the hands, and then push and pull the handlebar **14** along the longitudinal sliding slot **10** to move the slide **16** back and forth along the longitudinal sliding track **15** and to alternatively stretch and release the elastic band **13**. During exercise, the AV (audio and video) indicator **12** is driven to give audio and video indication signals, directing the user to twist the body in different directions. Thus, the arm and waist exercising apparatus enables the user to exercise the muscles of the arms and the waist and gives audio and video indication signals during operation

[0012] Although particular embodiments of the invention have been described in detail for purposes of illustration, various modifications and enhancements may be made without departing from the spirit and scope of the invention. Accordingly, the invention is not to be limited except as by the appended claims.

Claims

1. An arm and waist exercising apparatus, comprising:

a positioning member for positioning on the floor;
 a swinging frame bar, said swinging frame bar comprising a longitudinal sliding slot located on a top side thereof, a plurality of rollers pivotally mounted in a bottom side thereof for supporting said swinging frame bar on the floor, a longitudinal sliding track located on the inside thereof corresponding to said longitudinal sliding slot, a handlebar supported on and movable along said longitudinal sliding slot, a slide coupled to and movable along said longitudinal sliding track and fixedly connected to said handlebar, an elastic band connected between said slide and one end of said longitudinal sliding track and a ring-shaped bracket pivotally connected to a rear side thereof and fixedly mounted on said positioning member;
 an AV (audio and video) indicator for giving audio and video indication signals during operation of the arm and waist exercising apparatus; and
 a knee rest mounted on said ring-shaped bracket.

2. The arm and waist exercising apparatus as claimed in claim 1, wherein said knee rest comprises a bottom holder frame having a plurality of pin holes arranged in a line and a pin selectively inserted through one said pin hole into said ring-shaped bracket to lock said knee rest to said ring-shaped bracket in one of a series of positions.
3. The arm and waist exercising apparatus as claimed in claim 1, wherein said AV (audio and video) indicator is fixedly mounted on a front side of said swinging frame bar remote from said knee rest.
4. The arm and waist exercising apparatus as claimed in claim 1, wherein said AV (audio and video) indicator is a separated member kept apart from said swinging frame bar.

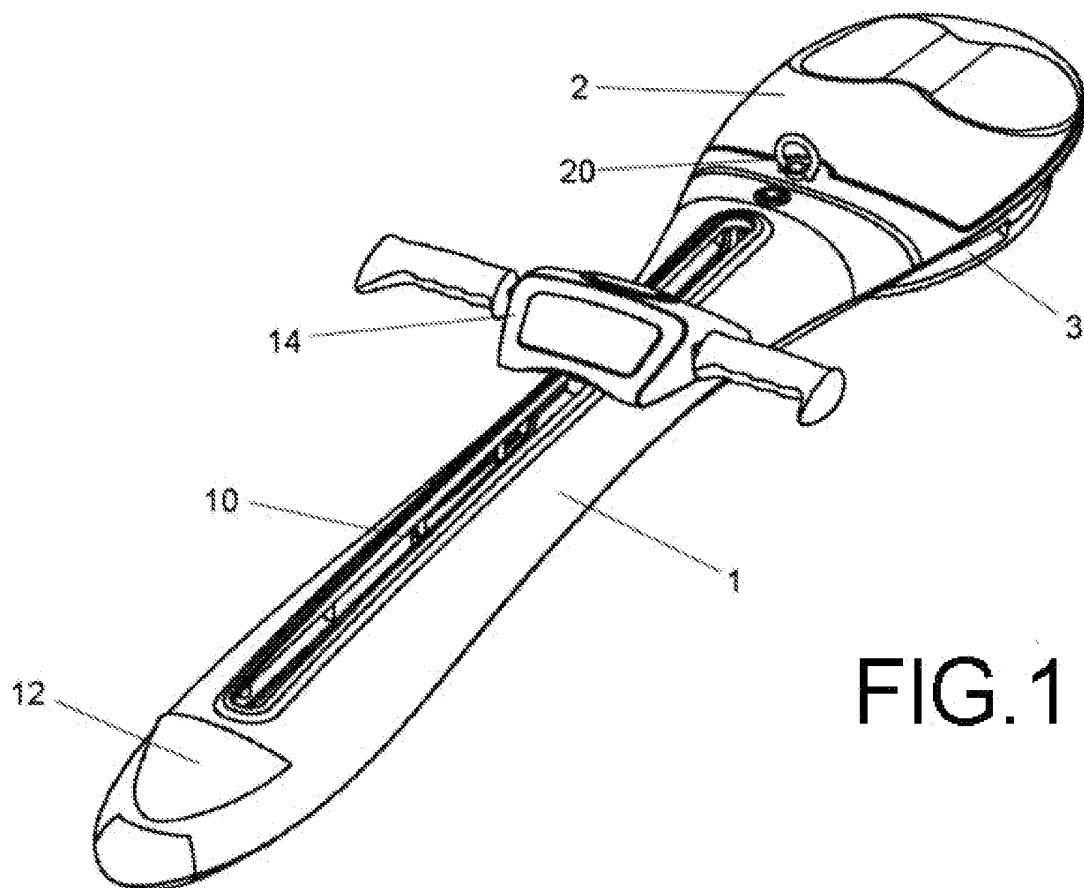


FIG.1

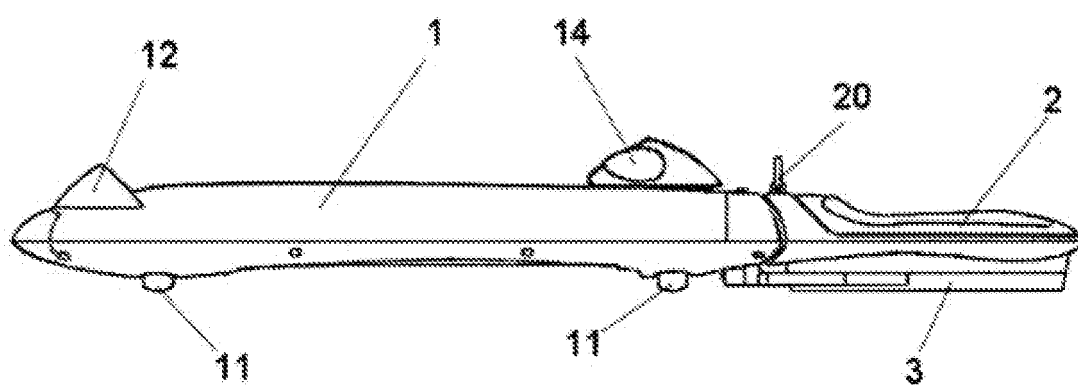
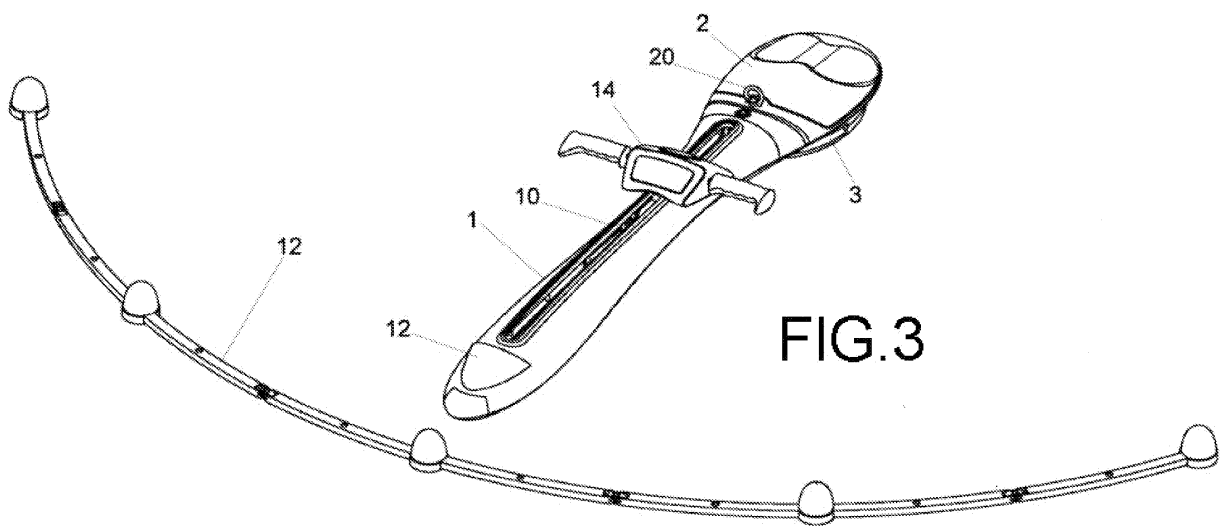


FIG.2



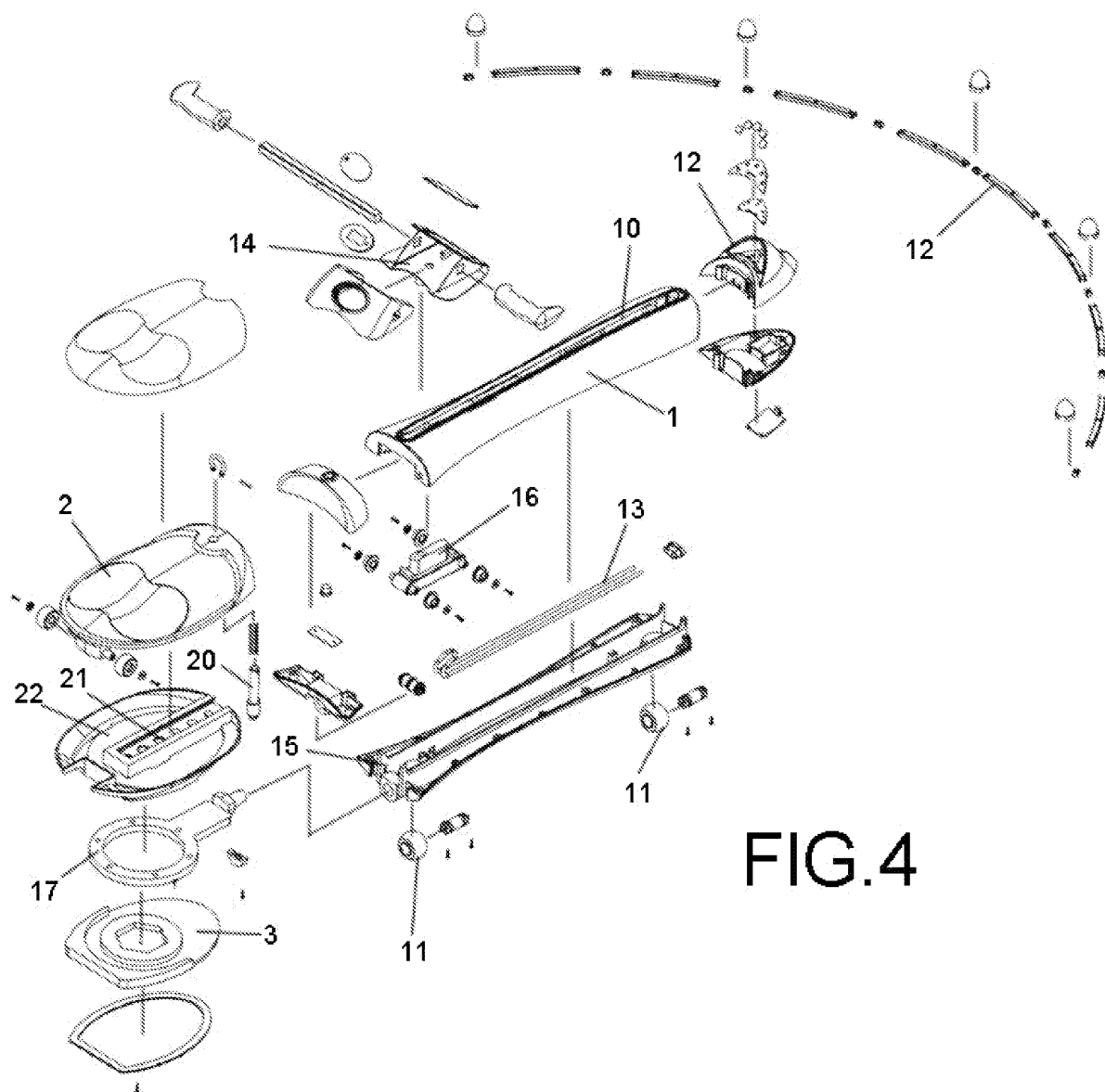


FIG.4



EUROPEAN SEARCH REPORT

Application Number
EP 10 17 5263

DOCUMENTS CONSIDERED TO BE RELEVANT			
Category	Citation of document with indication, where appropriate, of relevant passages	Relevant to claim	CLASSIFICATION OF THE APPLICATION (IPC)
A	US 6 071 217 A (BARNETT LARRY W [US]) 6 June 2000 (2000-06-06) * figures *	1-4	INV. A63B23/02 A63B22/20
A	US 5 518 483 A (OSWALD JOHN C [US]) 21 May 1996 (1996-05-21) * column 4 - line 53; figure 1 *	1-4	
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A	DE 202 03 543 U1 (TSAI JAO HSING [TW]) 14 August 2002 (2002-08-14) * figure 6 *	1-4	
A	DE 201 03 906 U1 (KUO JOHNSON [TW]) 17 May 2001 (2001-05-17) * figures *	1-4	
			TECHNICAL FIELDS SEARCHED (IPC)
			A63B
The present search report has been drawn up for all claims			
Place of search Munich		Date of completion of the search 23 December 2010	Examiner Lundblad, Hampus
CATEGORY OF CITED DOCUMENTS X : particularly relevant if taken alone Y : particularly relevant if combined with another document of the same category A : technological background O : non-written disclosure P : intermediate document T : theory or principle underlying the invention E : earlier patent document, but published on, or after the filing date D : document cited in the application L : document cited for other reasons & : member of the same patent family, corresponding document			

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EPO FORM 1503 03.82 (P04C01)

**ANNEX TO THE EUROPEAN SEARCH REPORT
ON EUROPEAN PATENT APPLICATION NO.**

EP 10 17 5263

This annex lists the patent family members relating to the patent documents cited in the above-mentioned European search report.
The members are as contained in the European Patent Office EDP file on
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23-12-2010

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