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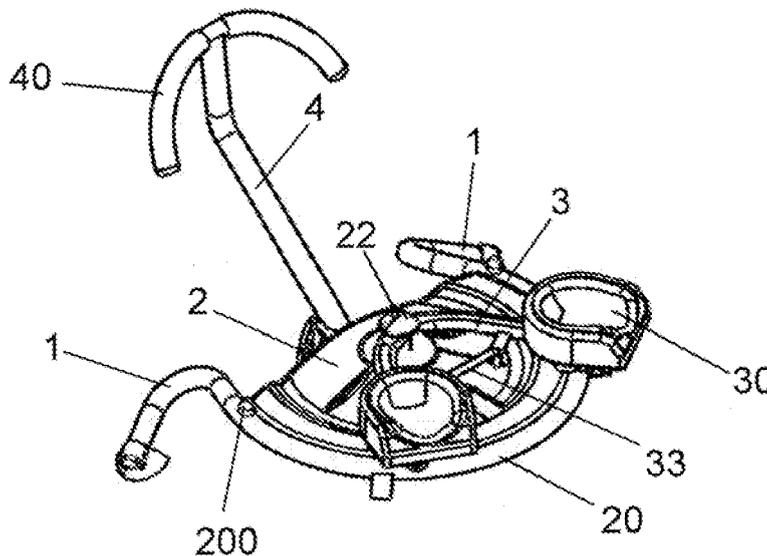
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(54) **Twisting exerciser**

(57) A twisting exerciser includes a base having an arched track arranged along the periphery thereof, two swivel arms each having a front end pivotally connected to a pivot at the top center of the base and a rear end provided with a knee pad and slidably coupled to the

arched track of the base, a handlebar detachably fastened to a stem at the front side of the base and having two grips at the distal end and a connection rod for selectively joining the two swivel arms for synchronous movement along the arched track of the base.



**FIG. 1**

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**Description****BACKGROUND OF THE INVENTION****1. Field of the Invention:**

[0001] The present invention relates to physical exercising apparatus and more particularly, to a twisting exerciser.

**2. Description of the Related Art:**

[0002] An unbalanced diet has an adverse effect upon health. Nowadays, people do more care about their health. In consequence, many exercising apparatus are recreated to fit different exercising requirements. Few leg-twisting exercisers are commercially available. Commercial leg-twisting exercisers are commonly heavy and expensive, not suitable for home use. Further, because different users have different body sizes. A fixed size of physical exerciser cannot fit all users.

**SUMMARY OF THE INVENTION**

[0003] The present invention has been accomplished under the circumstances in view. It is one object of the present invention to provide a twisting exerciser, which is practical for a twisting exercise to train the muscles of the legs, waist, abdomen and arms. It is another object of the present invention to provide a twisting exerciser, which is collapsible to reduce space occupation when not in use.

[0004] To achieve these and other objects of the present invention, a twisting exerciser comprises a base, which has an arched track arranged along the periphery thereof, a stem extended from the front side thereof and a stop block protruded from the convex top wall thereof at each of the two distal ends of the arched track, a plurality of foot members detachably affixed to the front side of the base for supporting said base on a flat surface in a tilted position, a pivot located on the center of the convex top wall of the base, two swivel arms each having a front end pivotally connected to the pivot and a rear end provided a top knee pad and a bottom roller that is coupled to the arched track of the base, and a handlebar that has one end detachably fastened to the stem of the base and the other end provided with two grips.

[0005] Further, each swivel arm has an eye lug on the middle. Further, a connection rod is selectively used for joining the swivel arms for synchronous movement along the arched track of the base.

**BRIEF DESCRIPTION OF THE DRAWINGS****[0006]**

FIG. 1 is a perspective view of a twisting exerciser in accordance with the present invention.

FIG. 2 is a side view of the twisting exerciser in accordance with the present invention.

FIG. 3 is an exploded view of the twisting exerciser in accordance with the present invention.

FIG. 4 is another exploded view of the twisting exerciser in accordance with the present invention (the handlebar excluded).

**DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENT**

[0007] Referring to FIGS. 1~4, a twisting exerciser in accordance with the present invention is shown comprising foot members **1** and **5**, a base **2**, two swivel arms **3** and a handlebar **4**.

[0008] The base **2** is shaped like a dome, having an arched track **20** arranged along the periphery thereof and a stop block **200** protruded from the convex top wall thereof at the front side of each of the two distal ends of the arched track **20**. The foot members **1** and **5** are detachably affixed to the front side of the base **2** to support the base **2** on the floor in a tilted position. The swivel arms **3** are respectively pivotally connected to the center of the convex top wall of the base **2** with a pivot **22**, each having a knee pad **30** located on the free end thereof and a roller **31** pivotally mounted on the bottom side of the free end beneath the knee pad **30** and coupled to the arched track **20** of the base **2**. Further, a stem **21** extends from the front side of the base **2** for the mounting of the handlebar **4**, which has two grips **40** at the front side thereof. Further, each swivel arm **3** has an eye lug **32** on the middle. A connection rod **33** is detachably fastened to the eye lugs **32** of the swivel arms **3** to join the swivel arms **3** for synchronous movement along the arched track **20** of the base **2**.

[0009] During operation, the foot members **1** and **5** are placed on the floor to support the base **2** in a tilted position, and then the handlebar **4** is attached to the stem **21**. At this time, the user can rest the knees on the knee pads **30** and holds the grips **40** with the hands, and then twist the legs, the waist and the abdomen to turn the swivel arms **3** back and forth about the pivot **22** in reversed directions and along the arched track **20**. Further, the stop blocks **200** limit the moving range of the swivel arms **3** on the arched track **20**. Repeating this exercising manner, the muscles of the legs, waist, abdomen and arms are trained. Further, the user can fasten the connection rod **33** to the eye lugs **32** of the swivel arms **3** to join the swivel arms **3** for synchronous movement along the arched track **20** of the base **2**.

[0010] When not in use, the foot members **1** and **5** and the handlebar **4** can be detached from the base **2** to reduce space occupation.

[0011] Although a particular embodiment of the invention has 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**

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1. 1. A twisting exerciser, comprising:

a base, said base having an arched track ar-  
 ranged along the periphery thereof, a stem ex-  
 tended from a front side thereof and a stop block  
 protruded from a convex top wall thereof at each  
 of two distal ends of said arched track; 10  
 a plurality of foot members detachably affixed  
 to the front side of said base for supporting said  
 base on a flat surface in a tilted position; 15  
 a pivot located on the center of the convex top  
 wall of said base;  
 two swivel arms respectively pivotally connect-  
 ed to said pivot, each said swivel arm having a  
 front end pivotally connected to said pivot, a rear  
 end suspending above said base, a knee pad 20  
 located on said rear end at a top side and a roller  
 pivotally mounted on said rear end at a bottom  
 side opposite to said knee pad and coupled to  
 said arched track of said base; and 25  
 a handlebar detachably fastened to said stem  
 of said base, said handlebar having two grips at  
 a distal end thereof remote from said stem.

2. The twisting exerciser as claimed in claim 1, further 30  
 comprising a connection rod for joining said swivel  
 arms, said connection rod having two distal ends de-  
 tachably connectable to an eye lug at each of said  
 swivel arms.

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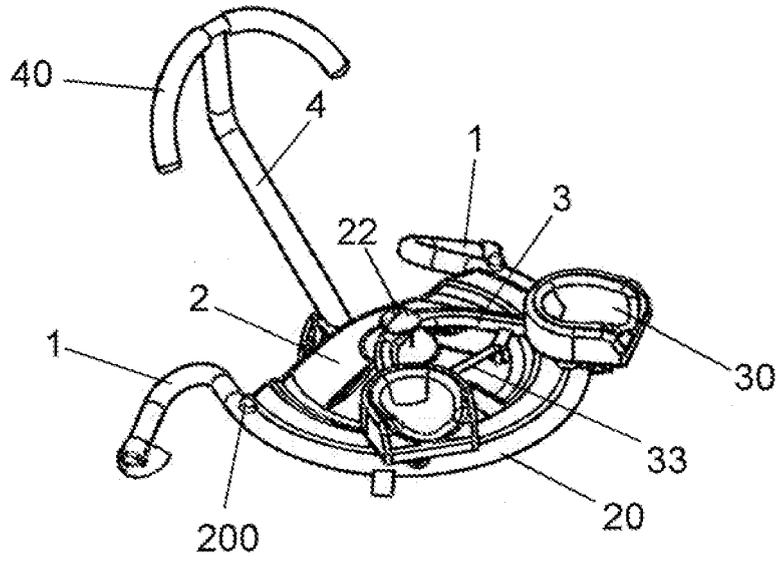


FIG.1

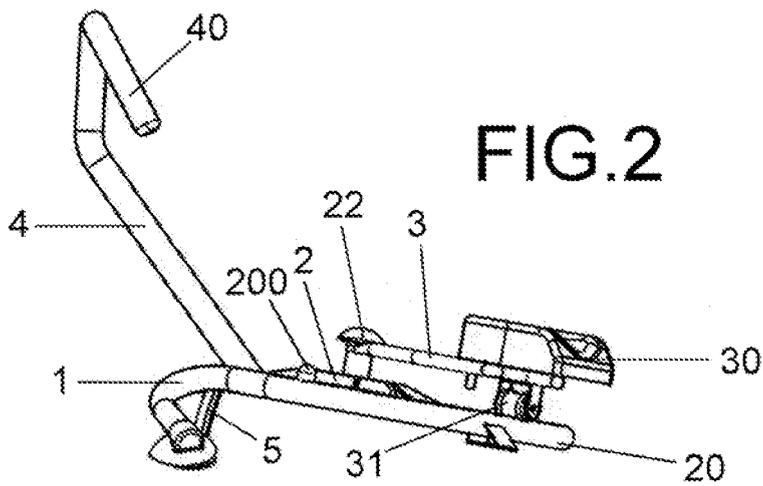
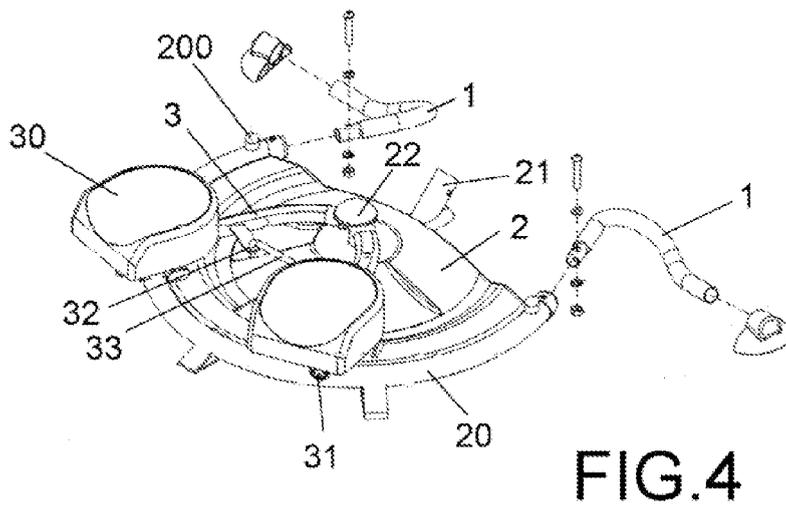
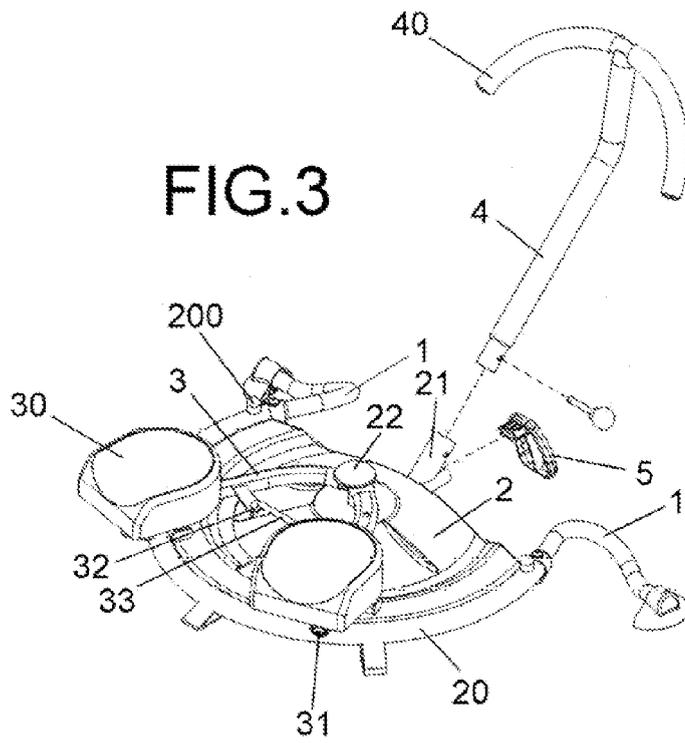


FIG.2





EUROPEAN SEARCH REPORT

Application Number  
EP 11 16 3444

DOCUMENTS CONSIDERED TO BE RELEVANT			
Category	Citation of document with indication, where appropriate, of relevant passages	Relevant to claim	CLASSIFICATION OF THE APPLICATION (IPC)
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			TECHNICAL FIELDS SEARCHED (IPC)
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The present search report has been drawn up for all claims			
Place of search The Hague		Date of completion of the search 20 July 2011	Examiner Millward, Richard
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  
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EP 11 16 3444

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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For more details about this annex : see Official Journal of the European Patent Office, No. 12/82