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(54) **REFORMER EXERCISE APPARATUS**

(57) A reformer exercise apparatus is disclosed that has a generally rectangular frame. The rail portions of the frame each have an upright outer wall, an integral downwardly slanted inner wall and a hidden outwardly open slot therein between the outer and inner walls. A foot bar support assembly movably carried by each of the outwardly open slots supports the foot bar. Each foot bar support assembly has an elongated slide plate movably supported within the slot, a hook plate fastened to the slide plate, and a foot bar support arm rotatably and slidably fastened to the hook plate. A pair of tubular risers each having an upper roller therein at the head end of the frame direct arm cord ends to a cord retraction assembly mounted on the carriage. The retraction assembly releases the cords by pivoting either one of the shoulder stops toward the foot end of the frame.

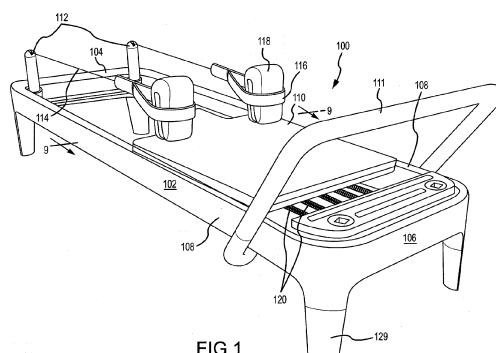


FIG. 1

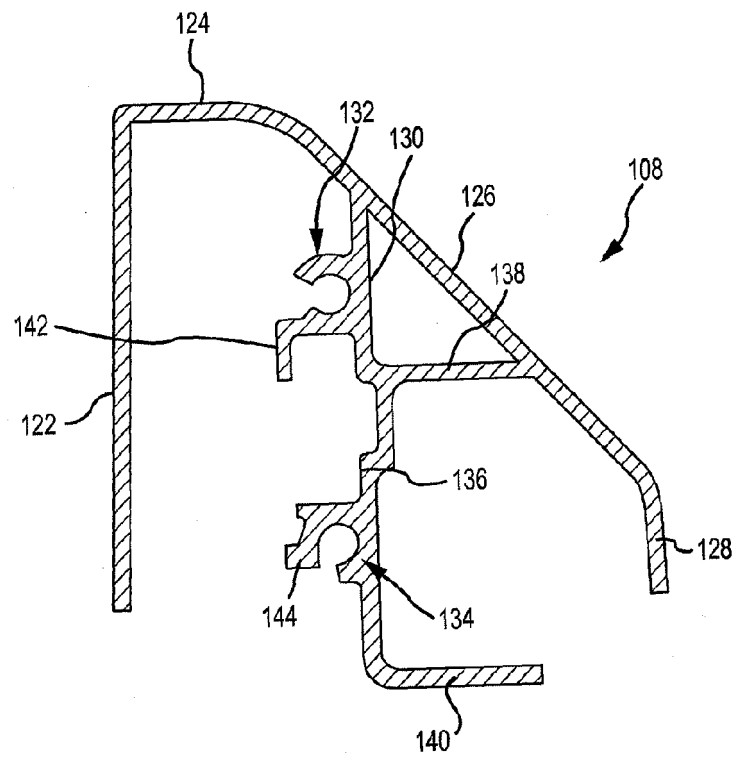


FIG.3

Description

BACKGROUND OF THE DISCLOSURE

Field of the Disclosure

[0001] The present disclosure relates to an exercise apparatus. In particular, it relates to a reformer exercise apparatus of a new and contemporary design that has a number of unique innovations.

State of the Art

[0002] Exercise machines utilized in the performance of physical exercises originated by Joseph Pilates typically are performed on a stationary apparatus called a reformer. A traditional reformer has a rectangular wood or metal frame supporting two parallel rails or tracks. A wheeled carriage rides on these tracks and is resiliently biased toward a foot end of the frame by one or more elastic members, typically coil springs. A user sits or lies on the carriage and pushes against a foot support bar at the foot end to move the carriage away from and toward the foot end. Alternatively, the user may grasp ends of a pair of ropes or straps that pass through pulleys at the head end of the frame and are attached to the carriage to similarly pull the carriage away from and toward the foot end of the frame.

[0003] One emphasis in Pilates training is on core musculature stabilization. The exercises being performed on the reformer ideally are conducted carefully by the user concentrating on body symmetry and symmetrical body movement and proper torso alignment during exercise. It is often somewhat difficult for a user to sense when he or she is properly centered on the reformer, and exerting equal forces with both arms or both legs during movements required. Also, either the user must get off of the reformer or an assistant must change positions of the foot support bar as may be required for different exercises. This, is at least an inconvenience to the user. Furthermore, the user must then reposition his or her body on the carriage to regain proper alignment.

[0004] The ends of the arm cords are typically stuffed through holes in the carriage platform to get them out of the way of the user or draped over the sides of the carriage. Thus they can drag on the floor beneath the carriage. The user also has difficulty in adjusting arm cord length while reclining on the reformer carriage. The user generally has to sit upright, adjust the arm cord length in the stop cleats, and then reposition herself on the carriage surface.

[0005] The rails upon which the carriage rides typically are horizontal surfaces which collect dust and dirt over time and thus the rollers and tracks must often be cleaned. Furthermore, the user must be careful not to let his or her clothing drape onto the rails to prevent such clothing interfering with operation of the carriage rollers.

[0006] There is therefore a need for a reformer appa-

ratus that is simple and straightforward to use, easy for the user to adjust without getting off of the reformer carriage, and overcomes the drawbacks mentioned above.

5 SUMMARY OF THE DISCLOSURE

[0007] A reformer exercise apparatus in accordance with one aspect of the present disclosure includes a generally rectangular frame having a pair of parallel spaced side rail portions, a head end portion, and a foot end portion. A movable carriage is provided that is supported by the side rail portions for movement of the carriage between the head and foot end portions. A bias member, such as one or more coil springs, is connected between the carriage and the foot end portion of the frame for biasing the carriage toward the foot end of the frame. A foot support member such as a foot bar is supported by the side rail portions of the frame.

[0008] Each of the side rail portions of the frame has an upright outer wall and an integral horizontal top wall merging into an inwardly and downwardly slanted inner wall. Each side rail portion has a downwardly extending mid wall between the outer wall and the inner wall for supporting the foot support member. The mid wall has a longitudinally extending upper boss and a longitudinally extending lower boss forming an outwardly open slot therebetween facing the outer wall. Each side rail portion includes a horizontal wall between the inner wall and the mid wall.

[0009] The mid wall has a lower end portion forming a horizontal track for supporting the carriage. Furthermore, this lower portion of the mid wall also provides lateral support for guide rollers on the carriage to guide its movement between the head and foot ends of the frame.

[0010] One end of each foot support member is movably supported in the outwardly open slot between the upper and lower bosses of the mid wall. Furthermore, the mid wall includes a plurality of features, preferably notches for discrete positioning of the foot support member along a length of the side rail members of the frame.

[0011] The foot support assembly preferably includes a foot bar. The foot bar is supported at each end by a foot bar support assembly movably carried by each of the outwardly open slots in the side rail portions of the frame. Each foot bar support assembly includes an elongated slide plate movably supported within the slot, a hook plate fastened to the slide plate, and a foot bar support arm having one end fastened to one foot bar end and a portion rotatably and slidably fastened to the hook plate.

[0012] The slide plate is an elongated member having opposite ends, each end carrying a roller for riding on a bottom surface of the outwardly open slot in the mid wall of the side rail portion of the reformer frame. The slide plate also preferably has at least one roller for riding against an upright surface of the mid wall within the slot.

[0013] The foot bar support arm has a bottom end portion fastened to one foot bar end. The upper end of the

foot bar support arm has an engaging member for selectively engaging a discrete feature of the hook plate when the foot bar is slid upward for rotation about the hook plate. The hook plate has an upper edge, the upper edge having a plurality of discrete features at spaced locations for selectively engaging a portion of the foot bar support arm to position the foot bar at predetermined angles from the upper surface plane of the reformer frame.

[0014] Each discrete feature is preferably a notch that has a distinctive shape. Each notch corresponds to a particular angular position for the foot bar with respect to the frame. Each hook plate preferably also has an L shaped slot for receiving the engaging member on the foot bar support arm. This L shaped notch positions the foot bar at a level below the upper frame surface and provides a user with a convenient carry handle bar at the foot end of the frame. Preferably the foot bar support arm carries a generally cylindrical pin for removably engaging one of the discrete features, i.e., one of the notches in the hook plate.

[0015] In another aspect the present disclosure describes a foot bar assembly for use on a reformer exercise apparatus having a generally rectangular frame with parallel sides, a head end and a foot end, each side having an outwardly open slot extending along at least part of the side. The foot bar assembly includes a generally U shaped foot bar having a first end and a second end, an elongated slide plate movably supported within with each of the slots, a hook plate fastened to each slide plate, and a foot bar support arm rotatably and slidably fastened to each hook plate and fastened to one of the first and second ends of the foot bar.

[0016] In another aspect of the disclosure, a reformer exercise apparatus having a generally rectangular frame supporting a carriage for movement between a head end and a foot end of the frame on parallel spaced side rail portions of the frame, and a foot bar supported by the frame is disclosed wherein the head end of the frame has a pair of spaced vertical bores formed therein, and an arm cord support riser disposed in each bore. Each cord support riser includes a hollow cylindrical tube carrying a first roller therein near a bottom end of the tube, a second roller rotatably supported within an upper end of the tube, and a guide adjacent the second roller for directing an arm cord around the second roller.

[0017] Preferably in one embodiment the bottom end of the tube is open to receive the arm cord therethrough and the upper end includes a top that has a dome shape with an opening therethrough for passage of the arm cord out of the tube. The top of the tube preferably also has a pair of spaced guides adjacent the opening and the second roller, and may also have a horizontal guide between the spaced guides. In some embodiments these guides are rollers. The riser tube further may include an internal cord guide plate above the first roller for guiding the arm cord over the first roller. The riser top may be separable from and rotatably fastened to the riser tube. Furthermore, the top may include a pair of spaced guides

adjacent the opening for smooth passage of the arm cord. In another embodiment, the arm cord may be routed through a side of the tube just below an upper roller or pulley wheel. A pair of guide rollers is preferably arranged adjacent the opening through which the arm cord exits the tube. The riser top again may be separable from the riser tube as a cartridge assembly.

[0018] In another aspect, the present disclosure is directed to a reformer exercise apparatus that includes an arm cord retraction assembly mounted to an underside surface of the carriage. The retraction assembly has a pair of cord retraction devices, each device having a stationary frame carrying a rotatable spring biased reel therein connected to a free end of one of the arm cords, with each reel having a toothed outer rim.

[0019] The retraction assembly also includes a pair of toothed latch members rotatably mounted to the underside of the carriage and connected mechanically together such that rotation of one of the latch members out of toothed engagement with one of the toothed outer rims causes the other of the latch members to rotate out of toothed engagement with the toothed outer rim of the other spring biased reel.

[0020] The retraction assembly further has an actuator connected to one of the latch members operable for rotating the latch members into and out of engagement with the toothed rims of the retraction reels. This actuator is preferably resiliently biased out of engagement with the latch members.

[0021] In one embodiment of a reformer exercise apparatus in accordance with the present disclosure the actuator is incorporated into a pair of spaced shoulder stops extending from an upper surface of the carriage. Each of the shoulder stops is rotatably mounted to the carriage preferably for rotation about a horizontal axis. The actuator may be an elongated pin member that extends downward from the shoulder stop, through an aperture in the carriage and projects therefrom so as to engage one of the latch members. Pivotal movement, i.e., rotation, by the user, of either shoulder stop about its axis toward the foot end of the frame engages the actuator with one of the latch members which in turn causes both of the latch members to disengage the toothed outer rims. Preferably a spring is connected to each latch member that biases each latch member into engagement with one of the retraction reels.

[0022] In another aspect of the present disclosure, there is provided an arm cord retraction kit for retrofitting a conventional reformer exercise apparatus. The components in the kit are designed to be attached to the reformer carriage. The kit includes a pair of cord retraction devices, each device having a stationary frame for mounting to an underside surface of a reformer carriage, each frame carrying a rotatable spring biased reel therein connectable to a free end of an arm cord, each reel having a toothed outer rim, a pair of toothed latch members for pivotal mounting to the underside surface of the carriage, wherein the latch members are connected mechanically

together such that rotation of one of the latch members out of toothed engagement with one of the toothed outer rims causes the other of the latch members to rotate out of toothed engagement with the toothed outer rim of the other spring biased reel, and an actuator for engaging one of the latch members when the shoulder stops are mounted to the reformer carriage.

[0023] In another aspect of the reformer exercise apparatus of the present disclosure, the carriage includes an integral adjustable headrest. The carriage includes a generally rectangular frame, a generally rectangular plate body portion fastened to the frame, and a generally trapezoidal shaped head rest plate portion hinged to the body portion. A shaped upper pad is fastened to an upper surface of the body and headrest portions.

[0024] In a still further aspect of the reformer exercise apparatus of the present disclosure, the frame preferably includes replaceable legs positioned at the corners of the generally rectangular frame. Each leg has an outer surface shape complementary to the shape of the corner. Each leg has an upper end shape configured to fit within a complementary recess in the underside surface of the frame. Each leg is an extrusion secured to the frame with a single bolt passing vertically through the leg into a corresponding boss in the frame. The bottom end of each leg includes a foot pad that facilitates stacking of one apparatus on top of another through engagement of the outer corners of the head end of the reformer and outer corners of the standing platform at the foot end of the reformer into a foot pad recess in each foot pad.

[0025] In a still further aspect of the present disclosure, an elastic resistance member may be fastened between the foot bar assembly and the head end of the reformer frame. When the foot bar assembly is free to move along the side rails of the frame it is resiliently biased toward the head end of the reformer frame. In this configuration, the foot bar assembly may be grasped by a user's hands while sitting or reclining on the carriage, and the foot bar assembly pulled along the rails against the resistance toward the carriage in order to perform various upper body exercises separately or in conjunction with leg extensions against the foot end of the reformer frame. The elastic resistance member may alternatively be fastened between the foot bar assembly and the foot end of the frame to facilitate similar exercises from the foot end of the frame by pulling the foot bar assembly toward the carriage.

BRIEF DESCRIPTION OF THE DRAWINGS

[0026] The disclosure will be better understood and objects, other than those set forth above, will become apparent when consideration is given to the following detailed description. Such description makes reference to the accompanying drawings wherein:

Fig. 1 is a perspective view of a reformer exercise apparatus in accordance with one embodiment of

the present disclosure.

Fig. 2 is a separate perspective view of the frame of the reformer shown in Fig. 1 in accordance with the present disclosure.

Fig. 3 is a cross sectional view of one side rail member of the frame taken along the line 3-3 in Fig. 2.

Fig. 4 is a partial perspective view of the foot end of a reformer in accordance with the present disclosure.

Fig. 5 is a separate perspective view of a foot bar utilized in the reformer exercise apparatus shown in Fig. 1.

Fig. 6 is an outer perspective view of a right side rail member foot bar support assembly in accordance with the present disclosure.

Fig. 7 is an inner perspective view of the right side rail member foot bar support assembly shown in Fig. 6.

Fig. 8 is cross sectional view of a left rail member taken along the line 3-3 in Fig. 2 showing the arrangement of the foot bar support assembly carried therein.

Fig. 9 is a cross sectional view of the reformer exercise apparatus shown in Fig. 1 taken along the line 9-9 in Fig. 1.

Fig. 10 is a partial perspective view of the head end of the reformer apparatus shown in Fig. 1.

Fig. 11 is a separate perspective view of the lower pulley wheel assembly for the riser in the head end of the apparatus shown in Fig. 10.

Fig. 12 is a separate exploded perspective view of the carriage in the reformer exercise apparatus shown in Fig. 1 in accordance with the present disclosure.

Fig. 13 is a bottom plan view of the head end portion of the carriage shown in Fig. 1 in accordance with the present disclosure showing the cord retraction mechanism latch members engaged with the cord retraction reels.

Fig. 14 is a bottom plan view of the head end portion of the carriage as in Fig. 13 with the latch members disengaged with the cord retraction reels.

Fig. 15 is a sectional view through the carriage taken along the line 15-15 in Fig. 14.

Fig. 16 is an underside perspective view of a carriage having a cord retraction system in accordance with an alternative embodiment of the present disclosure.

Fig. 17 is an underside view as in Fig. 17 showing the cord retraction system in a released position. 5

Fig. 18 is an underside perspective view of the head end of an alternative carriage in accordance with the present disclosure. 10

Fig. 19 is a side view of the head end of the carriage shown in Fig. 18.

Fig. 20 is a side view of the head end of the carriage shown in Fig. 18 with the headrest in a first raised position. 15

Fig. 21 is a side view of the head end of the carriage shown in Fig. 18 with the headrest in a second raised position. 20

Fig. 22 is head end perspective view of an alternative reformer in accordance with the present disclosure. 25

Fig. 23 is an inside separate exploded view of the head end assembly of the alternative reformer shown in Fig. 22.

Fig. 24 is an inside separate exploded perspective view of the foot end assembly of the alternative reformer shown in Fig. 22. 30

Fig. 25 is a cross sectional view of one of the two frame side rails in the alternative reformer shown in Fig. 22. 35

Fig. 26 is a separate assembled perspective view of a riser utilized in the reformer shown in Fig. 22. 40

Fig. 27 is an exploded perspective view of the riser shown in Fig. 26.

Fig. 28 is a partial sectional view of the riser shown in Fig. 26 installed in the head end socket of the reformer shown in Fig. 22. 45

Fig. 29 is a separate inside perspective view of the foot bar support assembly utilized in the reformer shown in Fig. 22. 50

Fig. 30 is an outside perspective view of the foot bar support assembly shown in Fig. 29.

Fig. 31 is a separate underside perspective view of the carriage frame assembly of the carriage shown in Fig. 22. 55

Fig. 32 is an underside perspective view of the support pad removed from the carriage shown in Fig. 22.

Fig. 33 is a separate perspective view of a shoulder rest utilized in the reformer shown in Fig. 22.

Fig. 34 is an upper partial exploded view of the carriage of the reformer shown in Fig. 22.

Fig. 35 is an inverted view of the carriage removed from the reformer shown in Fig. 22 showing the cord retraction system in accordance with this alternative embodiment.

Fig. 36 is an underside plan view of the head end of the carriage shown in Fig. 35 with the cord retraction system in a cord locked position.

Fig. 37 is a view as in Fig. 36 with the cord retraction system in a cord unlocked position.

Fig. 38 is a perspective view of the head end of the carriage with the headrest in a lowered position.

Fig. 39 is a perspective view a pair of reformers shown in Fig. 22 in a stacked configuration for storage.

Fig. 40 is a perspective view of the underside of the head end of the carriage showing the risers and shoulder stops ready for installation in the storage position as shown in Fig. 39.

Fig. 41 is a perspective view of the reformer shown in Fig. 22 including an optional vertical trapeze tower and mat conversion in accordance with the present disclosure.

Fig. 42 is a perspective view of a trapeze tower socket aligned against the end of one side rail of the reformer shown in Fig. 41 for connection to the head end extrusion.

Fig. 43 is a sectional view through the trapeze tower socket of the tower shown in Fig. 41.

Fig. 44 is a partial cutaway view through one of the riser bosses at the head end of the reformer shown in Fig. 41 showing an alternative lower pulley mount installed therein.

Fig. 45 is a perspective view of a reformer as in Fig. 22 with an alternative vertical trapeze tower and mat conversion in accordance with the present disclosure.

FIG. 46 is a perspective view of the hand grip end portion of an arm cord for use with a reformer in ac-

cordance with the present disclosure.

FIG. 47 is a perspective view as in FIG. 46 with a handle attached to the arm cord in accordance with the present disclosure.

FIG. 48 is a perspective view of the reformer shown in FIG. 22 with a jump board installed at the foot end of the reformer frame.

FIG. 49 is an enlarged vertical partial sectional view through one of two posts supporting the jump board installed at the foot end of the reformer frame.

DETAILED DESCRIPTION

[0027] In the following description, numerous specific details are set forth in order to provide a more thorough disclosure. It will be apparent, however, to one skilled in the art, that the art disclosed may be practiced without these specific details. In some instances, well-known features may have not been described in detail so as not to obscure the art disclosed.

[0028] A perspective view of one embodiment of a reformer exercise apparatus 100 is shown in Fig. 1. The apparatus 100 has a generally rectangular frame 102 with a head end 104 and a foot end 106. The ends 104 and 106 are spaced apart by a pair of rail members 108. A carriage 110 is movably supported on the rail members 108 for movement back and forth between the ends 104 and 106 of the frame 102.

[0029] A foot bar 111 is positioned near the foot end 106 of the frame 102. This foot bar 111 is carried by the rail members 108 as will be described in detail below. The head end 104 of the frame 102 preferably supports a removable pair of spaced upright arm cord support risers 112. These risers 112 direct arm cords 114 from the carriage 110 to cord end loops 116 or grips for a user's hands for use in various exercises. When not in use, the end loops 116 may be conveniently positioned on the shoulder stops 118 as shown in Fig. 1. The carriage 110 is resiliently biased toward the foot end 106 of the frame 102 by one or more elastic members such as springs 120.

[0030] A separate perspective view of the frame 102 is shown in Fig. 2. Each of the head end 104, the foot end 106 and the side rail members 108 has a similar outer surface shape that smoothly merge together. This shape includes an outer upright wall 122 merging with a horizontal top wall 124 which merges with a downwardly and inwardly slanted inner wall 126. The inner wall 126 merges into a vertical skirt portion 128. Thus the entire frame 102 includes an upright outer wall 122, a downwardly and inwardly slanted inner wall 126 and a vertical skirt portion 128.

[0031] The head and foot ends 104 and 106 have curved outer ends 107 that curve into and merge smoothly with the side rail members 108. The head end 104 further includes bosses for receiving the risers 112. The

foot end 106 has an anchor support plate 121 spanning between the curved ends 107 for supporting ends of the bias members or springs 120 to bias the carriage 110 as mentioned above.

[0032] Extending downward from each curved end 107 is a complementary shaped upright support leg 129. These support legs 129 may be removed to place the ends 104 and 106 of the frame 102 on a planar surface such as a floor. The support legs 129 may be interchanged with longer or shorter support legs to change the height of the apparatus 100 above such a floor support surface.

[0033] A sectional view of a side rail member 108 is shown in Fig. 3. Each rail member 108 is preferably an aluminum extrusion having an identical cross sectional shape. The rail member 108, as mentioned above, has an outer upright wall 122 that merges into a horizontal top wall 124 and then into a downwardly slanted inner wall 126 and then into a vertical skirt portion 128. The end members 104 and 106 have the same exterior shape, but differ internally from the side rail members 108.

[0034] As is shown in Fig. 3, each side rail member 108 has a vertical mid wall 130 between the slanted inner wall 126 and the upright outer wall 122. The mid wall 130 has an outwardly facing upper longitudinally extending boss 132 and a lower outwardly facing longitudinally extending boss 134 parallel to the upper boss 132. Together the mid wall 130, the upper boss 132 and lower boss 134 form an outwardly open slot 136 therebetween. This slot 136 receives and carries one of the foot bar support assemblies therein as will be described in detail below. Between the mid wall 130 and the slanted inner wall 126 is an upper horizontal support wall 138. The support wall 138 extends the length of the rail member 108 and provides torsional rigidity to the structure of the rail member 108. A horizontal bottom portion 140 of the mid wall 130 acts as a support for one set of wheels supporting the carriage 110. The upper wall 138 serves also as an upper guide for the carriage support wheels on the rail members 108. Furthermore, the mid wall 130 between upper and lower walls 138 and 140 and the skirt portion 128 serves as a lateral guide for the carriage 110.

[0035] The upper boss 132 preferably has a vertical portion 142 that extends downward parallel to the mid wall 130. This vertical portion 142 is used to provide lateral support for the foot support assembly described more fully below. Furthermore, the lower boss 134 may include a downwardly extending index rail 144. Alternatively, the indexing rail 144 may be installed along the length of the rail member 108 by a separate, replaceable metal indexing rail carried in the boss 134.

[0036] Fig. 4 is a perspective view of a foot end 106 of the frame 102. The foot end 106 carries the anchor plate 121 for receiving free ends of one or more of the springs 120. A plurality of spaced hourglass spool shaped pins 148 are each positioned to receive a loop on a spring 120 in order to fasten the spring 120 to the foot end 106 of the frame 102. Each of these pins 148 preferably tapers

upward and inward from its base to a waist at a first angle from the pin's central axis and then outward at a second angle greater than the first angle so that the free end of a spring placed on the pin 148, when under tension, is securely held at the waist of the pin 148.

[0037] Each corner of the frame 102, formed by the ends 104 and 106, includes curved outer upright wall 122, top wall 124 and inwardly slanted inner wall 126. Preferably inner wall 126 terminates in an upright lower skirt portion 128. The foot end 106 also includes two spaced apart tubular foot support bosses 146 formed therein. These foot support bosses 146 are used to support a flat, generally rectangular foot platform (not shown) often called a "jump board". This jump board is a rectangular plate that has two spaced parallel support posts that removably fit into the foot support bosses 146.

[0038] The foot bar 111 shown in Fig. 1 will now be described specifically with reference to Figs. 5, 6, 7, 8, and 9. The foot bar 111 is part of a foot support assembly that cannot be seen in Fig. 1. This foot bar 111 is separately shown in Fig. 5. The foot bar 111 has a central horizontal foot support portion 150 between two parallel leg portions 152. Each leg portion 152 terminates in a connection portion 154 that is fastened to one of two foot bar support assemblies 170.

[0039] Referring now to Figs. 6 and 7, the connection portion 154 is bolted or otherwise fastened to a bottom end 156 of an elongated foot bar support arm 158. The arm 158, best shown in Fig. 6, is an elongated flat plate member that has an engaging pin 161 projecting outward from the upper end 160 of the arm 158. The arm 158 further has a closed pivot slot 162 radially extending parallel to the leg portion 152 of the foot bar 111 and spaced from where the connection portion 154 of the foot bar 111 is attached to the arm 158.

[0040] The foot support assembly of reformer 100 shown in Fig. 1 includes a left foot bar support assembly 170, the foot bar 111, and a right foot bar support assembly 170. Figs 6 and 7 are reverse perspective views of a right one of the foot bar support assemblies 170 in accordance with one embodiment of the present disclosure. Each leg 152 of the foot bar 111 is supported by one of the foot bar support assemblies 170. As is best shown in Fig. 6, the assembly 170 includes the foot bar support arm 158 to which the foot bar 111 is attached, a slide portion 172 that rides in the slot 136 in the side rail member 108, and a hook plate 174 which is rigidly fastened to the slide portion 172. This hook plate 174 has a series of features, preferably slots or notches 176, 178, 180, 182 and 184 spaced along the upper edge of the hook plate 174. The pin 161 projecting outward from the upper end 160 of the foot bar support arm 158 fits within one of these notches 176-184 to position the foot bar 111 at a particular desired angular position with respect to the frame 102 of the reformer 100.

[0041] The foot bar support arm 158 is slidably and pivotally attached to the hook plate 174 by a bolt 186 and square bushing 188. The bushing 188 rides between and

along the parallel sides of a recess 190 in the arm 158 around the pivot slot 162. Since the foot bar 111 is fastened to the arm 158, when a user lifts the foot bar 111, the support arm 158 rides up or down along the slot 162.

5 In turn, the pin 161 projecting outward from the upper end 160 of the support arm 158 is raised out of one of the slots along the upper edge of the hook plate 174. When lifted in this manner, a user can then rotate the foot bar 111 about the pivot bolt 186 to a different one of the slots 176, 178, 180, 182 or 184 to reposition the foot bar 111. When the foot bar 111 is lowered, the pin 161 slides down within one of the slots to fix the foot bar 111 in position.

[0042] The end slots or notches 176 and 184 have special significance in this embodiment 100. When the foot bar 111 has both its pins 161 positioned in slots 176, the foot bar 111 is rotationally positioned below the upper surface of the frame 102 and beyond the foot end of the frame 102. In this position, the foot bar 111 may be used as a handle to lift the foot end of the reformer 100. To ensure that the foot bar 111 does not disengage from the slot 176, the terminal end of the slot 176 is hooked upward, as can be seen in Fig. 6, to firmly engage with the pin 161 at the closed end of the slot 176. To disengage the foot bar 111 from this slot 176, the foot bar 111 must be pushed down and pulled rearward (away from the foot end) to align the pin 161 with the widened slot entrance. The foot bar 111 may then be rotated up and lifted out of the slot 176 and repositioned in a different one of the slots 178, 180 182 and 184.

[0043] The forward most slot 184 in the hook plate 174 is used to position the foot support assembly comprising each of the assemblies 170 and the foot bar 111 together for translation along the rail members 108. As the foot bar 111 is raised and is rotated clockwise, as seen in Fig. 6, the arm 158 is rotated about the bolt 186 clockwise until the pin 161 engages a protruding surface 192 at the forward end (toward head end 104) of the hook plate 174. In this position, a shoulder 194 on the support arm 158 engages with a latch pin 196 that projects through a slot 198 in the hook plate 174. The latch pin 196 projects through the hook plate 174 from a latch arm 200 best seen in Fig. 7. When the foot bar 111 is then lowered, the shoulder 194 of the arm 158 pushes the latch pin 196 down.

[0044] Latch arm 200 is an elongated bar that has one end rotatably fastened to the inside face of the hook plate 174. The latch arm 200 can rotate in a plane parallel to the inside surface of the hook plate 174. The other end of the latch arm 200 has a latch portion 202 that engages a complementary shaped indexing feature in the rail member 108 in order to latch the assembly 170 at a selected position along the rail member 108. The latch arm 200 is spring biased upward via spring member 201 to maintain the latch portion 202 of the latch arm 200 engaged with the indexing feature of the index rail 144 in the rail member 108.

[0045] When the foot bar 111 is positioned with pins

161 in the slots 184, and the foot bar 111 is pushed downward to fully seat the pins 161 at the bottom of slots 184, the latch pins 196 are also pushed downward, rotating the latch arm 200 and moving latch portion 202 out of engagement with the indexing feature of the index rail 144 in the rail member 108. With the latch portions 202 disengaged with the rail members 108, the foot bar 111 may be moved toward or away from the foot end 106 of the frame 102 via the rollers 206. In fact, the foot bar 111 may be moved fully to the opposite end of the rail members 108 if desired.

[0046] The slide assembly 172 is best seen in the view of Fig. 7 which is a perspective inside view of the foot bar support assembly 170 shown in Fig. 6 that is carried in the right side rail member 108. The slide assembly 172 includes an elongated slide plate 204 that is preferably bolted or otherwise fixed to the hook plate 174. This slide plate 204 rides in the slot 136 in the rail member 108 with the hook plate 174 and adjacent foot bar support arm 158 disposed within the free/open space between the outer wall 122 and mid wall 130 of the rail member 108. It is to be understood that another, mirror image foot support assembly 170 is disposed in the other (left) rail member 108.

[0047] A sectional view of a left rail member 108 as in Fig. 3 is shown in Fig. 8 with the left foot bar support assembly 170 riding in the slot 136. All of the component parts of the assembly 170 are disposed between the outer wall 122 and mid wall 130 of the rail 108. Thus the complete foot bar support assembly 170 is hidden from view by a user sitting on the carriage 110. It is to be understood that the right foot bar support assembly 170 in the right rail member 108 is constructed similarly. Thus the component parts of the assemblies 170 are either interchangeable or are mirror images. For example, the foot bar support arms 158 and hook plates 174 are mirrored. The remainder of the component parts of the assembly 170 may be interchangeable.

[0048] Turning back now to Fig. 7, the slide plate 204 is supported in the slot 136 by front and rear support rollers 206 that roll along the bottom surface of the slot 136. A guide roller 208 that rotates about a vertical axis through the slide plate 204 is mounted preferably adjacent to each support roller 206. The guide rollers 208 roll along inner side surfaces of the slot 136 in the rail member 108 to guide the support assembly 170, and thus the foot bar 111, as it is translated (i.e., rolled) fore and aft along the rail members 108.

[0049] The support rollers 206 are preferably bearing supported polymer wheels rotatably supported on horizontal axles. The polymer wheels are sized to fit and smoothly roll within the slot 136. The guide rollers 208 may be nylon or other polymer rollers supported by a vertical axle in the slide plate 204.

[0050] A further sectional view through the left rail member 108 of the apparatus 100 as in Fig. 1 is shown in Fig. 9 taken along the line 9-9 of Fig. 1. This view shows the foot support assembly 170 carried within the rail mem-

ber 108 as well as the wheeled support arrangement for the carriage 110. Specifically, the generally rectangular carriage 110 has four support wheels 210, one adjacent each corner, and at least two carriage guide wheels 212 positioned preferably along one side of the carriage 110 that also ride in the space between the mid wall 130, the inner slanted wall 126, the skirt portion 128 and the bottom portion 140 of the mid wall 130 of the rail member 108. The support wheels 210 roll on the bottom portion 140.

[0051] The guide wheels 212 roll between the mid wall 130 and the skirt portion 128 of the inner wall 126 to maintain tracking of the carriage 110 as it moves between the foot end 106 and head end 104 of the frame 102. Because of the guide configuration of the rail member 108, only two guide wheels 212, both along only one side, are necessary to guide movement of the carriage 110. The guide wheels 212 are arranged in only one of the rail members 108. However, three or four guide wheels 212 may be provided in alternative configurations of the carriage 110.

[0052] Thus in the reformer 100 shown in Fig. 1, both support for the carriage 110 and the support for the foot bar 111 is provided by structures beneath and carried within the side rail members 108 and are thus hidden from external view. This arrangement presents a clean, uncluttered, appearance to the reformer apparatus 100 and minimizes the surface areas that can collect dust over time. Furthermore, in order to provide a direct foot bar position feedback to the user of the exercise apparatus 100, a "J" shaped indicator member 214 is fastened to one or both of the slide plates 172. A distal tip 216 of the indicator 214 extends around a bottom edge and upward outside of the wall 122 of the side rail member 108 to provide a user of the reformer 100 with an indication of the foot support assembly position. Corresponding markings (not illustrated) may be provided along the outer wall 122 for a user to utilize in positioning the foot bar 111 at preselected positions along the frame 102.

[0053] The notch 178 in the hook plate 174 is used to locate the foot bar 111 at a lowest position above the frame 102. The notch 180 places the foot bar 111 at a middle height position above the frame 102. The notch 182 corresponds to the foot bar 111 being substantially vertical, and thus its highest position above the frame 102. Additional notches may alternatively be provided to facilitate additional foot bar positions. However, a low, moderate, and high position are believed to be sufficient for most users of the apparatus 100.

[0054] A low friction layer 218 of polymer sheet material (shown in Fig. 6) is affixed to the outer surface of the hook plate 174 between the hook plate 174 and the support arm 158. This layer reduces any friction between the arm and the plate during rotation of the foot bar 111 between the notches 176, 178, 180 182 and 184. Alternatively, the low friction layer 218 may be applied to the inner surface of the arm 158. Further, a low friction layer 218 may optionally be applied to both of these facing

surfaces.

[0055] The structure of the foot support assembly may be other than has been specifically illustrated and described. For example, the rollers **206** and **208** could be replaced by sheets of low friction material to permit the slide plate **204** to easily slide along the slot **136**. The configuration of the support arm **158**, the hook plate **174** and slide plate **172** may be different than that of the exemplary embodiment shown. Further other mechanisms may be used to engage and disengage the assembly **170** with features in the rail members **108** of the frame **102**.

[0056] Referring back to Fig. 1, at the head end **104** of the reformer apparatus **100** there are two spaced apart risers **112** for directing arm cords **114** from the carriage **110** to the head end **104** and then to the arm cord end loops **116**. Referring now to the close perspective view of one of the risers **112** at the head end **104** shown in Fig. 10, each of these risers **112** includes a lower pulley wheel assembly **220** fastened to a tubular riser boss **222** formed adjacent each curved end **107** of the head end **104**. Each riser **112** also includes a hollow tubular body **224** having its bottom end fitted within the tubular riser boss **222**. The upper end **228** of the riser tubular body **224** carries a cylindrical roller head **230**. This roller head **230** includes a tubular body **232** that fits into or is integrally formed with the body **224**. The tubular body **232** has an elongated aperture **234** through its side. A pair of vertically aligned guide rollers **236** are mounted to the head **230** on both sides of the aperture **234**. Mounted within and transversely across the tubular body **232** behind the aperture **234** is a horizontal cord pulley wheel or roller **238**.

[0057] The lower pulley wheel assembly **220** is separately shown in perspective view in Fig. 11. The lower pulley wheel assembly **220** has a flanged cylindrical body **240** that is fastened to the bottom of the boss **222**. Carried within the body **240** is a horizontally journaled pulley wheel **242** and an angled cord guide disc **244**. The guide disc **244** is positioned in the body **240** above the wheel **242** at an angle of about 45 degrees. An aperture **246** is provided in the disc **244** along its lower edge. This aperture **246** is oriented directly above the periphery of the pulley wheel **242** such that a free end of an arm cord **114** that is lowered into the riser **112** through the aperture **234** in the head assembly **230** is directed over the roller **238** and down through the tubular body **224** and through the aperture **246** and past the pulley wheel **242**. A user can then grasp the free end of the cord **114** and fasten the cord to the carriage **110** as described in detail below.

[0058] The head assembly **230** may be fixed to the tubular body **224** or optionally may be bearing supported thereon such that it can rotate freely about a vertical axis through the riser **112**. Each of the guide rollers adjacent the aperture **234** may be mounted on stationary vertical pins or otherwise bearing supported such that the cord **114** can be pulled through the aperture **234** with minimal resistance or friction. The bottom or lower pulley wheel **242** is oriented with its axis normal to the rail members

108 since movement of the carriage **110** is always either toward or away from the head end **104** of the frame **102**.

[0059] An exploded perspective view of the carriage **110** is separately shown in Fig. 12. The carriage **110** includes a generally rectangular frame **250**, a rectangular support platform **252**, a padded upper platform **254**, and a pair of shoulder stops **118**. The frame **250** has upright side support plates **258**, a vertical head end plate **260** and a vertical spring support plate **262**, both of which are fastened to the side support plates **258**. All of these plates **258**, **260** and **262** are also fastened to the underside of the support platform **252** to provide a rigid carriage structure. The spring support plate **262** carries one end of each of the biasing springs **120**. The other end of each spring **120** may be removably fastened to the anchor pins **148** in order to vary the resilient bias, i.e. spring tension between the carriage **110** and the foot end **106** of the frame **102**. The side support plates **258** each support the platforms **252** and **254** and provide mounting flanges for support wheels **210** and guide wheels **212**. The head end plate **260** has a pair of spaced openings **264** therethrough which act as guides for the arm cords (not shown in Fig. 12).

[0060] The support platform **252** has a pair of shoulder stop supports **266** fastened to its upper surface. Each of these supports **266** has a vertical bore **268** therethrough and each supports a cross pin **270** (shown in Fig. 15) therein that fastens the stem **272** of the shoulder stop **118** to the carriage **110**. The bore **268** extends through the support **266** and through the support platform **252**.

[0061] Fig. 15 is a partial vertical sectional view through the carriage **110** with the padded upper platform **254** not shown. As can be seen in this view, the cross pin **270** acts as a pivot for the shoulder stop stem **272**. A bias device **274** such as a flexible rubber tube positioned against the stem **272** provides a spring force against the stem **272** to maintain the stem **272** oriented vertical and flush with the left side of the bore **268**. However, when a user pulls on the top of a shoulder stop **118** toward the foot end of the frame **102**, (as is shown) the stop rotates about the cross pin **270**, compressing the bias device **274**, and pushing a bottom end **276** of the stem **272** toward the head end of the frame **102** (to the right in Fig. 15).

[0062] A bottom plan view of a head end portion of the carriage **110** is shown in Figs. 13 and 14. These two views illustrate the configuration of the cord retraction mechanism **280** in accordance with an embodiment of the present disclosure. The arm cords **114** are not shown in this view for clarity. The cord retraction mechanism **280** includes, for each cord **114**, a spring biased reel housing **282** fastened to the support plate **252**, a spring biased cord reel **284** rotatably carried in the housing **282**, and a toothed plate latch arm **286** rotatably fastened to the underside surface of the support plate **252** adjacent to the reel housing **282**.

[0063] As is shown in Figs. 13 and 14, the two housings **282** of the cord retraction mechanism **280** are mounted side by side against the underside surface of the platform

252. The two latch arms **286** are preferably plate members fastened for rotation about pivot pins **288** adjacent the reel housings **282** so that they can rotate in the plane of the underside surface of support platform **252**. Each latch arm **286** is preferably an elongated plate shaped body having a toothed end **290** and an opposite linkage end **292**. The latch arms **286** are preferably mirror images of each other such that the opposite linkage ends **292** of each latch arm plate **286** movably engage each other to link the latch arms **286** together under the support platform **252**.

[0064] The toothed end **290** of each latch arm **286** engages corresponding notches of features in a rim of the adjacent cord reel **284** in the adjacent reel housing **282**. The toothed end **290** of each latch arm **286** also has a hook **294** that engages with the bottom end **276** of the stem **272** of the shoulder stop **118**. Fig. **13** shows the shoulder stops **118** in a normal position, and thus the bottom ends **276** of the stems **272** are not engaged with the hooks **294** of either latch arm **286**. One or more springs (not shown) are used to bias both latch arms **286** into engagement with the reels **284**. With the arms **286** in this position, the arm cords **114** cannot be retracted or extended from the reels **284**. They are locked.

[0065] Fig. **14** shows the configuration when the left bottom end **276** of stem **272** of the right shoulder stop **118** is engaged with the hook **294** on the left latch arm **286**. This causes the latch arm **286** to rotate clockwise about pin **288**, pulling the toothed end **290** out of engagement with the left reel **284** in Fig. **14**. At the same time, clockwise rotation of the left latch arm **286** caused counterclockwise rotation of the right latch arm **286** through the linked linkage ends **292**. This rotation similarly causes the toothed end **290** of the right latch arm **286** to rotate out of engagement with its adjacent reel **284**. Thus a user pulling either shoulder stop **118** toward the foot end **106** of the frame **102** will cause both of the latch arms **286** to disengage from the reels **284**, permitting a user to adjust either or both arm cord lengths as desired. Upon release of the shoulder stop **118**, the latch arms **286** re-engage the reels **284** to lock the reels and thus the arm cords **114** to the carriage **110**.

[0066] A retrofit arm cord retraction mechanism kit for a conventional reformer is also envisioned in accordance with the present disclosure. Such a kit would include appropriate installation instructions, two reel housings **282** with enclosed arm cord reels **284**, a pair of latch arms **286**, replacement shoulder stops **118**, two shoulder stop supports **266**, and a pair of pivot pins **288** for fastening the latch arms **286** to the carriage.

[0067] Figs. **16** and **17** illustrate an alternative cord retraction mechanism **300** mounted beneath the carriage **110** in accordance with the present disclosure. The arm cords **114** again are not shown in this view for clarity. The cord retraction mechanism **300** includes, for each cord **114**, a spring biased cord reel **302** that is mounted beneath the support plate **252** for rotation, in this embodiment, about a horizontal axle **304** supported from the

support plate **252** between a bracket **306** and the carriage frame side support plate **258**. The cord reel **302** has a band brake portion **308** and a cord support portion **310**. One end of the cord **114** (not shown) is fastened to and wrapped around the cord support portion **310** of the reel **302**. As is shown in Figs. **16** and **17**, the two reels **302** of the cord retraction mechanism **300** are rotatably mounted side by side beneath the underside surface of the platform **252**.

[0068] Around the band brake portion **308** of each reel **302** is wrapped a cable **312** that has one end fastened to the support plate **252** and the other end fastened to one end **318** of a pair of crossed lever arms **314**. The other end **320** of each lever arm **314** is positioned to engage the bottom end **276** of the stem **272** of one of the shoulder stops **118** as in the previously described embodiment.

[0069] Similar to the previously described embodiment of the retraction mechanism **280**, the two lever arms **314** are preferably separate members each fastened for rotation about a separate pivot pin **322** and are crossed and rotatably fastened together in scissor fashion at a common pin **324** so that they can rotate about the pins **322** and **324** in a plane parallel to the underside surface of support platform **252**.

[0070] During normal reformer operation the end **318** of each lever arm **314** is under tension by as spring **326**. This spring **326** pulls the lever arm **314** toward the head end of the carriage **110** and thus pulls the cable **312** so as to tighten the cable **312** around the band brake portion **308** of its reel **302** to prevent rotation of the reel **302**. When a user on the reformer **100** pulls (tilts) one of the shoulder stops **118** toward the foot end **106** of the reformer frame **102**, both of the lever arms **314** rotate in opposite directions about the pivot pins **322** and **324** so as to release tension on the brake cables **312** as is shown in Fig. **17**. When the brakes are thus released, a user can withdraw more cord **114** or permit an internal spring in the reel **302** to rotate the reel **302** and take up slack in the cord **114**. When the user releases the shoulder stop **118**, the springs **326** again pull on the cables **312** to stop rotation of the reels **302** and thus secure the cords **114** to the carriage **110**.

[0071] Again, a retrofit arm cord retraction mechanism kit for a conventional reformer is also envisioned in accordance with the present disclosure for this alternative retraction system **300**. Such a kit would include two retraction reels **302**, axles **304** and brackets **306**, band brake cables **312**, a pair of crossed lever arms **314**, springs **326**, replacement shoulder stops **118**, two shoulder stop supports **266**, and a pair of pivot pins **322** for fastening the lever arms **314** to the carriage **110**, and appropriate installation instructions.

[0072] In an optional configuration of the reformer carriage **110** in accordance with the present disclosure, an adjustable headrest may be integrated into the structure. A partial bottom view of the head end of this alternative embodiment of the carriage **110** is shown in Fig. **18**, **19**,

20 and **21**. In this embodiment, on top of the carriage frame **250**, the support plate **252** has a trapezoidal shaped extension portion **350** that extends toward the head end of the frame **102**. The padded upper plate **254** has the same overall shape as in the first embodiment shown in Fig. **12**, but is separated into a rectangular portion **352** and a head rest portion **354** by a transverse hinge **356** beneath the padding near the shoulder stops **118**.

[0073] An adjustable headrest support plate **358** is fastened to the support plate **252** under the head rest portion **354**. The extension portion **350** has an elongated vertical slot **357** therethrough preferably centered between the sides of the extension portion **350**. The support plate **358** has a transverse channel **360** therein that carries an L shaped headrest adjustment rod **362** sandwiched between the channel **360** and the extension portion **350**. Attached to the rod **362** is a cam block **364** that extends through the slot **357**. Rotation of handle portion of the rod **362** forces the cam block **364** to rotate against the hinged head rest portion **354**. As the cam block **364** is rotated by rotation of the rod **362**, the head rest portion **354** is moved between the positions shown in Figs. **19-21**. In particular, Fig. **19** shows the headrest portion **354** in a down position. Fig. **20** shows the headrest portion **354** in a first raised position, with the rod **362** rotated about 90 degrees counterclockwise. Fig. **21** shows the headrest portion in a second raised position with the rod **362** rotated an additional 90 degrees counterclockwise. In this embodiment, cam block **364** provides three stable positions. Also, note that in Figs. **16** and **17**, the head rest adjustment rod (not numbered) is shown with two handle ends rather than only one as in Figs. **18-21**. Other configurations also are well within the scope of this disclosure. For example, the cam block **364** may be smoothly curved without flat portions for specific headrest elevations and the rod **362** may be configured to provide a frictional hold such that the headrest portion **354** may be held at any desired elevation. Alternatively, the cam block may be configured with four or more flat regions, each corresponding to a different raised height.

[0074] A perspective view of another embodiment of a reformer exercise apparatus **400** in accordance with the present disclosure is shown in Fig. **22**. The apparatus **400** has a generally rectangular frame **402** with a head end **404** and a foot end **406**. The ends **404** and **406** are spaced apart by a pair of rail members **408**. A carriage **410** is movably supported on the rail members **408** for movement back and forth between the ends **404** and **406** of the frame **402**.

[0075] A foot bar **411** is positioned near the foot end **406** of the frame **402**. This foot bar **411** is carried by the rail members **408** as will be described in detail below. The head end **404** of the frame **402** preferably supports a removable pair of spaced upright arm cord support risers **412**. These risers **412** direct arm cords **414** from the carriage **110** to cord end loops **416** or grips for a user's hands for use in various exercises. When not in use, the

end loops **416** may be conveniently positioned on the shoulder stops **418** as shown in Fig. **22**. The carriage **410** is resiliently biased toward the foot end **416** of the frame **402** by one or more elastic members such as springs **420** (see Fig. **35**).

[0076] The exterior of the frame **402** has the same shape as frame **102** shown in Fig. **2**. Each of the head end **404**, the foot end **406** and the side rail members **408** has a similar outer surface shape that smoothly merge together.

[0077] A separate inside perspective view of the head end assembly **404** is shown in Fig. **23**. The head end assembly includes an end extrusion **500** that has leg portions **502** and a horizontal stepped support plate **421**. The external shape of the extrusion **500**, as in the first embodiment, includes an outer upright wall **422** merging with a horizontal top wall **424** which merges with a downwardly and inwardly slanted inner wall **426**. The inner wall **426** merges into a vertical skirt portion **428**. The vertical skirt portion **428** joins with the horizontal stepped support plate **421**.

[0078] Both the head and foot ends **404** and **406** have outer end plates **407** that mate with and are attached to the side rail members **408** via alignment pins **409** and threaded connections (not shown). The head end **404** extrusion **500** further includes vertical tubular bosses **506** adjacent the curved corners for receiving the risers **412**. A pair of threaded hand bolts **413** inserted from beneath secure the risers **412** into the bosses **506**. A standing platform **415** is fastened over and onto the stepped support plate **421**.

[0079] Extending downward from each curved end of the extrusion **500** is a complementary shaped upright support leg **429**. These support legs **429** are used to place the ends **404** and **406** of the frame **402** on a planar surface such as a floor. The support legs **429** may be interchanged with longer or shorter support legs to change the height of the apparatus **400** above a floor support surface. A grip strip **417** is fastened to the outer lower edge of the outer wall **407** of the extrusion **500** to provide a rounded hand gripping edge for ease of carrying the head end of the reformer **400**.

[0080] Fig. **24** is a perspective view of a foot end assembly **406** of the frame **402**. The foot end assembly **406** is another extrusion **500** that has leg portions **502**, bosses **506** and a horizontal stepped support plate **421**. Two rows of spool shaped anchor pins **448** are fastened to the plate **421**. These pins **448** each can receive and hold a loop on one end of a spring **420** in order to fasten the spring **420** to the foot end **406** of the frame **402** while the other end of the spring **420** is fastened to the carriage **410**. Each of these pins **448** preferably tapers upward and inward from its base to a waist at a first angle from the pin's central axis and then outward at a second angle greater than the first angle so that the free end of a spring placed on the pin **448**, when under tension, is securely held at the waist of the pin **448**. This second angle is preferably at least twice that of the first angle.

[0081] The foot support bosses **506** are vertical tubes formed in the extrusion **500**. Each boss **506** receives a yoke **508** that fits on the top of the boss **506**. A rectangular standing platform plate **423** is pinned onto the yokes **508**. Finally a tubular receiver **510** fits through holes in the plate **423** and fits into the bosses **506** to secure the plate **423** to the extrusion **500**. A set of bolts **512** fasten each receiver **510**, plate **423**, and yoke **508** to the boss **506**. The receivers **510** receive legs of a removable flat jump board platform (not shown).

[0082] A sectional view of a side rail member **408** is shown in Fig. **25**. Each rail member **408** is preferably an aluminum extrusion assembly having an identical cross sectional shape. In this particular reformer embodiment **400** the rail member **408** is a composite extrusion formed by two separate extrusion portions: inner portion **417** and outer portion **419** that are joined together by rivets **514**. This construction of the side rail member **408** is particularly advantageous for at least two reasons. First, such a configuration is easier to extrude as two separate extrusions that are later joined. Second, the outer portion **419** may be finished differently than the inner portion **417**. Thus one version of the outer portion **419** may be either powder coated for durability and/or painted in selectable colors while the inner portion **417** is powder coated or otherwise finished for durability, since it is not in view. Furthermore, the inner portion **417** since it also contains the rolling surfaces and index rail feature for the foot bar **411**, may be separated and replaced if required due to wear. The rail member **408**, as mentioned above, has an outer upright wall **422** that merges into a horizontal top wall **424** and then into a downwardly slanted inner wall **426** and then into a vertical skirt portion **428**. The end members **404** and **406** have the same exterior shape, but differ internally from the side rail members **408**.

[0083] As is shown in Fig. **25**, each side rail member **408** has a vertical mid wall **430** between the slanted inner wall **426** and the upright outer wall **422**. The mid wall **430** has an outwardly facing upper longitudinally extending boss **432** and a lower outwardly facing longitudinally extending boss **434** parallel to the upper boss **432**. Together the mid wall **430**, the upper boss **432** and lower boss **434** form an outwardly open slot **436** therebetween. This slot **436** receives and carries one of the foot bar support assemblies therein as will be described in detail below. Between the mid wall **430** and the slanted inner wall **426** is an upper horizontal support wall **438**. The support wall **438** extends the length of the rail member **408** and provides torsional rigidity to the structure of the rail member **408**. Furthermore, this support wall **438** facilitates joiner between the inner and outer extrusion portions **417** and **419**. A horizontal bottom portion **440** of the mid wall **430** acts as a support for one set of wheels supporting the carriage **410**. The upper wall **438** serves also as an upper guide for the carriage support wheels on the rail members **408**. Furthermore, the mid wall **430** between upper and lower walls **438** and **440** and the skirt portion **428** serves as a lateral guide for the carriage **410**.

[0084] The upper boss **432** preferably has a vertical portion **442** that extends downward parallel to the mid wall **430**. This vertical portion **442** is used to provide lateral support for the foot support assembly described more fully below. Furthermore, the lower boss **434** may include a downwardly extending index rail **444**. Alternatively, the indexing rail **444** may be installed along the length of the rail member **408** by a separate, replaceable metal indexing rail carried in the boss **434**.

[0085] Finally, the inside of the outer portion **419** of the rail **408** includes three locating bosses **516**, **518** and **520**. These three locating bosses align with and receive the locating pins **409** projecting from the head and foot end assemblies **406** and **408**, shown in Figs. **23** and **24**. These bosses help to ensure exact alignment between the rails **408** and ends **406** and **406** such that a smooth exterior frame surface is presented to a user of the apparatus **400**.

[0086] The foot bar **411** shown in Fig. **22** is the same as that shown in Fig. **5**. The foot bar support assembly **470** is similar to but differs slightly from that shown and described above specifically with reference to Figs. **6**, **7**, **8**, and **9**. The foot bar **411** is part of a foot support assembly **470** that cannot be seen in Fig. **22**. Referring now to inner and outer views of the foot support assembly **470** shown in Figs. **29** and **30**, the connection portion **154** of the foot bar **411** is bolted or otherwise fastened to a bottom end **456** of an elongated foot bar support arm **458**. The arm **458**, best shown in Fig. **29**, is an elongated flat plate member that has an engaging pin **461** projecting outward from the upper end **460** of the arm **458**. The arm **458** further has a closed pivot slot **462** radially extending parallel to the leg portion **152** of the foot bar **411** and spaced from where the connection portion **154** of the foot bar **411** is attached to the arm **458**.

[0087] The foot support assembly of reformer **400** shown in Fig. **22** includes a left foot bar support assembly **470**, the foot bar **411**, and a right foot bar support assembly **470**. Figs. **29** and **30** are reverse perspective views of a right one of the foot bar support assemblies **470** in accordance with one embodiment of the present disclosure. Each leg **152** of the foot bar **411** is supported by one of the foot bar support assemblies **470**. As is best shown in Fig. **29**, the assembly **470** includes the foot bar support arm **458** to which the foot bar **411** (not shown in Figs. **29** and **30**) is attached, a slide portion **472** that rides in the slot **436** in the side rail member **408**, and a hook plate **474** which is rigidly fastened to the slide portion **472**. This hook plate **474** has a series of features, preferably slots or notches **476**, **478**, **480**, **482** and **484** spaced along the upper edge of the hook plate **474**. The pin **461** projecting outward from the upper end **460** of the foot bar support arm **458** fits within one of these notches **476-484** to position the foot bar **411** at a particular desired angular position with respect to the frame **402** of the reformer **400**.

[0088] The foot bar support arm **458** is slidably and pivotally attached to the hook plate **474** by a bolt **486** and

square bushing 488. A flat washer 489 on the bolt 486 holds the support arm 458 on the bushing 488. The bushing 488 rides in the pivot slot 462. Since the foot bar 411 is fastened to the arm 458, when a user lifts the foot bar 411, the support arm 458 rides up or down along the slot 462. In turn, the pin 461 projecting outward from the upper end 460 of the support arm 458 is raised out of one of the slots along the upper edge of the hook plate 474. When lifted out of its slot in this manner, a user can then rotate the foot bar 411 about the pivot bolt 486 to a different one of the slots 476, 478, 480, 482 or 484 to reposition the foot bar 411. When the foot bar 411 is lowered into a slot, the pin 461 slides down within one of the slots to fix the foot bar 411 in position.

[0089] The end slots or notches 476 and 484 have special significance in this embodiment 400 as in the first embodiment 100. When the foot bar 411 has both its pins 461 positioned in slots 476, the foot bar 411 is rotationally positioned slightly above, the upper surface of the frame 402 and beyond the foot end of the frame 402 as is shown in Fig. 39. In this position, the foot bar 411 may be used as a handle to lift the foot end of the reformer 400. To ensure that the foot bar 411 does not disengage from this slot 476, the terminal end of the slot 476 is hooked upward, as can be seen in Fig. 29, so as to firmly engage with the pin 461 at the closed end of the slot 476. To disengage the foot bar 411 from this slot 476, the foot bar 411 must be pushed down and pulled rearward (away from the foot end) to align the pin 461 with the widened slot entrance. The foot bar 411 may then be rotated up and lifted out of the slot 476 and repositioned in a different one of the slots 478, 480, 482 and 484.

[0090] The forward most slot 484 in the hook plate 474 is used to position the foot support assembly comprising each of the assemblies 470 and the foot bar 411 together for translation along the rail members 408. As the foot bar 411 is raised and is rotated clockwise, as seen in Fig. 29, the arm 458 is rotated about the bolt 486 clockwise until the pin 461 engages a protruding surface 492 at the forward end (toward head end 404) of the hook plate 474. In this position, a shoulder 494 on the support arm 458 engages with a latch pin 496 that projects through a slot 498 in the hook plate 474. The latch pin 496 projects through the hook plate 474 from a latch arm 530 best seen in Fig. 30. When the foot bar 411 is then lowered, the shoulder 494 of the arm 458 pushes the latch pin 496 down.

[0091] Latch arm 530 is an elongated bar that has one end rotatably fastened to the inside face of the hook plate 474. The latch arm 530 can rotate in a plane parallel to the inside surface of the hook plate 474. The other end of the latch arm 530 has an upwardly hooked latch portion 532 that engages a complementary shaped indexing feature in the rail member 408 in order to latch the assembly 470 at a selected position along the rail member 408. The latch arm 530 is spring biased upward via flat spring member 534 to maintain the latch portion 532 of the latch arm 530 engaged with the indexing feature of the index

rail 444 in the rail member 408.

[0092] When the foot bar 411 is positioned with pins 461 in the slots 484, and the foot bar 411 is pushed downward to fully seat the pins 461 at the bottom of slots 484, the latch pins 496 are also pushed downward, rotating the latch arm 530 and moving latch portion 532 out of engagement with the indexing feature of the index rail 444 in the rail member 408. With the latch portions 532 disengaged with the rail members 408, the foot bar 411 may be moved toward or away from the foot end 406 of the frame 402 via the rollers 536. In fact, the foot bar 411 may be moved fully to the opposite end of the rail members 408 if desired.

[0093] The slide assembly 472 is best seen in the view of Fig. 30 which is an opposite perspective view of the foot bar support assembly 470 shown in Fig. 29 that is carried in the right side rail member 408. The slide assembly 472 includes an elongated slide plate 538 that is preferably bolted or otherwise fixed to the hook plate 474. This slide plate 538 rides in the slot 436 in the rail member 408 with the hook plate 474 and adjacent foot bar support arm 458 disposed within the free/open space between the outer wall 422 and mid wall 430 of the rail member 408. It is to be understood that another, mirror image foot support assembly 470 is disposed in the other (left) rail member 408.

[0094] Turning back now to Fig. 30, the slide plate 538 is supported in the slot 436 by front and rear support rollers 536 that roll along the bottom surface of the slot 436. A guide roller 540 that rotates about a vertical axis through the slide plate 538 is mounted preferably adjacent to each support roller 536. The guide rollers 540 roll along inner side surfaces of the slot 436 in the rail member 408 to guide the support assembly 470, and thus the foot bar 411, as it is translated (i.e., rolled) fore and aft along the rail members 408.

[0095] The support rollers 536 are preferably bearing supported polymer wheels rotatably supported on horizontal axles. The polymer wheels are sized to fit and smoothly roll within the slot 436. The guide rollers 540 may be nylon or other polymer rollers supported by a vertical axle in the slide plate 538. In this embodiment 400, the guide rollers 540 may be roller bearings mounted in recesses along the upper edge of the slide plate 538.

[0096] The slide plate 538 also has a spring loaded locating ball 542 mounted in a recess behind the j shaped indexing member 544 utilized as described above with reference to the first embodiment. The spring loaded locating ball 542 provides a user with tactile feedback when moving the foot bar 411 back and forth along the rails 408 between various predetermined positions, by projecting into corresponding depressions that optionally may be provided along the rail 408.

[0097] A low friction layer 546 of polymer sheet material (shown in Fig. 29) is affixed to the outer surface of the hook plate 474 between the hook plate 474 and the support arm 458. This layer, as in the first embodiment 100, reduces any friction between the arm 458 and the

plate during rotation of the foot bar **411** between the notches **476**, **478**, **480** **482** and **484**. Alternatively, the low friction layer **546** may be applied to the facing surface of the arm **458**. To further reduce friction, a low friction layer **546** may optionally be applied to both of these facing surfaces.

[0098] A removable pull pin **548** may optionally be inserted through aligned bores in the arm **458** and the plate **474** when the foot bar **411** is in the high position, i.e., slot **480**. Insertion of pull pin **548** will lock the foot bar **411** in place and prevent it from being repositioned. The purpose of this is so that the foot bar **411** can act as a support brace when the reformer **400** is vertically positioned on its foot end **406**. This facilitates vertical storage of a number of reformers **400** in a relatively confined space.

[0099] When the foot bar **411** is securely positioned with pins **461** seated in slots **484**, the whole foot bar assembly **411** can slide/roll back and forth along the side rails **408**. The plate **474** is preferably also provided with a hole **549**. This hole **549** can be used to store the pull pin **548** when not being used. In addition, this hole **549** may be used to attach an elastic or spring resistance member (not shown) between the carriage **410** and the foot bar **411** support plate **474** or between the foot end **404** and the support plate **474**. Such a resistance member can provide a resistance to translational movement of the foot bar **411** support assembly **470** by a user when the foot support arm **458** is engaged in slot **484**. In this configuration the foot bar **411** may be used to provide additional resistances experienced by a user during performance of various movements while being supported on the carriage **410**. Such a spring or other resistance member, such as an elastic cord, may be attached for this purpose between the carriage **410** and a suitable feature at a different location on the assembly **470** or to the foot bar **411** itself. For example, such a resistance member may be attached to the connection portion **154** of the foot bar leg portion **152**.

[0100] Referring back to Fig. **22**, at the head end **404** of the reformer apparatus **400** there are two spaced apart arm cord risers **412** for directing arm cords **414** from the carriage **410** to the head end **404** and then to the arm cord end loops **416**. A separate perspective view of a riser **412** is shown in Fig. **26** and an exploded assembly view is shown in Fig. **27**. In this embodiment **400**, the riser **412** has no bottom pulley configuration as is utilized in riser **112**. Instead, preferably a pulley and roller assembly **550** is inserted into the upper end of the riser tube **552**. This pulley and roller assembly includes a support housing **554** that supports laterally spaced apart vertical rollers **556** that rotate about parallel vertical axes fastened into the housing **554**, and a pulley **558** mounted between and below the rollers **556** on a horizontal axle **560**. Each of the rollers and the pulley **558** is supported on its respective axle between pairs of ball bearings mounted in the support housing **554**.

[0101] Each of these riser tubes **552**, preferably includes two vertically aligned elongated openings **562** and

564 adjacent its upper end through which the arm cord **414** is passed. The pulley and roller assembly **550** slides into upper end of the riser tube **552** and is fastened in place with two screws **566**. When properly positioned in the tube **552**, the vertical rollers **556** are alongside the upper opening **562**. The pulley wheel **558** is centered between the two openings. The arm cord **414** is threaded through the upper opening and down around the pulley wheel **558**, and out through the lower opening **564** to the carriage **410** as is shown in Fig. **26**.

[0102] An annular collar **568** is fastened around the lower end portion of the tube **552** via screws **570**. This collar **568** is sized to snugly fit within the open upper end of the boss **506** of the head end extrusion **500** as is shown in the cutaway view in Fig. **28**. A threaded expansion plug **572** is press fit into the bottom end of the riser tube **552**. This threaded expansion plug **572** engages with the threaded hand bolt **413** (Figs. **23**, **28**). When the hand bolt **413** is tightened, the riser **412** is pulled down into the boss **506** to secure the riser **412** in place. The riser tube **552** may alternately be made of different lengths such that different length risers **412** may be selected for different users. Finally, the lower opening **564** in the riser tube **552**, besides passing the cord **414** therethrough, is used to receive part of a bracket **700** (an example of which is shown in Fig. **31**) to removably hold the riser **412** beneath the head end of the carriage **410** during storage as is shown in Fig. **39**.

[0103] The carriage **410** is separately shown in Figs. **31** and **32**. An underside separate perspective view of part of the carriage **410** is separately shown in Fig. **31**. An underside view of the upholstered upper platform **574** is separately shown in Fig. **32**. The carriage **410** includes a generally rectangular frame **576**, a rectangular support platform **578**, the upholstered upper platform **574**, and a pair of shoulder stops **418**. The frame **576** has upright side support plates **580**, a vertical head end plate **582** and a vertical spring support plate **584**, both of which are fastened to the side support plates **580**. All of these plates **580**, **582** and **584** are also fastened to the underside of the support platform **578** to provide a rigid carriage structure. The upper side of the platform **578** includes shoulder stop supports **594** (See Fig. **34**) as in the first embodiment of the carriage **110** shown in Fig. **12**.

[0104] The spring support plate **584** carries one end of each of the biasing springs **420**. The other end of each spring **420** may be removably fastened to the anchor pins **448** in order to vary the resilient bias, i.e. spring tension between the carriage **410** and the foot end **406** of the frame **402**. The side support plates **580** support the platforms **574** and **578** and provide mounting flanges for support wheels **586** and guide wheels **588**. The head end plate **582** has a pair of spaced openings **590** therethrough which act as guides for the arm cords **414** (not shown in Fig. **31**). A pair of elongated slots **592** are also formed in the head end plate **582**. These slots **592** are shaped to receive the stems of the shoulder stops **418** when the shoulder stops **418** are removed and attached to the car-

riage 410 for storage as is shown in Fig. 39.

[0105] The support platform 578 has a pair of shoulder stop supports 594 fastened to its upper surface (as is shown in Fig. 34). Each of these supports 594 has a pair of vertical bores 596 and 598 therethrough. Vertical bore 596 has an oval cross section supports a cross pin 600 on the stem 602 of the shoulder stop 418. Operation of the shoulder stop 418 is identical to that of the shoulder stop 118 of the first embodiment 100, as shown in Fig. 15.

[0106] Fig. 33 is a perspective view of the shoulder stop 418. Note that the stem 600 is offset from the axial centerline through the shoulder stop 418. Referring now to Fig. 34, a partial upper view of the upper platform of the carriage 410 is shown. Each of the shoulder stop supports projects through and is flush with the top of the upper platform 574. The inboard bores 598 are circular in cross section. Thus, when the stems 600 of the shoulder stops 418 are placed in these bores 598 the shoulder stops 418 cannot rotate as was the case in the first embodiment 100 described above and shown with reference to Fig. 15. However, when one, or both, shoulder stops 418 are located in the outboard bores 596, they can be tilted toward the foot end 406 just as described with reference to Fig. 15 in the first embodiment 100.

[0107] In this embodiment of the reformer 400, not only does a user have an option of rotating the shoulder stops 418 when inserting them into the bores 596 to accommodate different shoulder widths, one or both shoulder stops 418 may be inserted in the inner bores 598 to provide further width adjustment. If both shoulder stops 418 are located in the inner bores 598, then no adjustment of the arm cords 414 can be made. This is called the lockout position. However, if either one or both shoulder stops 418 are placed in the outer bores 596, then adjustment of the arm cords 414 may be made with that shoulder stop in an outer bore 596.

[0108] A partial perspective view of the bottom of the carriage 410, removed from the reformer 400, is shown in Fig. 35. In this view the springs 420 are shown attached to the spring support plate 584. An exemplary arm cord 414 is shown threaded through the guide hole 590 and into the cord retraction mechanism 610.

[0109] A bottom plan view of a head end portion of the carriage 410 is shown in Figs. 36 and 37. These two views illustrate the configuration and operation of the cord retraction mechanism 610 in accordance with this embodiment of the present disclosure. The arm cords 414 are not shown in this view for clarity. The cord retraction mechanism 610 includes, for each cord 414, a spring biased cord reel 612 that is mounted beneath the support plate 578 for rotation about a horizontal axis and is supported from the carriage frame side support plate 580. The cord reel 612 has a coil spring portion 614 and a cord support portion 616. One end of the cord 414 (not shown) is fastened to and wrapped around the cord support portion 616 of the reel 612. As is shown in Figs. 35, 36 and 37, the two reels 612 of the cord retraction mechanism 610 are rotatably mounted side by side beneath

the underside surface of the platform 578.

[0110] The coil spring portion 614 is bolted to or integral with the cord support portion 616 and preferably carries within it a coil spring (not shown) that provides a takeup preload tension on the cord 414 when its end is fastened to the cord support portion 616 of the reel 612. The retraction assembly 610 also includes a unique spring loaded cord clamp assembly 618 fastened to the support platform 578 that is operably coupled to an actuator linkage 620, which is, in turn, actuated by either one of the shoulder stops 418 when installed in the appropriate bore 596.

[0111] The actuator linkage 620 is carried on an elongated flat plate 622 that is fastened to the support plate 578 via fasteners 624 and spans between the two side support plates 580 directly beneath the shoulder stops 418 and over the bores 596 and 598. Each end of the flat plate 622 has an elongated opening 626 aligned with a bore 596 and a circular opening 628 aligned with the bore 598. Pivotaly carried side by side on the linkage plate 622 are a pair of T shaped links 630. Each T shaped link 630 pivots in the plane of the support plate 578 about the center of the head 632 of the link 630 on a pin 634 fastening the link 630 to the plate 622. One end 636 of the head 632 of each of the links 630 is positioned to engage a stem 600 of the shoulder stop 418 inserted into bore 596. The other end 638 of the head 632 of the T shaped link 630 couples with a corresponding end 638 of the other link 630. The ends 638 of the two links 630 are preferably also coupled together by a coil spring 640. Each T shaped link 630 includes an elongated leg 642. The end of this elongated leg 642 resides adjacent one of the clamp assemblies 618.

[0112] The clamp assembly 618 comprises a pair of clamp members 650, the outer one of which is fixed to the support plate 578 by two fasteners 652 and 654. The inner clamp member 650 is rotatably fixed to the support plate 578 by a fastener 652 in a laterally spaced relation to the fixed member 650. Each clamp member has a cord grip portion 656 and an opposite elongated arm portion 658. The arm portion 658 of the inner clamp member 650 is positioned adjacent the leg 642 of the link 630. A coil spring 660 fastens the grip portion 656 of the inner clamp member 650 to the fixed outer clamp member 650 such that the grip portion of the inner clamp member 650 is biased toward the grip portion of the fixed outer clamp member. A flat plate 662 is optionally fastened over the clamp members 650 in each assembly 618 between the fastener 652 and the clamp member 650. Finally, a pair of cord guides 664 is preferably fastened to the support plate 578 and positioned between the link assembly 620 and the reel 612 such that the cord 414 must pass through the hole 590 in the head end plate 582, through a cord guide 664, between the clamp members 650, through another cord guide 664, to the cord retraction reel 612 as is shown in Fig. 35.

[0113] The retraction assembly 610 is shown in a cord locked condition in Fig. 36. In Fig. 37, the assembly 610 is shown in an unlocked condition wherein one of the

shoulder stops **418**, (the left one in Fig. **37**) has been tilted toward the foot end of the reformer frame **402**. In this view of Fig. **37**, the stem **600** of the left shoulder stop **418** pushes up on the end **636** of the link **630**. This movement causes the opposite end **638** of the link **630** to rotate downward clockwise. At the same time, the leg **642** must also rotate clockwise, rotating the arm portion **658** of the inner clamp member **650** counterclockwise. This action releases the arm cord **414** from the clamp members **650** and permits the tension in the left cord reel to be felt on the cord **414**.

[0114] At the same time, the other link **630** is caused to rotate counterclockwise about its pin **632**, which, in turn, causes its leg **642** to push against the arm portion **658** of the inner clamp member **650** of the other clamp assembly **618**, thus rotating the inner clamp member **650** clockwise. This clockwise rotation of the inner clamp member **650** disengages the clamp member **650** from the other arm cord **414** such that the tension in the right cord reel **612** pulls on the other cord **414**. It can readily be seen, therefore, that tilting either one of the shoulder stops **418** that is in an outside bore **596** will cause the same result, a release of both clamp assemblies **618** on both of the arm cords **414**, allowing a user to independently adjust the length of each cord.

[0115] Again, a retrofit arm cord retraction mechanism kit for a conventional reformer is also envisioned in accordance with the present disclosure for this alternative retraction system **610**. Such a kit would include two retraction reels **612** and mounting hardware, two clamp assemblies **618**, link assembly **630**, replacement shoulder stops **418**, two shoulder stop supports **594**, and appropriate installation instructions.

[0116] In the reformer carriage **410** in accordance with the present disclosure, an adjustable headrest may be integrated into the structure. A bottom view of the upholstered upper support platform **574** is shown in Fig. **32**. The rigid base of the upper support plate has two separate sections **672** and **674** spaced apart and joined by a hinge **676**. Each section **672** and **674** may be made of plastic, composite material or wood. The section **672** also has apertures **678** for receiving the shoulder stop supports **594** therethrough as above described. The sections **672** and **674** are spaced apart by about $\frac{1}{4}$ inch so as to give clearance for bending the head end portion of the upholstered platform **574** as is shown with reference to the first embodiment in Figs. **19-21**. However, in this reformer **400**, there is no cam block **364**. Instead, as shown in Fig. **32**, an elongated adjustment lever **680** is fastened to the underside of the head end section **674**. This lever **680** rotates about a fastener **682** secured to the underside of the head end section **674**. The lever **680** has one end **684** bent at 90 degrees from the plane of the platform **574**. This bent end **684** projects through a slot **686** in the support plate **578** as shown in Fig. **38**. The bent end **684** has a series of notches **688** for adjusting the height of the head end section **674**. The opposite end of the lever **680** may have a knob **690** fastened thereto for rotating

the lever **680** out of and into engagement of the notches **688** with a corresponding flange of the head end support plate **582**.

[0117] The reformer **400** of this present disclosure may be configured so as to be easily stacked for stacked storage. Each of the feet **429** include recessed portions designed to fit onto the outer corner rim of an underlying reformer **400**. The bottom of each foot **429** that facilitates stacking of one apparatus on top of another has a recessed portion. Stacking is facilitated through engagement of the outer corners of the head end of the reformer and outer corners of the standing platform at the foot end of the reformer into the recessed portions in each foot as is shown in Fig. **39**. When two or more reformers **400** are so stacked they are securely held laterally in place by these feet **429**.

[0118] Furthermore, the risers **412** are removed from the head end **404** and fastened to one of the brackets **700** (see Fig. **31** and Fig. **40** below). Each of the shoulder stops **418** is removed and the stems **600** passed through the shoulder stop slot openings **592**, turned 90 degrees so that the pins **602** engage the head end support plate **582**.

[0119] An underside perspective view of the head end of the carriage **410** is shown in Fig. **40** showing the risers **412** and shoulder stops **418** spaced from these holding features. These holding features are slots **592** in the head end plate **582** and spring brackets **700**. The spring brackets **700** resiliently snap within the lower openings **564** to hold and retain the riser **412** in place without marring or otherwise damaging the exterior finish of the riser **412**.

[0120] When the risers **412** and shoulder stops **418** are mounted beneath the carriage **410** as shown in Figs. **39** and **40**, the carriage **410** may be positioned fully at the head end of the frame **402**, and an optional mat conversion pad **702** may be placed between the carriage **410** and the standing platform **423** to provide a fully flat mat surface. This mat conversion places the carriage **410** in a stationary position at the head end **404**, and presents to the user a full flat surface.

[0121] The reformer **400** may optionally also be configured with a trapeze tower assembly **800** as is shown in Fig. **41**. The tower assembly **800** basically comprises a U shaped tower **802**, a trapeze swing **804**, and a pair of tower sockets **806**. The tower sockets **806** are fastened between the rail members **408** and the head end extrusion **500** of the head end **404** and become an integral part of the frame **402**. The bottom ends of the tower **802** fit within the sockets **806** and are drawn into the sockets **806** as is shown in more detail in Fig. **43**.

[0122] The tower **802** is preferably a tubular metal body such as aluminum or steel and may either be bent to the shape as shown in Fig. **41**, or may be formed from straight sections joined by conventional 90 degree elbows. The tower **802** has a plurality of spaced eyebolts **808** for attaching springs, straps, or pulleys **810** as may be needed for particular exercises. Alternatively the vertical legs of the tower **802** may have a vertical slot and adjustable

clamp fittings provided therein for anchoring the springs, pulleys **810**, or eyebolts **808** thereto.

[0123] In addition, the risers **412** may be utilized or replaced with a U shaped connector assembly **818** so that a pulley **810** may be fastened thereto. This U shaped connector assembly **818** fits within the boss **506** in the head end extrusion **500**, and is bolted in place as shown in Fig. **44**, or alternatively may be configured to be fastened with the same hand bolt **413** as is used to secure the riser **412** in place as is shown in Fig. **28**. When the connector assembly **818** is utilized in place of the riser **412**, then a second pulley **810** (not shown) could be fastened to the assembly **818** and used as a lower arm cord guide directing the arm cord from the carriage **410** to the lower pulley and through the upper pulley **810** to the hand loop as in the embodiments **100** and **400** shown in Figs **1** and **22**.

[0124] A tower socket **806** is shown mounted on the head end of one of the side rail members **408** in Fig. **42**. The tower socket **806** is a metal extrusion, preferably aluminum, that has a tube portion **820** and an axially extending radial flange portion **822**. The flange portion **822** has a thickened edge **824** and a plate portion **826** that is identically shaped to fit against end plate **407** of the head end extrusion **500** and against the end of the side rail member **408**. Locating pins **409** orient the flange portion **822** with respect to the rail member **408** and the end plate **407**, and nuts (not shown) are used on bolts **828** to fasten the head end **404** and the socket **806** securely to the side rail member **408**.

[0125] Fig. **43** is a cutaway view of an assembled tower **802** fastened in a socket **806**. In a fashion similar to that described above with reference to risers **412** being fastened into the bosses **506**, the bottom end of the tower **802** is fitted with a threaded expansion plug **830**. A hand bolt **832** extending into the bottom of the tube portion **820** threads into the plug **830**. When tightened, the expansion plug **830** draws the bottom end of the tower **802** down tightly into the socket **806** to complete the assembly of the tower **800** to the frame **402**.

[0126] Alternatively, the bottom ends **850** of a tower **820** may be narrowed and shaped so as to telescopically fit within the bosses **506** in the head end extrusion **500** as is shown in the perspective view of this alternative in Fig. **45**. This construction would preclude the need for tower sockets **806**. In such an alternative, shown in Fig. **45**, a hand bolt **832** would be again used to draw the bottom ends **850** of the tower **820** tightly into the bosses **506** just as the risers **412** would be fastened into the bosses **506** above described. In such an alternative configuration, of course, the risers **412** are not used. Instead, the arm cords **414** would each be attached to a pulley **810**.

[0127] Turning now to FIG. **46**, an exemplary handle end portion **880** of an arm cord **114**, **414** is shown attached to a hand strap **900**. End portion **880** is turned back on itself to form a flexible eye **882**. The free end **884** of the end portion **880** is sewn or otherwise permanently secured to the end portion **880** to form the eye

882. This eye **882** replaces the need for a conventional metal or plastic snap clip for connection to a conventional hand grip.

[0128] The hand strap **900** has a looped strap portion **902** sewn to ends of a short length of arm cord material to form a flexible cord ring **904** attached to the strap portion **902**. The flexible cord ring **904** is attached to the eye **882** by passing the ring **904** over the eye **882** and then threading the strap portion **902** through the ring **904**. The result is the hand strap **900** fastened to the arm cord **114**, **414** essentially in a square not configuration as is shown in FIG. **46**. The arm cords **114**, **414** with hand strap **900** attached in this manner can be utilized with any conventional reformer or other exercise apparatus utilizing arm/foot cords as well as with the reformer **100**, **400** of the present disclosure.

[0129] A hand grip **910** is shown in FIG. **47** that has a tubular handle **912**. This grip **910** may be utilized in place of hand strap **900**. Again, the hand grip **910** preferably has a flexible cord ring **904** as described above to fasten the hand grip **910** to the end portion **880**. Alternatively, a standard hand grip may be used that includes a metal D ring fastened to the hand grip **910** in place of the cord ring **904**.

[0130] The reformer **100** or **400** may be configured with a jump board **950** as is shown in FIG. **48**. This jump board **950** is a generally rectangular plate structure with two parallel posts **952** that fit down into the inserts **510** in the bosses **506** in the foot end **106**, **406**. These posts **952** each have a rectangular or square cross sectional shape as is shown in the sectional partial view of FIG. **49**.

[0131] Each post **952** includes a pair of spaced leaf springs **954** that bias the post **952** counterclockwise in the insert **510** so that there is a preload on the jump board **950** effectively away from the carriage **110**, **410**. This preload prevents rattle and rotational movement of the jump board in response to a user's applied force on the jump board during an exercise. This configuration presents a firm, solid feel to the user of the jump board as it is installed and used.

[0132] In FIG. **48**, note that the foot bar **411** is shown positioned adjacent the head end **404** of the frame **402**. Furthermore the foot bar **411** support assemblies **470** are shown in the free rotational position in which pins **461** are engaged in slots **484** as described with reference to FIGS. **29** and **30**. When the foot bar **411** is thus positioned to be movable between the head and foot ends **404** and **406** of the frame **402**, an elastic resistance member **956** may be fastened to the connection portions **154** of the leg portions **156** of foot bar **411** and stretched around the head end **404** of the frame **402** as is shown in FIG. **48**. With the foot bar **411** configured in this manner, a user can sit or lay on the carriage **410**, grasp the leg portions **156** of the foot bar **411** and pull the foot bar **411** toward the carriage **410** against the resistance provided by resistance member **956**.

[0133] Alternatively, the user can rotate the foot bar **411** to the vertical position, lower the foot bar **411** to en-

gage pins **461** in notches **482**, which locks each support assembly **470** in place on the rail members **408**. Then the user can pull the carriage **410** toward the head end **404** with his or her arms. It is to be understood that the resistance member **956** may be two separate members each separately connected to the head end **404**, or may be a single resistance member as is illustrated in FIG. **48**. Furthermore, the above description applies equally well to the first embodiment, reformer apparatus **100** described above with reference to FIGS. **1-21**.

[0134] These are only exemplary embodiments and variations. A reformer exercise apparatus in accordance with the present disclosure may incorporate one or more or any of the features described herein. Other modifications will be readily apparent to one skilled in the art. For a simple example, any of the coil springs shown in the drawing figures may be replaced by stretchable elastic members and vice versa. For another, the holding features for accommodating the risers **412** and shoulder stops in storage positions beneath the upper surface of the reformer carriage **410** may differ from clips **700** and slots **592**. The risers **412** may fit within corresponding openings (not shown) in plate **582** or on pins projecting from plate **582**. The reformers **100**, **400** may be configured with short legs as shown in FIG. **48**, or longer legs as shown in at least FIGS. **1** and **22**. Accordingly, all such alternatives, variations and modifications are intended to be encompassed within the scope of and as defined by the following claims.

CLAUSES

[0135]

1. A reformer exercise apparatus comprising:

a generally rectangular frame having a pair of parallel spaced side rail portions, a head end portion, and a foot end portion;
 a movable carriage supported by the side rail portions for movement of the carriage between the head and foot end portions;
 a bias member connected between the carriage and the foot end portion of the frame for biasing the carriage toward the foot end of the frame;
 and
 a foot support member supported by the side rail portions of the frame, wherein each of the side rail portions has an upright outer wall and an integral horizontal top wall merging into an inwardly and downwardly slanted inner wall.

2. The apparatus according to clause 1 wherein each side rail portion has a downwardly extending mid wall between the outer wall and the inner wall for supporting the foot support member.

3. The apparatus according to clause 2 wherein the mid wall has a longitudinally extending upper boss

and a longitudinally extending lower boss forming an outwardly open slot therebetween facing the outer wall.

4. The apparatus according to clause 2 wherein each side rail portion includes a horizontal wall between the inner wall and the mid wall.

5. The apparatus according to clause 2 wherein the mid wall has a lower end portion forming a horizontal track for supporting the carriage.

6. The apparatus according to clause 3 wherein an end of the foot support member is movably supported in the outwardly open slot between the upper and lower bosses.

7. The apparatus according to clause 2 wherein the mid wall includes a plurality of features for discrete positioning of the foot support member along a length of the side rail members.

8. The apparatus according to clause 1 wherein each of the frame portions has an upright outer wall and an integral horizontal top wall merging into an inwardly and downwardly slanted inner wall.

9. The apparatus according to clause 8 wherein each side rail portion has a downwardly extending mid wall between the outer wall and the inner wall for supporting the foot support member.

10. The apparatus according to clause 9 wherein the mid wall has a longitudinally extending upper boss and a longitudinally extending lower boss forming an outwardly open slot therebetween facing the outer wall.

11. The apparatus according to clause 9 wherein each side rail portion includes a horizontal wall between the inner wall and the mid wall.

12. The apparatus according to clause 9 wherein the mid wall has a lower end portion forming a horizontal track for supporting the carriage.

13. The apparatus according to clause 1 further comprising one or more hourglass spool shaped pins secured to the foot end portion of the frame for receiving a free end of one of the bias members.

14. The apparatus according to clause 13, wherein each pin has a central axis and tapers upward and inward from its base to a waist at a first angle from the pin's central axis and then outward at a second angle greater than the first angle so that the free end of the spring placed on the pin is securely held at the waist of the pin.

15. The apparatus according to clause 14, wherein the second angle is at least twice that of the first angle.

16. In a reformer exercise apparatus having a generally rectangular frame supporting a carriage for movement between a head end and a foot end of the frame on parallel spaced side rail portions of the frame, and a foot bar supported by the frame, wherein the side rail portions of the frame each has an outwardly open slot therein, a foot bar support assembly movably carried by each of the outwardly

open slots for supporting an end of the foot bar, each foot bar support assembly comprising:

an elongated slide plate movably supported within the slot;
a hook plate fastened to the slide plate; and
a foot bar support arm having one end fastened to one foot bar end and a portion rotatably and slidably fastened to the hook plate.

17. The support assembly according to clause 16 wherein the slide plate is an elongated member having opposite ends, each end carrying a roller for riding on a bottom surface of the slot.

18. The support assembly according to clause 16 wherein the slide plate has at least one roller for riding against an upright surface within the slot.

19. The support assembly according to clause 16 wherein the one end is a bottom end portion of the foot bar support arm.

20. The support assembly according to clause 16 wherein the foot bar support arm has an upper end including an engaging member for selectively engaging a discrete feature of the hook plate.

21. The support assembly according to clause 16 wherein the hook plate has an upper edge, the upper edge having a plurality of discrete features at spaced locations for selectively engaging a portion of the foot bar support arm.

22. The support assembly according to clause 20 wherein the discrete feature is a notch.

23. The support assembly according to clause 22 wherein the hook plate has an L shaped slot for receiving the engaging member.

24. The support assembly of clause 21 wherein the portion of the foot bar support arm includes a pin for removably engaging one of the discrete features.

25. A foot bar assembly for use on a reformer exercise apparatus having a generally rectangular frame with parallel sides, a head end and a foot end, each side having an outwardly open slot extending along at least part of the side, the foot bar assembly comprising:

a generally U shaped foot bar having a first end and a second end;

an elongated slide plate movably supported within with each of the slots;

a hook plate parallel to the slide plate fastened to each slide plate; and a foot bar support arm parallel to the hook plate rotatably fastened to each hook plate and fastened to one of the first and second ends of the foot bar.

26. The foot bar assembly according to clause 25 wherein the slide plate is an elongated member having opposite ends, each end carrying a roller for riding on a bottom surface of the slot.

27. The foot bar assembly according to clause 25 wherein the slide plate has at least one roller for riding against an upright surface within the slot.

28. The foot bar assembly according to clause 25 wherein the one end is a bottom end portion of the foot bar support arm.

29. The foot bar assembly according to clause 25 wherein the foot bar support arm has an upper end including an engaging member for selectively engaging a discrete feature of the hook plate.

30. The foot bar assembly according to clause 25 wherein the hook plate has an upper edge, the upper edge having a plurality of discrete features at spaced locations for selectively engaging a portion of the foot bar support arm.

31. The foot bar assembly according to clause 29 wherein the discrete feature is a slot.

32. The foot bar assembly according to clause 31 wherein the hook plate has an L shaped slot for receiving the engaging member.

33. The foot bar assembly according to clause 30 wherein the portion of the foot bar support arm includes a pin for removably engaging one of the discrete features.

34. A reformer exercise apparatus comprising:

a generally rectangular frame supporting a carriage for movement between a head end and a foot end of the frame on parallel spaced side rail portions of the frame;

a foot bar supported by the frame, wherein the side rail portions of the frame each has an upright outer wall and an outwardly open slot therein facing the outer wall; and

a foot bar support assembly movably carried by each of the outwardly open slots for supporting an end of the foot bar, each foot bar support assembly comprising:

an elongated slide plate movably supported within the slot;

a hook plate fastened to the slide plate; and
a foot bar support arm having one end fastened to one foot bar end and a portion rotatably and slidably fastened to the hook plate.

35. The reformer according to clause 34 wherein the slide plate is an elongated member having opposite ends, each end carrying a roller for riding on a bottom surface of the slot.

36. The reformer according to clause 34 wherein the slide plate has at least one roller for riding against an upright surface within the slot.

37. The reformer according to clause 34 wherein the one end is a bottom end portion of the foot bar support arm.

38. The reformer according to clause 34 wherein the

foot bar support arm has an upper end including an engaging member for selectively engaging a discrete feature of the hook plate.

39. The reformer according to clause 34 wherein the hook plate has an upper edge, the upper edge having a plurality of discrete features at spaced locations for selectively engaging a portion of the foot bar support arm.

40. The reformer according to clause 38 wherein the discrete feature is a slot.

41. The reformer according to clause 40 wherein the hook plate has an L shaped slot for receiving the engaging member.

42. The reformer assembly of clause 40 wherein the portion of the foot bar support arm includes a pin for removably engaging one of the discrete features.

43. The apparatus according to clause 34 further comprising one or more bias members attached between the carriage and the foot end of the frame for urging the carriage toward the foot end of the frame.

44. The apparatus according to clause 43 further comprising one or more hourglass spool shaped pins secured to the foot end of the frame for receiving a free end of one of the bias members to attach that bias member to the foot end.

45. The apparatus according to clause 44, wherein each pin has a central axis and tapers upward and inward from its base to a waist at a first angle from the pin's central axis and then outward at a second angle greater than the first angle so that the free end of the spring placed on the pin is securely held at the waist of the pin.

46. The apparatus according to clause 45, wherein the second angle is at least twice that of the first angle.

47. An arm cord support riser for use in a reformer exercise apparatus having a generally rectangular frame supporting a carriage for movement between a head end and a foot end of the frame on parallel spaced side rail portions of the frame, and a foot bar supported by the frame near the foot end, wherein the head end of the frame has a pair of spaced vertical bores formed therein, the cord support riser comprising: a hollow cylindrical tube carrying a first pulley wheel disposed therein near an upper end of the tube, the first pulley wheel rotating about a horizontal axle carried in the tube; and a guide in the tube on each side of an exit opening adjacent the first pulley wheel for directing an arm cord out of the tube.

48. The arm cord support riser according to clause 47 wherein each guide is a roller rotatable about a vertical axis.

49. The arm cord support riser according to clause 47 wherein the exit opening is elongated to accommodate the arm cord passing around the first pulley wheel and out of the tube.

50. The arm cord support riser according to clause

49 further comprising a second pulley wheel disposed in the tube near a bottom end of the tube, for routing an arm cord into the tube, through the tube, around the first pulley wheel and out through the opening.

51. The arm cord support riser according to clause 47 further comprising another elongated opening aligned below the exit opening for entry of an arm cord therein.

52. In a reformer exercise apparatus having a generally rectangular frame supporting a carriage for movement between a head end and a foot end of the frame on parallel spaced side rail portions of the frame, and a foot bar supported by the frame, wherein the head end of the frame has a pair of spaced vertical bores formed therein, and an arm cord support riser disposed in each bore, each cord support riser comprising:

a first pulley wheel rotatably supported within an upper end of the tube;

a second pulley wheel within the tube near a bottom end of the tube; and a guide adjacent the first roller for directing an arm cord around the first pulley wheel.

53. The riser according to clause 52 wherein the bottom end of the tube is open to receive the arm cord therethrough.

54. The riser according to clause 52 wherein the upper end includes a top that has a dome shape with an opening therethrough for passage of the arm cord out of the tube.

55. The riser according to clause 52 wherein the top of the tube has spaced guides adjacent sides of the opening with the first pulley wheel therebetween.

56. The riser according to clause 51 further comprising a horizontal guide between the spaced guides.

57. The riser according to clause 54 wherein the guides are rollers.

58. The riser according to clause 52 wherein the tube further comprises an internal cord guide plate above the second pulley.

59. The riser according to clause 53 wherein the top is separable from and rotatably fastened to the tube.

60. The riser according to clause 54 wherein the top has a pair of spaced guides adjacent the opening.

61. A reformer exercise apparatus comprising:

a generally rectangular frame supporting a carriage for movement between a head end and a foot end of the frame on parallel spaced side rail portions of the frame;

a bias member between the carriage and the foot end for urging the carriage toward the foot end of the frame;

a foot bar supported by the frame near the foot end;

wherein the head end of the frame has a pair of spaced vertical bores formed therein each supporting a cord support riser comprising:

a hollow cylindrical tube carrying a first pulley wheel disposed therein near an upper end of the tube, the first pulley wheel rotating about a horizontal axle carried in the tube; and
a guide in the tube on each side of an exit opening adjacent the first pulley wheel for directing an arm cord out of the tube.

62. The apparatus according to clause 61 wherein each guide is a roller rotatable about a vertical axis.
63. The apparatus according to clause 61 wherein the exit opening is elongated to accommodate the arm cord passing around the first pulley wheel and out of the tube.
64. The apparatus according to clause 63 further comprising a second pulley wheel disposed in the tube near a bottom end of the tube, for routing an arm cord into the tube, through the tube, around the first pulley wheel and out through the opening.
65. The apparatus according to clause 61 further comprising another elongated opening aligned below the exit opening for entry of an arm cord therein.
66. The apparatus according to clause 64 further comprising one or more hourglass spool shaped pins secured to the foot end of the frame for receiving a free end of one of the bias members to attach that bias member to the foot end.
67. The apparatus according to clause 65, wherein each pin has a central axis and tapers upward and inward from its base to a waist at a first angle from the pin's central axis and then outward at a second angle greater than the first angle so that the free end of the spring placed on the pin is securely held at the waist of the pin.
68. The apparatus according to clause 66, wherein the second angle is at least twice that of the first angle.
69. In a reformer exercise apparatus having a generally rectangular frame supporting a carriage for reciprocal movement between a head end and a foot end of the frame, and a pair of arm cords extending between the carriage, the head end of the frame, and handles for a user on the carriage to grasp during exercising, an arm cord retraction assembly mounted to an underside surface of the carriage, the assembly comprising:

a pair of cord retraction devices, each device having a stationary frame carrying a rotatable spring biased reel therein connected to a free end of one of the arm cords, each reel having a toothed outer rim;
a pair of toothed latch members pivotably

mounted to the underside of the carriage and connected mechanically together such that rotation of one of the latch members out of toothed engagement with one of the toothed outer rims causes the other of the latch members to rotate out of toothed engagement with the toothed outer rim of the other spring biased reel.

70. The retraction assembly according to clause 69 further comprising an actuator connected to one of the latch members for rotating the latch members into and out of engagement with the toothed rims of the retraction reels.

71. A reformer exercise apparatus comprising:

a generally rectangular frame supporting a carriage for reciprocal movement between a head end and a foot end of the frame, and a pair of arm cords extending between the carriage, the head end of the frame, and handles for a user on the carriage to grasp during exercise, the carriage having a pair of spaced shoulder stops extending from an upper surface of the carriage; and
an arm cord retraction assembly mounted to an underside surface of the carriage, the assembly comprising:

a pair of cord retraction devices, each device having a stationary frame carrying a rotatable spring biased reel therein connected to a free end of one of the arm cords, each reel having a toothed outer rim;
a pair of toothed latch members pivotably mounted to the underside of the carriage and
connected mechanically together such that rotation of one of the latch members out of toothed engagement with one of the toothed outer rims causes the other of the latch members to rotate out of toothed engagement with the toothed outer rim of the other spring biased reel.

72. The apparatus according to clause 71 further comprising an actuator connected from one of the shoulder stops to one of the latch members for rotating the latch members into and out of engagement with the toothed rims of the retraction reels.

73. The apparatus according to clause 71 wherein each of the shoulder stops is pivotably mounted to the carriage and has an actuator extending from the shoulder stop through the carriage that engages one of the latch members.

74. The apparatus according to clause 73 wherein pivotal movement of either shoulder stop toward the foot end of the frame causes the latch members to disengage the toothed outer rims.

75. The apparatus according to clause 71 further comprising a spring connected to each latch member biasing the latch member into engagement with one of the retraction reels.

76. The apparatus according to clause 71 further comprising one or more bias members extending between the carriage and the foot end of the frame for urging the carriage toward the foot end of the frame.

77. The apparatus according to clause 76 further comprising one or more hourglass spool shaped pins secured to the foot end of the frame for receiving a free end of one of the bias members.

78. The apparatus according to clause 77, wherein each pin has a central axis and tapers upward and inward from its base to a waist at a first angle from the pin's central axis and then outward at a second angle greater than the first angle so that the free end of the spring placed on the pin is securely held at the waist of the pin.

79. The apparatus according to clause 78, wherein the second angle is at least twice that of the first angle.

80. An arm cord retraction kit for retrofitting a reformer exercise apparatus carriage, the kit comprising:

a pair of cord retraction devices, each device having a stationary frame for mounting to an underside surface of a reformer carriage, each frame carrying a rotatable spring biased reel therein connectable to a free end of an arm cord, each reel having a toothed outer rim; a pair of toothed latch members for pivotal mounting to the underside surface of the carriage, wherein the latch members are connected mechanically together such that rotation of one of the latch members out of toothed engagement with one of the toothed outer rims causes the other of the latch members to rotate out of toothed engagement with the toothed outer rim of the other spring biased reel; and an actuator for engaging one of the latch members when the shoulder stops are mounted to the reformer carriage.

81. A reformer exercise apparatus comprising:

a generally rectangular frame supporting a carriage for movement between a head end and a foot end of the frame on parallel spaced side rail portions of the frame;
a foot bar supported by the frame, wherein the side rail portions of the frame each has an upright outer wall and an outwardly open slot therein;
a foot bar support assembly movably carried in each of the outwardly open slots, each foot bar support assembly supporting one end of the foot bar; and
an elastic resistance member biasing the foot

bar support assembly toward one of the head and foot ends of the frame.

82. The apparatus according to clause 81 wherein the resistance member is fastened between at least one foot bar support assembly and the head end of the frame.

83. The apparatus according to clause 81 wherein the resistance member is fastened to each foot bar support assembly and extends around the head end of the frame.

84. The apparatus according to clause 81 wherein each foot bar support assembly comprises:

an elongated slide plate movably supported within the slot;
a hook plate fastened to the slide plate; and
a foot bar support arm having one end fastened to one foot bar end and a portion rotatably and slidably fastened to the hook plate.

85. The apparatus according to clause 84 wherein the slide plate is an elongated member having opposite ends, each end carrying a roller for riding on a bottom surface of the slot.

86. The apparatus according to clause 84 wherein the slide plate has at least one roller for riding against an upright surface within the slot.

87. The apparatus according to clause 84 wherein the one end is a bottom end portion of the foot bar support arm.

88. The apparatus according to clause 84 wherein the foot bar support arm has an upper end including an engaging member for selectively engaging a discrete feature of the hook plate.

89. The apparatus according to clause 84 wherein the hook plate has an upper edge, the upper edge having a plurality of discrete features at spaced locations for selectively engaging a portion of the foot bar support arm.

90. The apparatus according to clause 88 wherein the discrete feature is a slot.

91. The apparatus according to clause 90 wherein the hook plate has an L shaped slot for receiving the engaging member.

92. The apparatus according to clause 91 wherein the portion of the foot bar support arm includes a pin for removably engaging one of the discrete features.

Claims

1. In a reformer exercise apparatus having a generally rectangular frame supporting a carriage for reciprocal movement between a head end and a foot end of the frame, and a pair of arm cords extending between the carriage, the head end of the frame, and handles for a user on the carriage to grasp during

exercise, an arm cord retraction assembly mounted to an underside of the carriage, the arm cord retraction assembly comprising:

- a pair of cord retraction devices, each receiving a free end of one of the arm cords and wrapping the free end around a rotatable spring biased reel fastened to the carriage; and
 - a pair of latch assemblies mounted to the underside of the carriage, each latch assembly associated with one of the cord retraction devices, wherein each latch assembly is operable to hold and release the free end of the arm cord from its cord retraction device, and wherein the latch assemblies are operably connected mechanically together such that operation of one latch assembly to hold or release its arm cord causes the other of the latch assemblies to operate to hold and/or release the other arm cord.
2. The arm cord retraction assembly according to claim 1 wherein each latch assembly is a clamp assembly having a fixed clamp member fastened to the underside of the carriage and a movable clamp member pivotally mounted adjacent the fixed clamp member with the arm cord passing therebetween to and from the reel.
 3. The arm cord retraction assembly according to claim 2 further comprising an actuator connected to the movable clamp members for rotating the movable clamp members into and out of engagement with the arm cords.
 4. The arm cord retraction assembly according to claim 3 wherein the actuator is a portion of a shoulder stop pivotally mounted to the carriage.
 5. The arm cord retraction assembly according to claim 2 wherein the movable clamp member is spring biased toward the fixed clamp member.
 6. The arm cord retraction assembly according to claim 2 wherein the latch assemblies are operably connected together by an actuator linkage pivotally fastened to the underside of the carriage between the latch assemblies.
 7. The arm cord retraction assembly according to claim 6 wherein the movable clamp member has an elongated end engaging the actuator linkage.
 8. The arm cord retraction assembly according to claim 1 wherein each reel is rotatable about a horizontal axis parallel to a plane of the carriage.
 9. The arm cord retraction assembly according to claim 7 wherein the movable clamp member is spring bi-

ased toward the fixed clamp member.

10. The arm cord retraction assembly according to claim 1 wherein the latch assemblies are operably connected together by an actuator linkage fastened to the underside of the carriage between the latch assemblies.
11. The arm cord retraction assembly according to claim 3 wherein the movable clamp member has an elongated end engaging the actuator linkage.
12. The arm cord retraction assembly according to claim 10 wherein the actuator linkage is operated by one of a pair of shoulder stops pivotally mounted to the carriage.
13. A reformer exercise apparatus comprising:
 - a generally rectangular frame supporting a carriage for reciprocal movement between a head end and a foot end of the frame, and a pair of arm cords extending between the carriage, the head end of the frame, and handles for a user on the carriage to grasp during exercise, the carriage having a pair of spaced shoulder stops extending from an upper surface of the carriage; and
 - an arm cord retraction assembly mounted to an underside of the carriage, the assembly comprising:
 - a pair of cord retraction devices, each device having a rotatable spring biased reel therein connected to a free end of one of the arm cords;
 - a pair of clamp assemblies mounted to the underside of the carriage, wherein each clamp assembly has a fixed clamp member and a movable clamp member engaging the one of the arm cords passing therebetween, wherein the movable clamp members are coupled mechanically together such that rotation of one of the movable clamp members out of engagement with one of the cords causes the other of the movable clamp members to rotate out of engagement with the other one of the cords.
14. The apparatus according to claim 13 further comprising an actuator connected to at least one of the clamp members for rotating the clamp members into and out of engagement with the cords.
15. An arm cord retraction kit for retrofitting a reformer exercise apparatus carriage, the kit comprising:
 - a pair of cord retraction devices for mounting to

an underside of a reformer carriage, each device including a rotatable spring biased reel connectable to a free end of an arm cord;
a pair of latch assemblies each having a movable latch member for mounting to the underside surface of the carriage and engaging one of the arm cords connected to one of the rotatable spring biased reels;
a linkage interconnecting the movable latch members such that rotation of one of the latch members out of engagement with one of the arm cords causes the other of the latch members to rotate out of engagement with the other arm cord attached to the other spring biased reel; and
an actuator mountable on the underside of the reformer carriage and connected to the linkage for rotating the latch members out of engagement with the arm cords.

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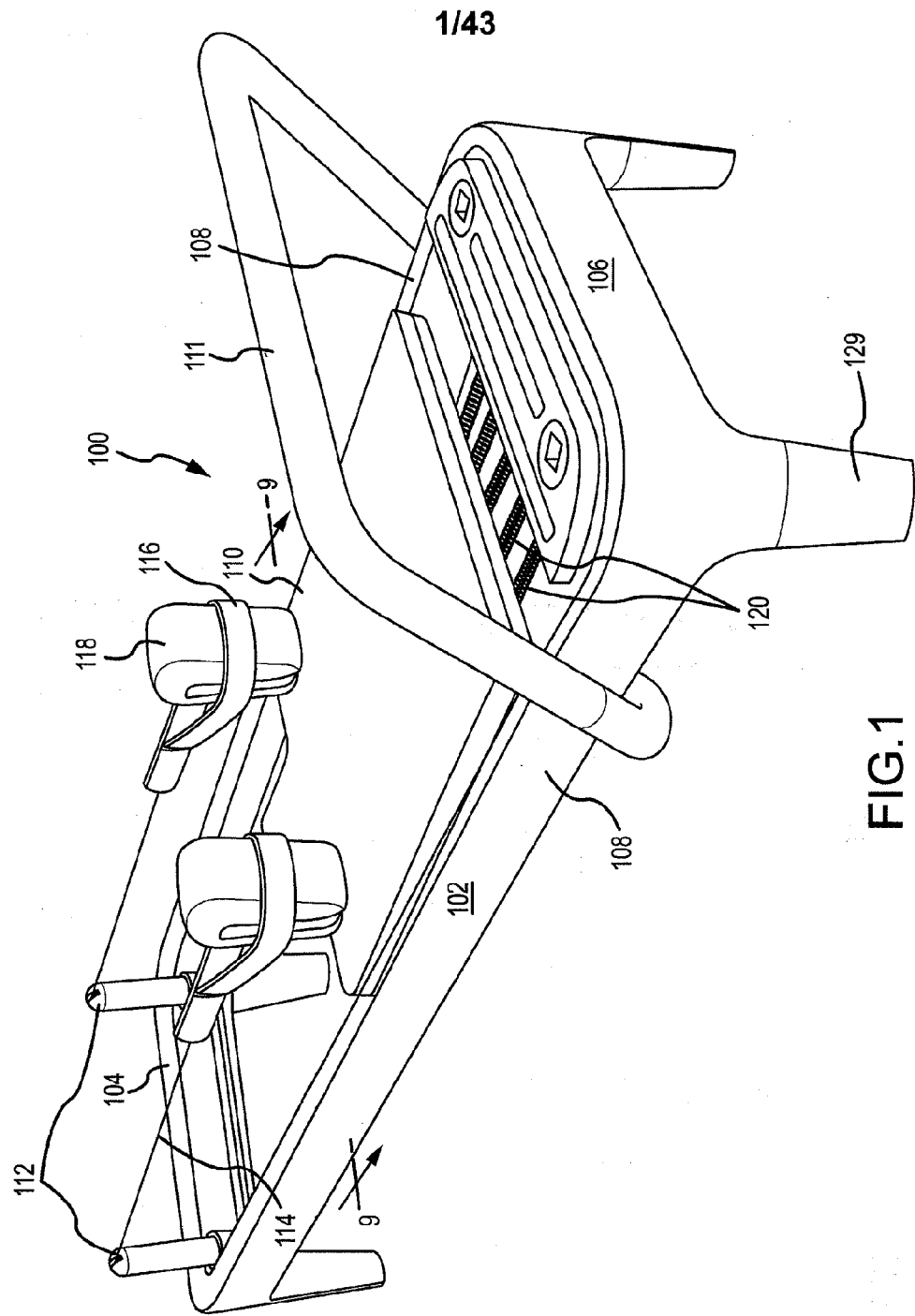
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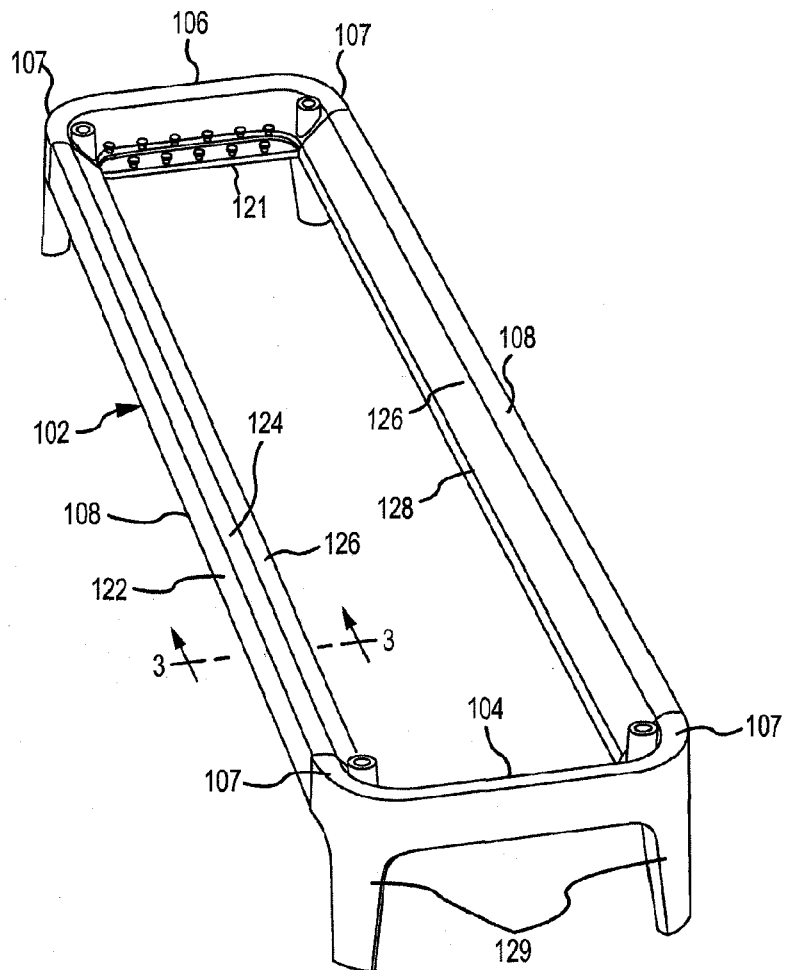


FIG.2

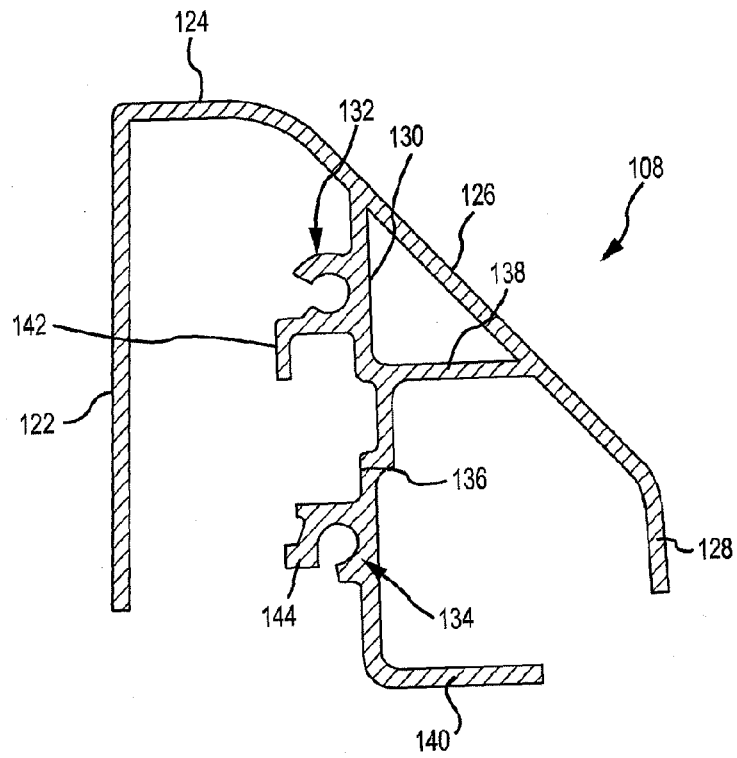


FIG.3

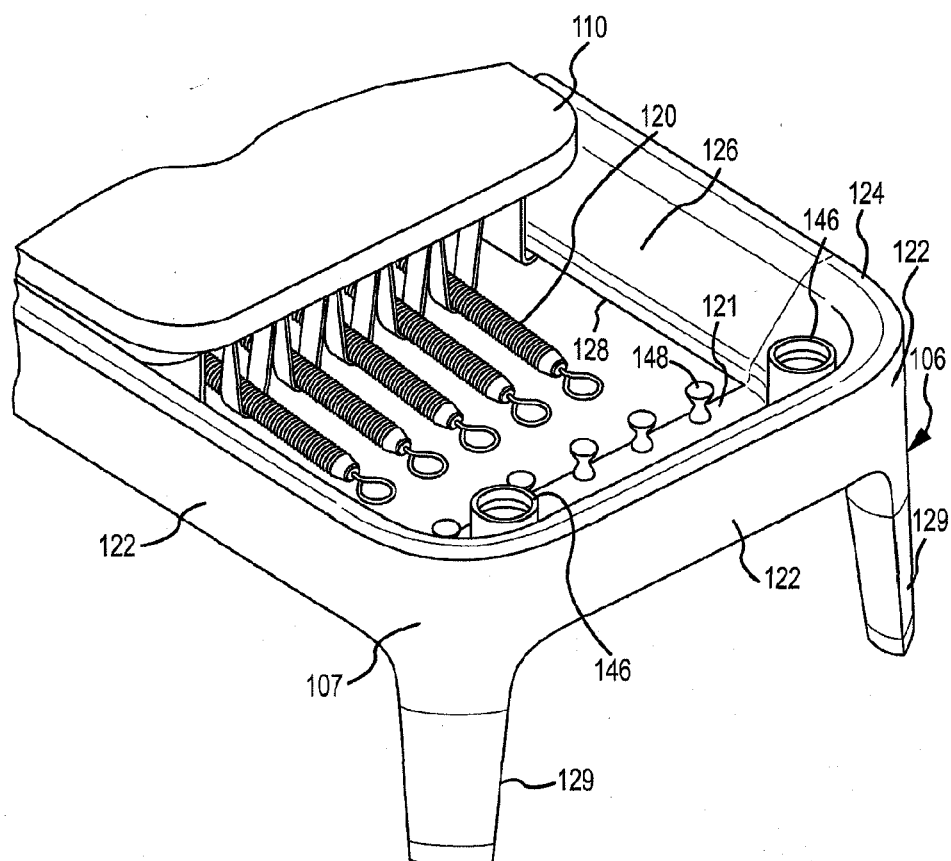


FIG.4

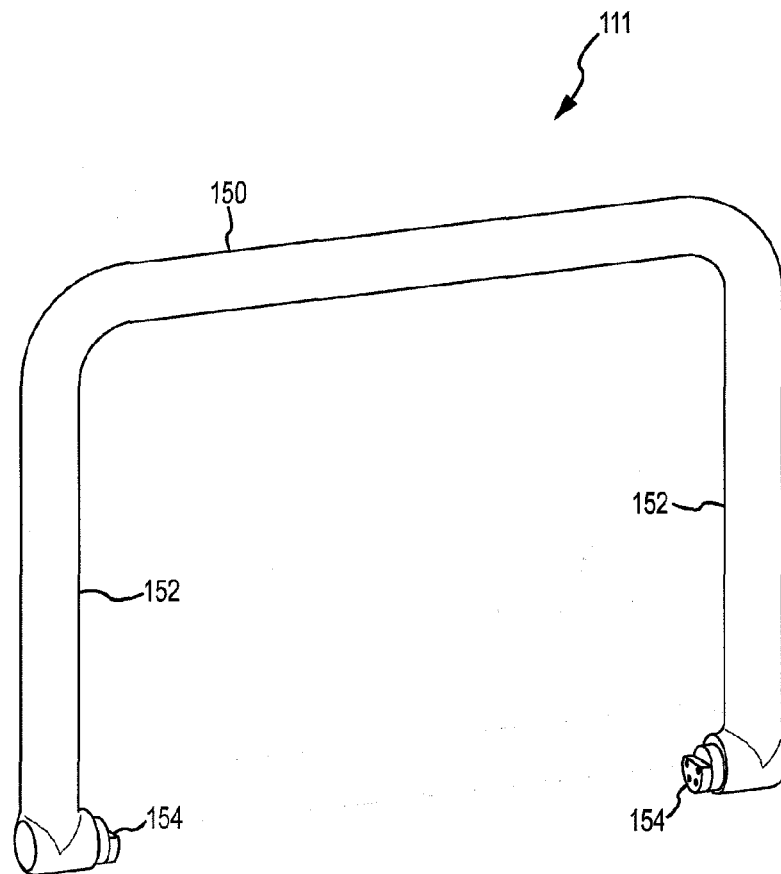
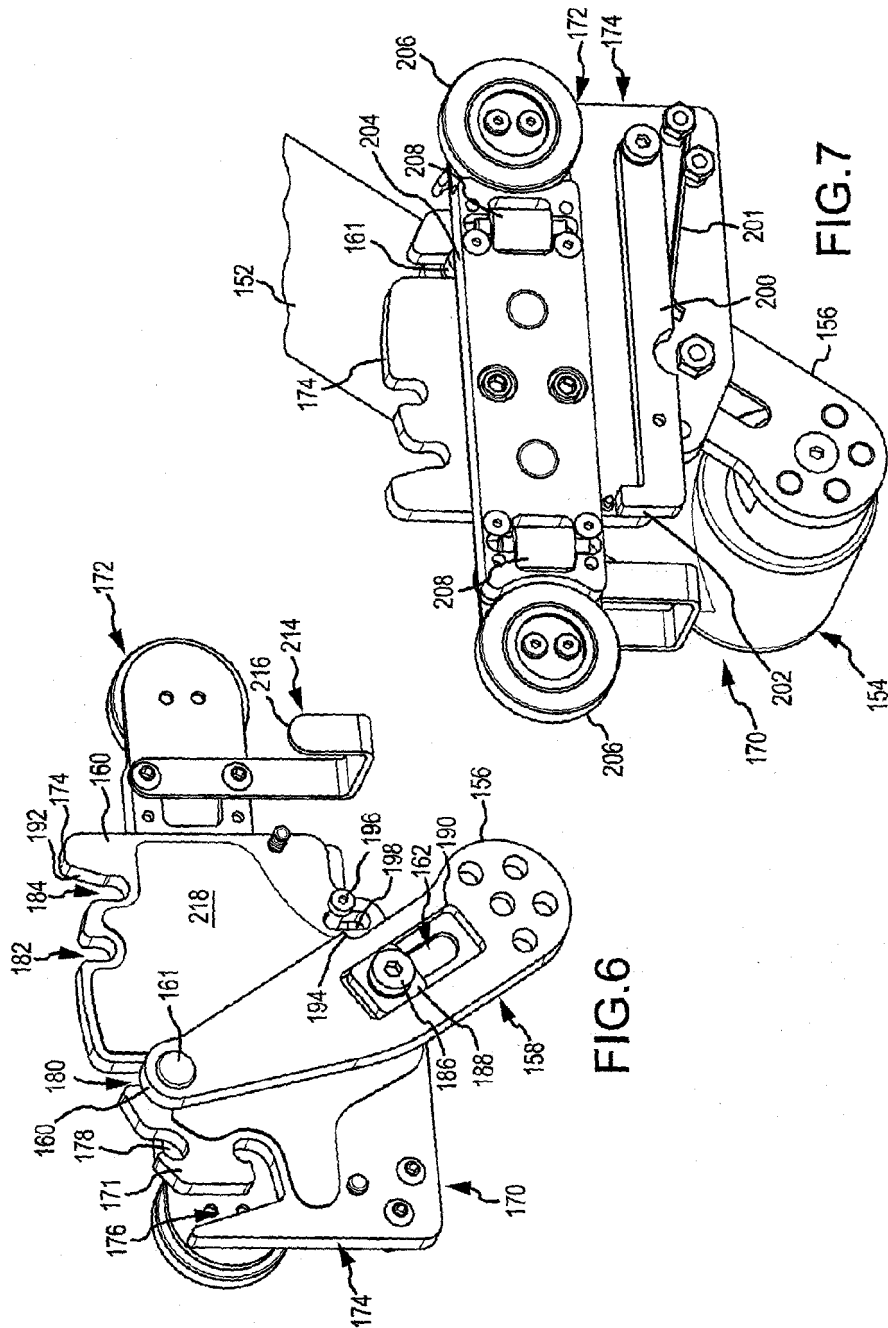


FIG.5



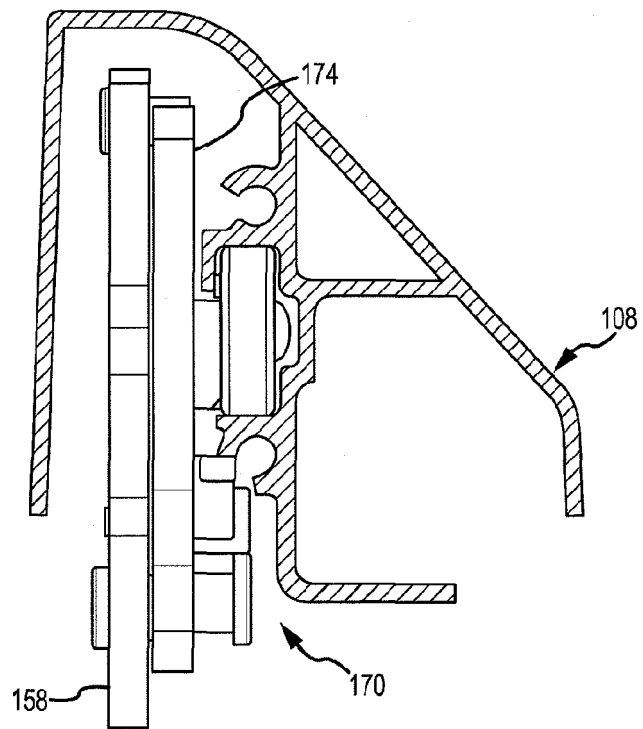


FIG.8

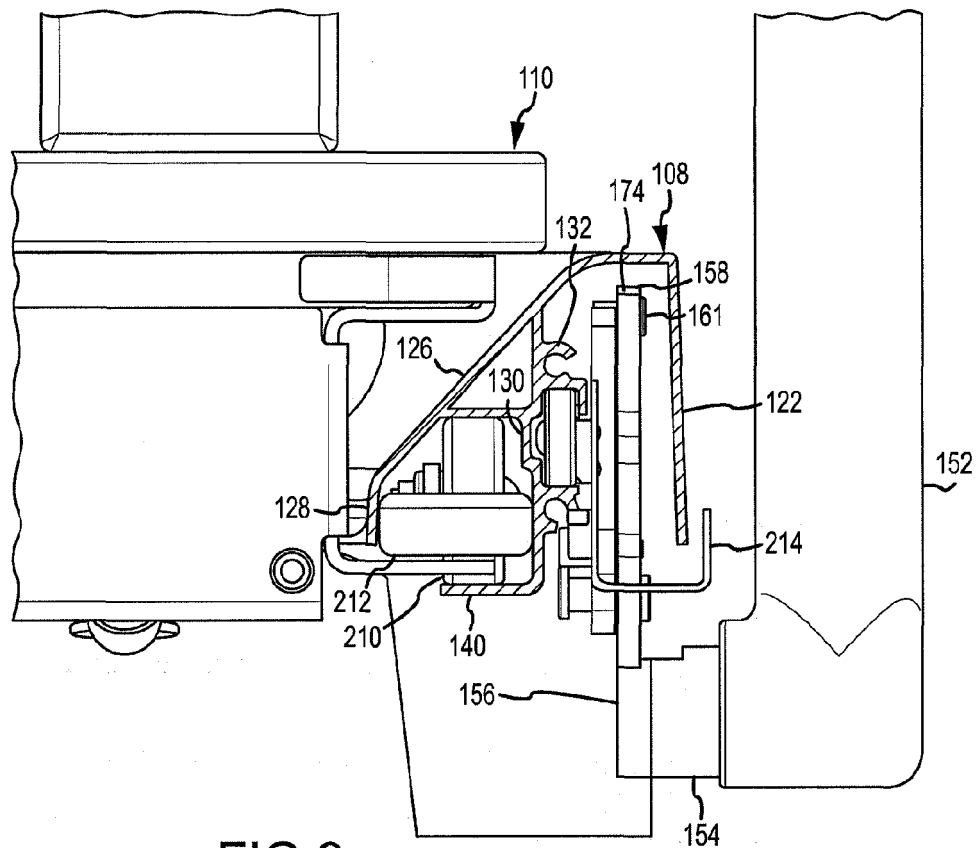
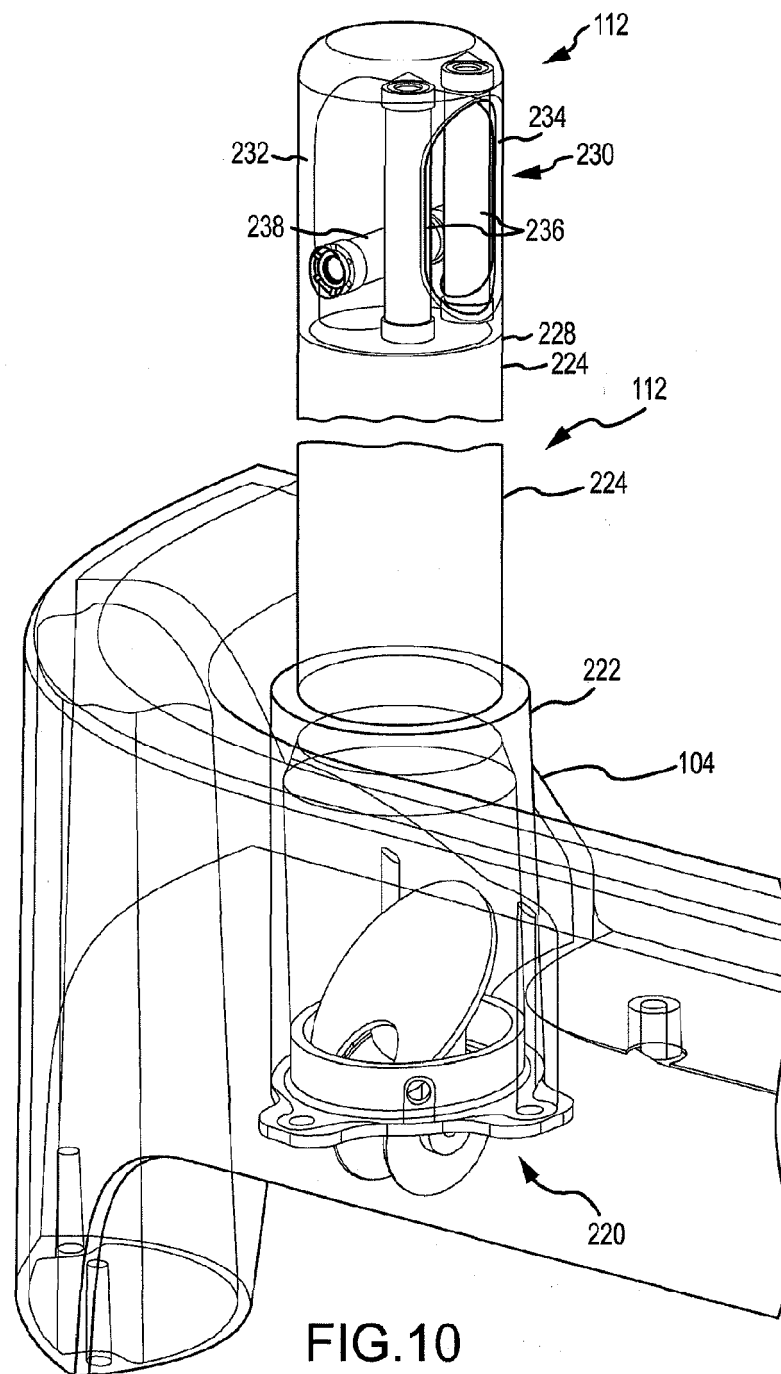


FIG.9



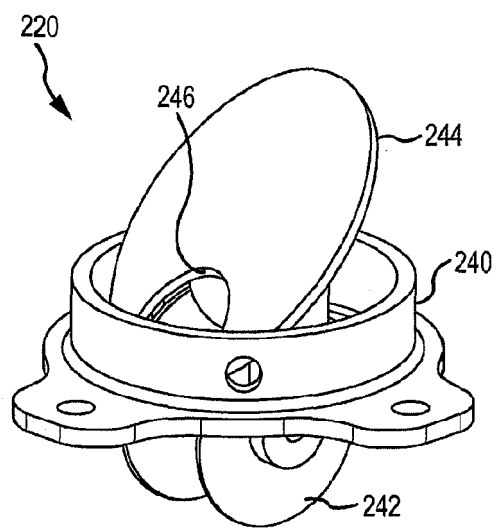


FIG.11

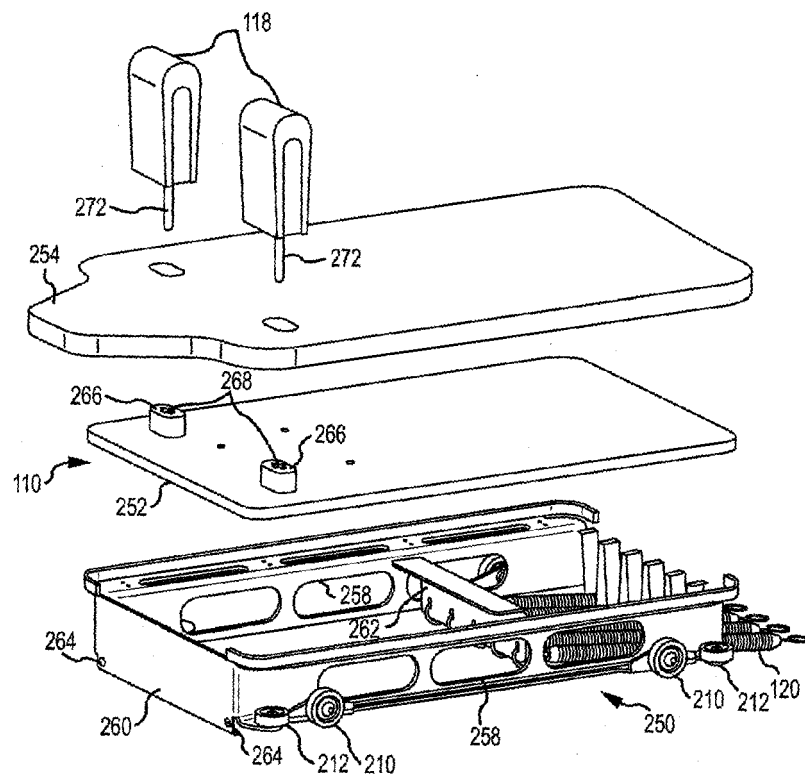


FIG.12

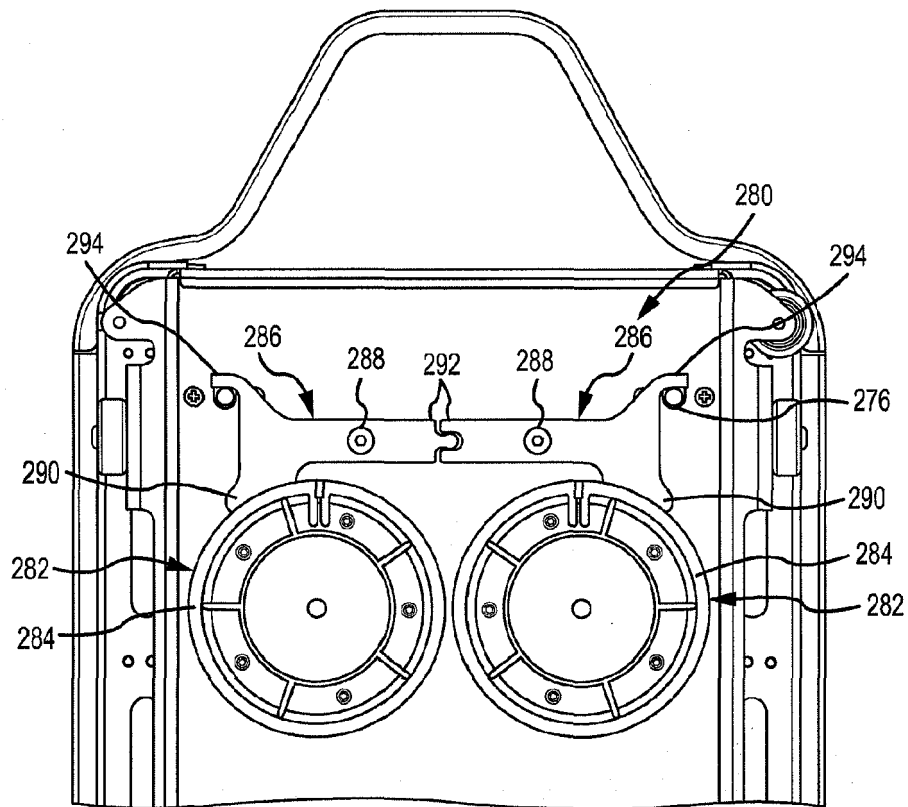


FIG.13

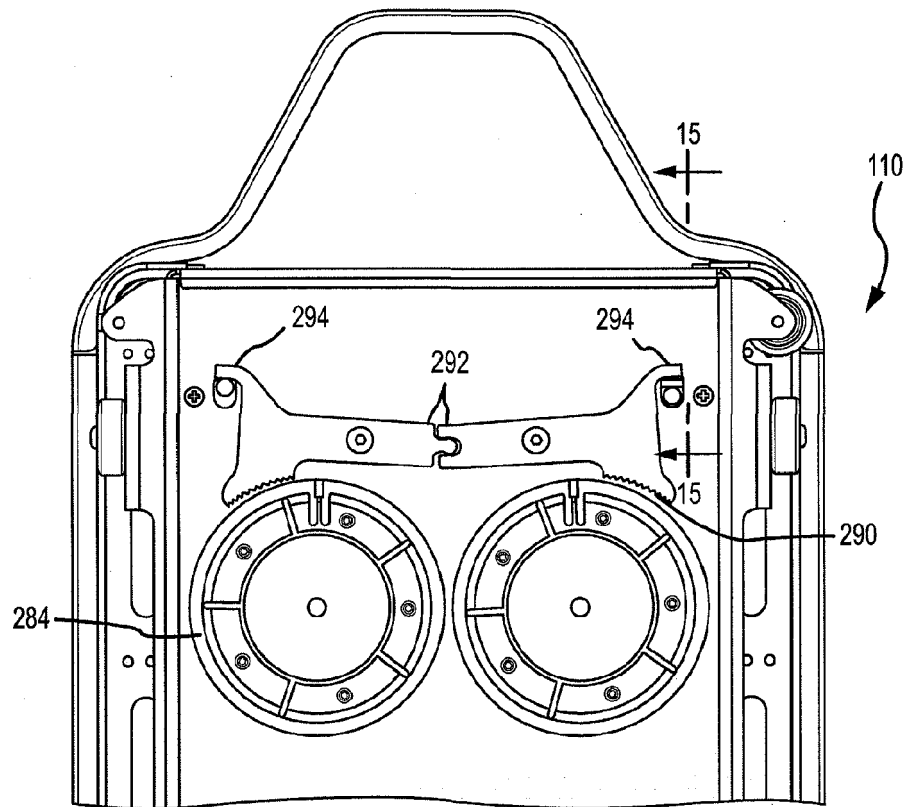


FIG.14

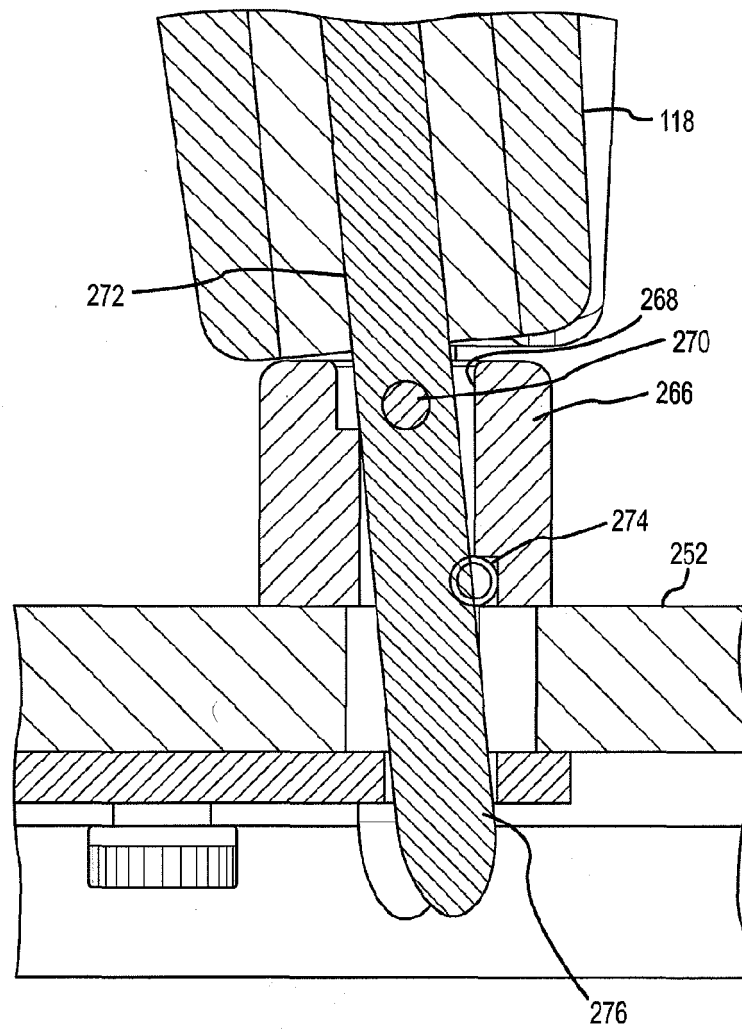


FIG.15

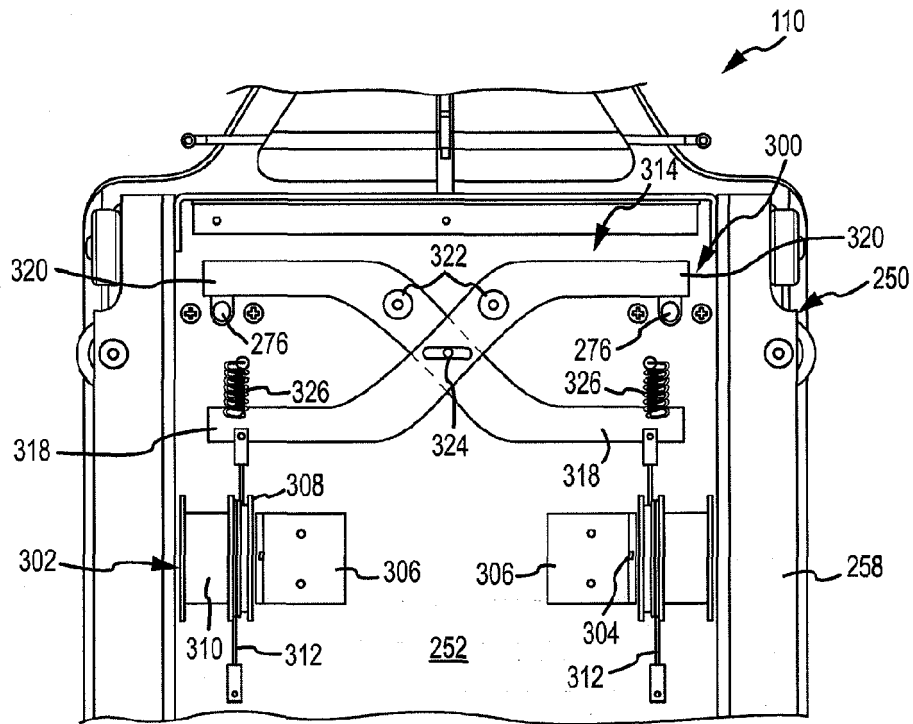


FIG.16

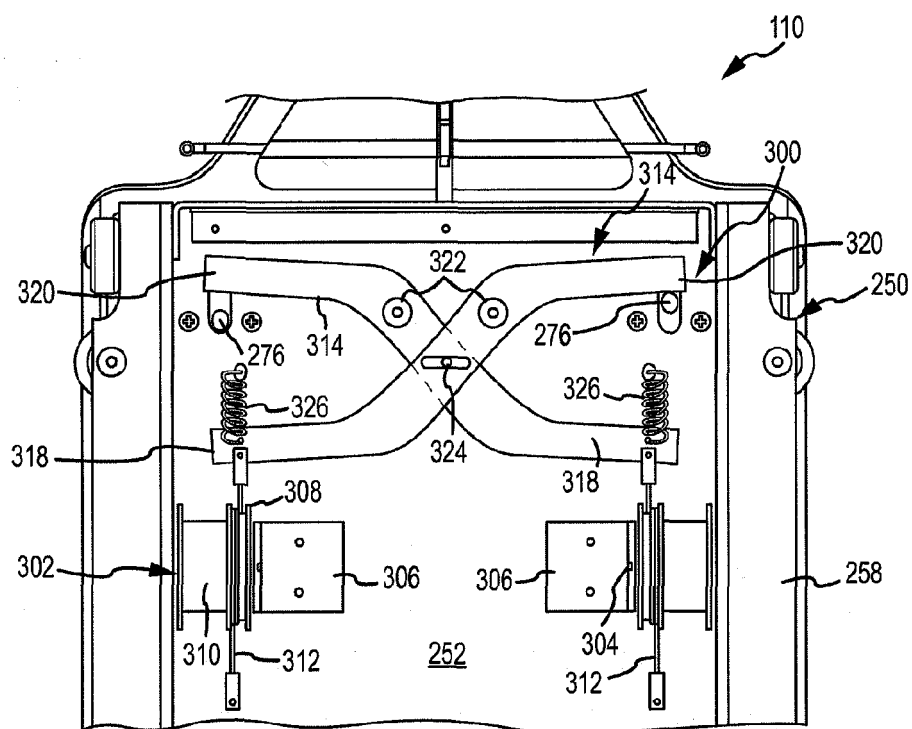


FIG.17

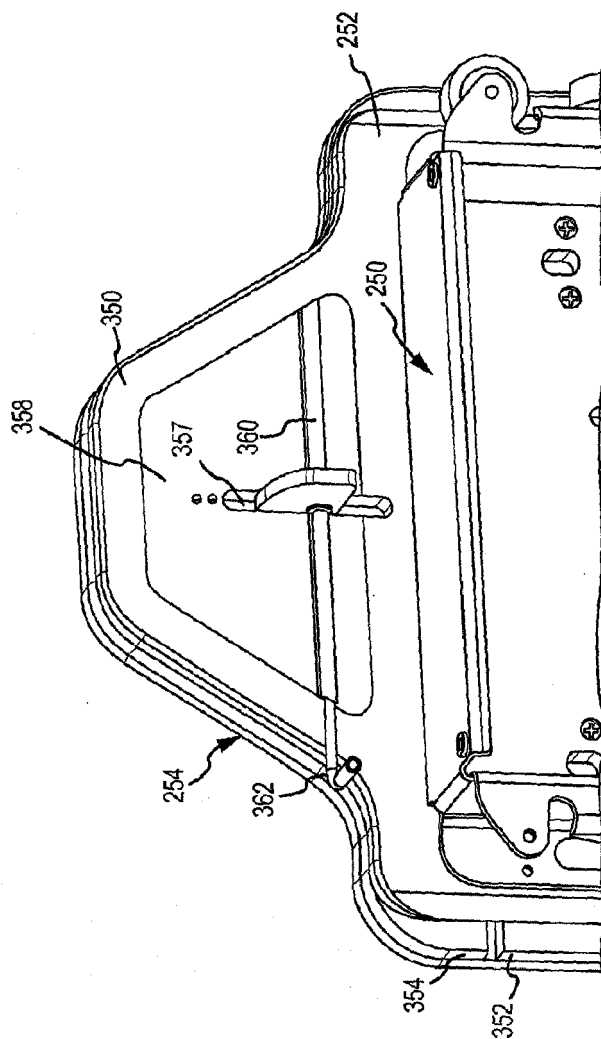


FIG. 18

FIG.19

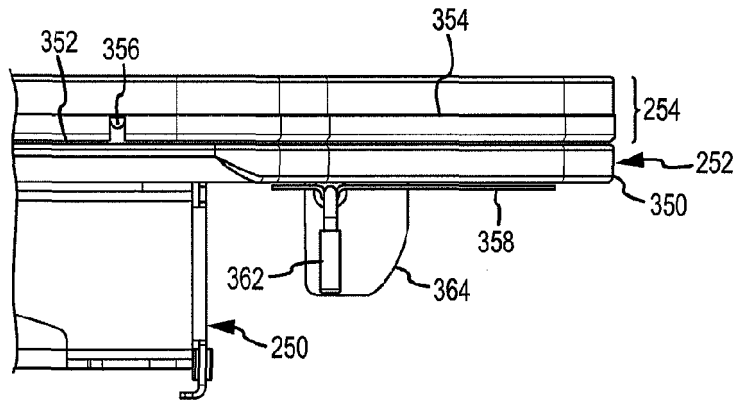


FIG.20

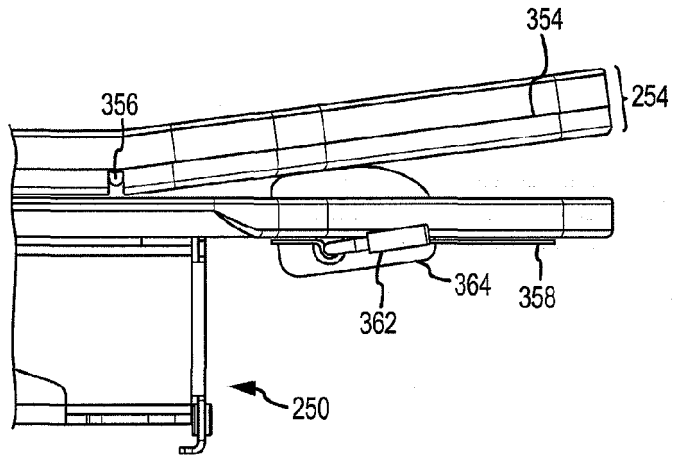
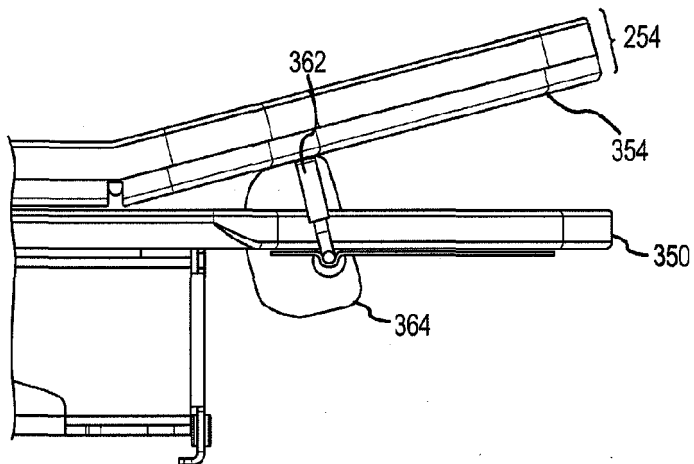
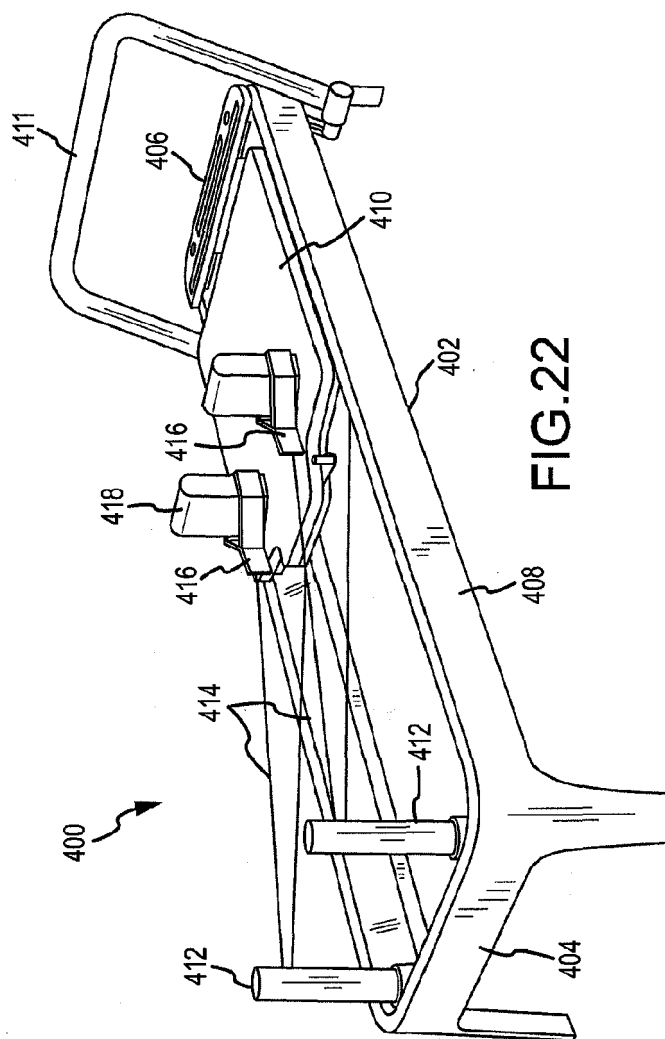


FIG.21





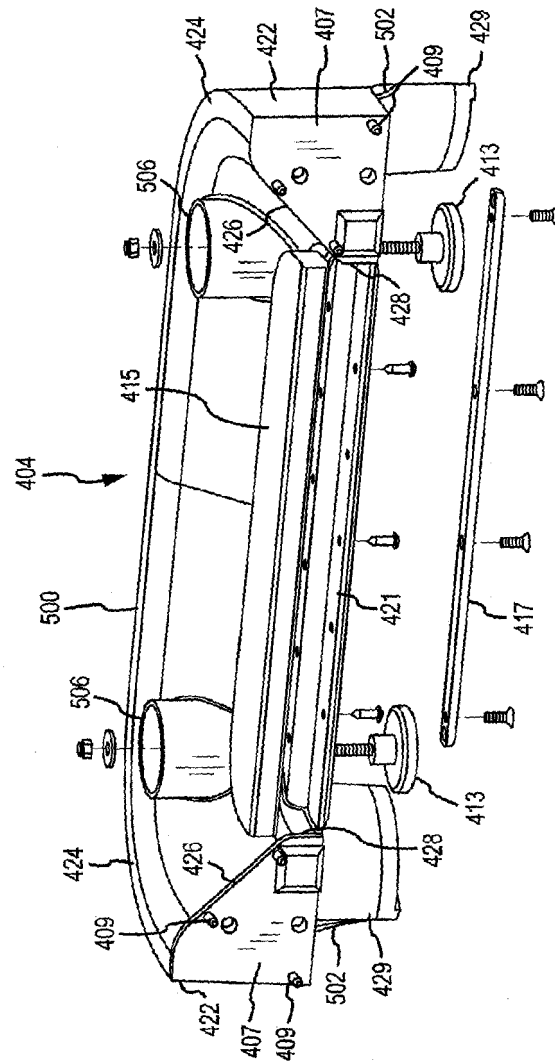


FIG. 23

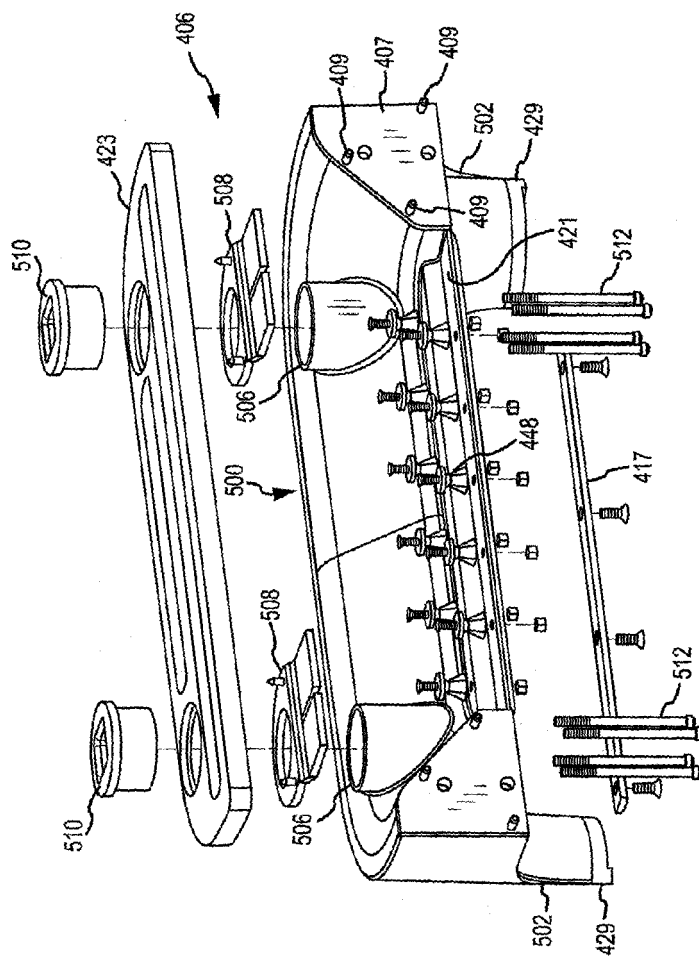


FIG.24

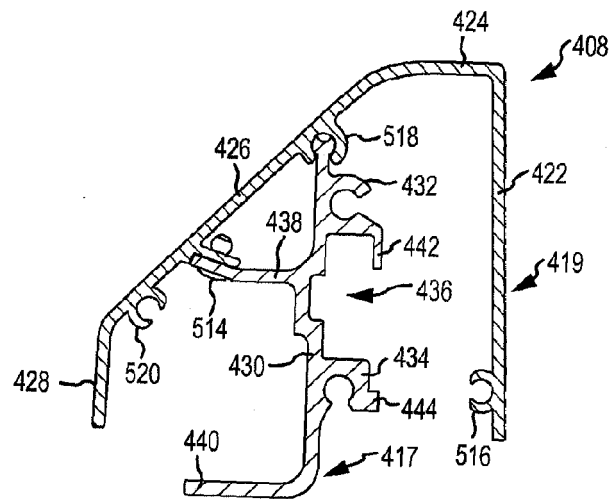


FIG.25

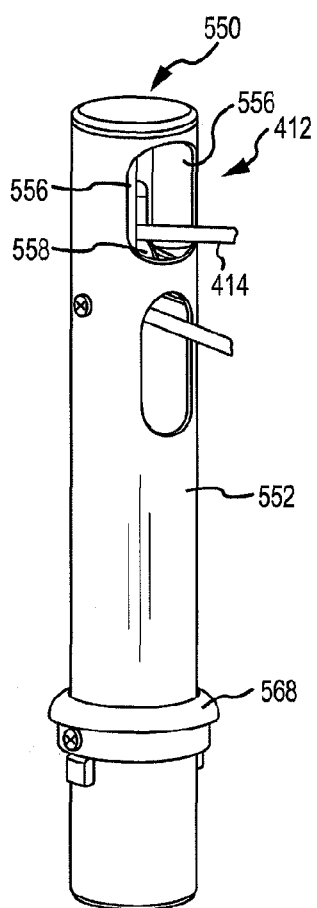


FIG. 26

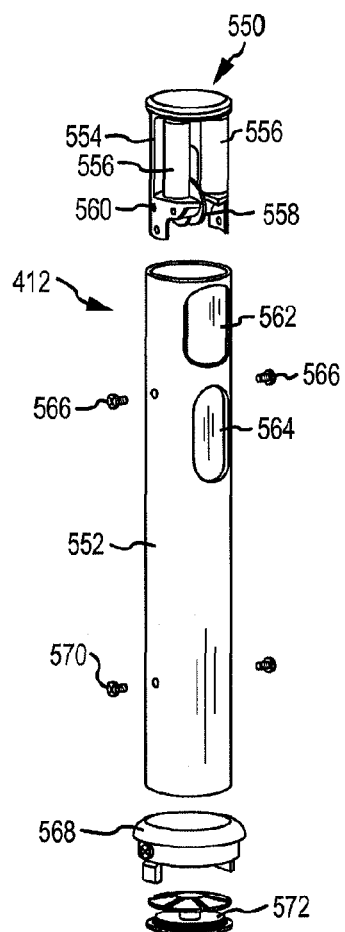


FIG. 27

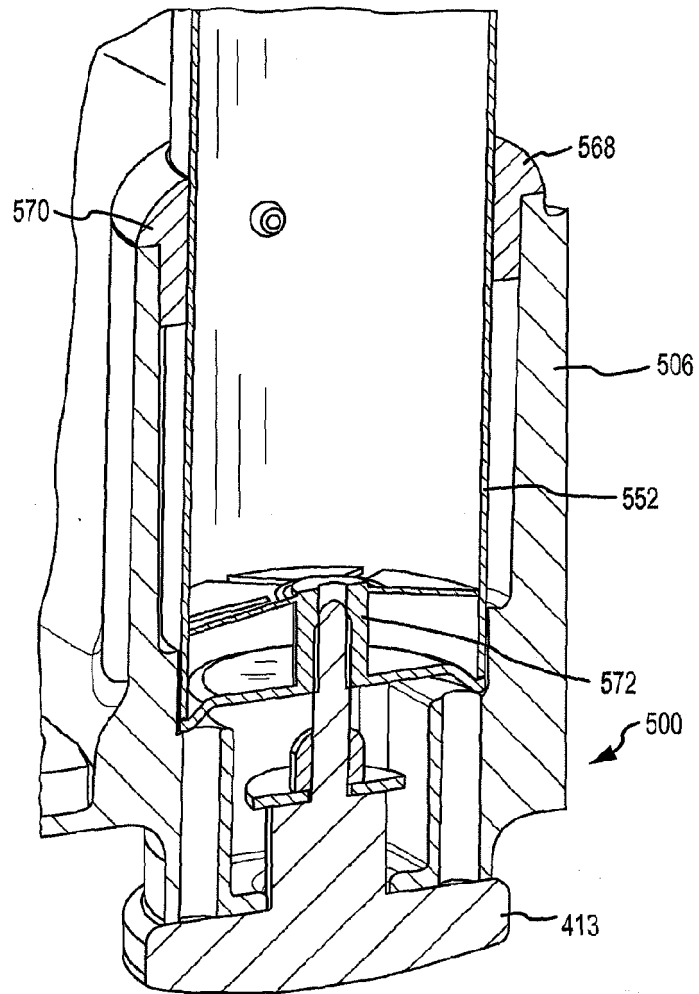


FIG.28

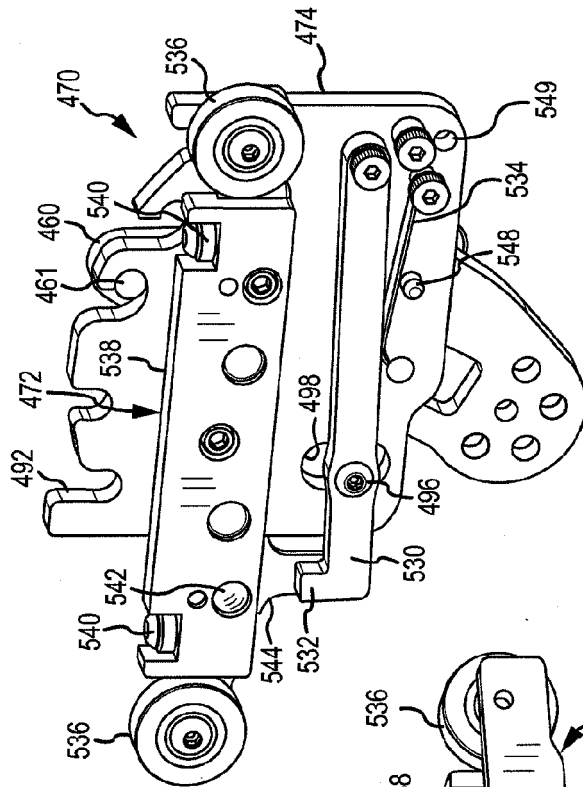


FIG. 29

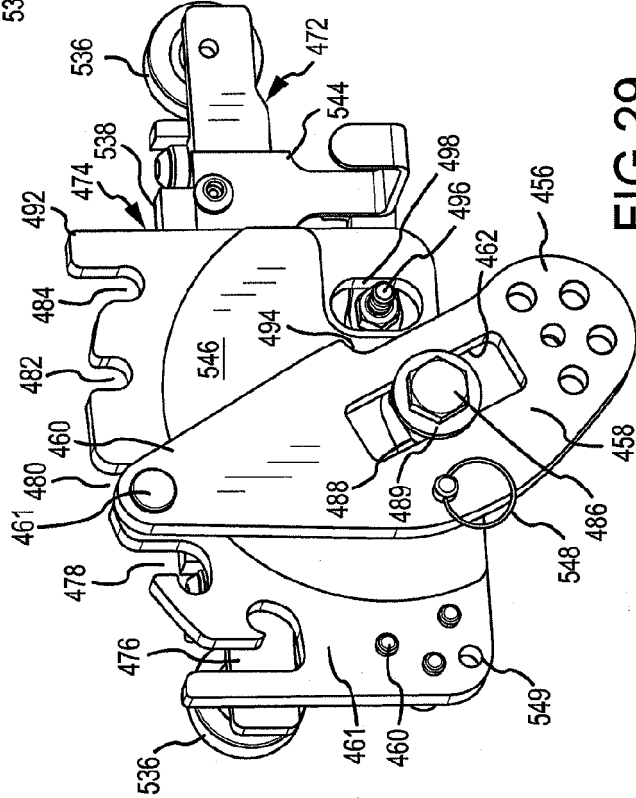


FIG. 30

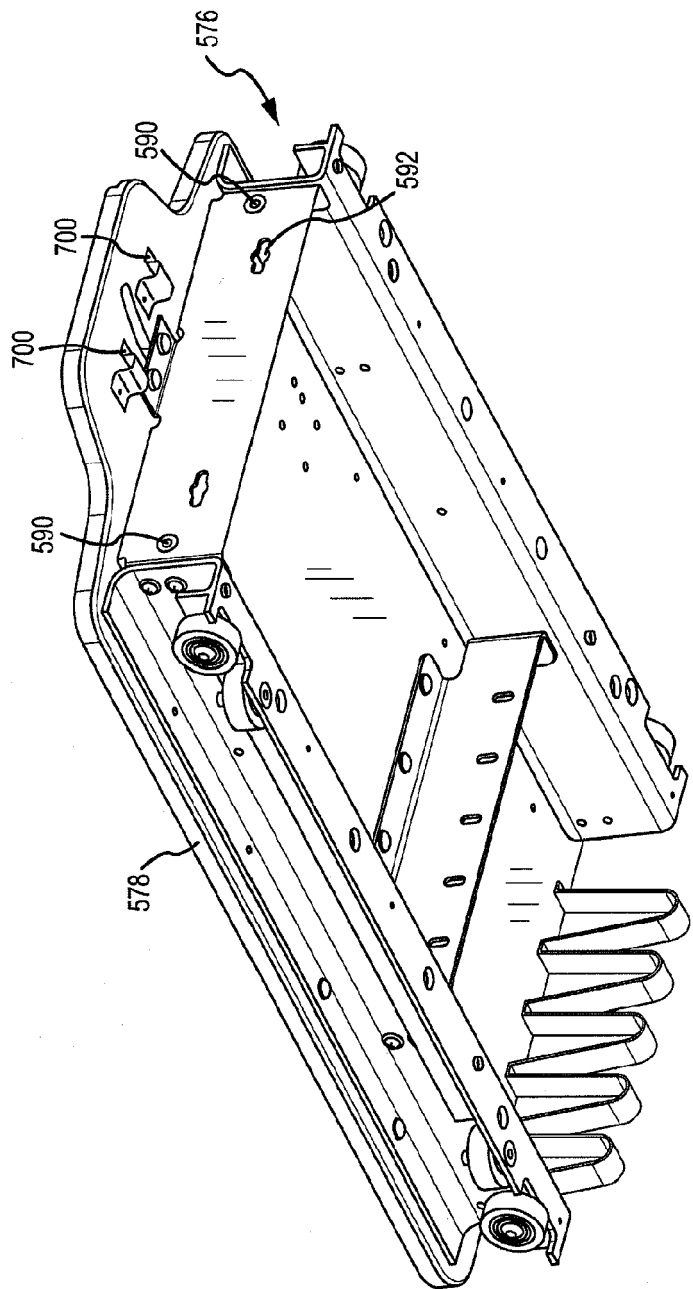


FIG.31

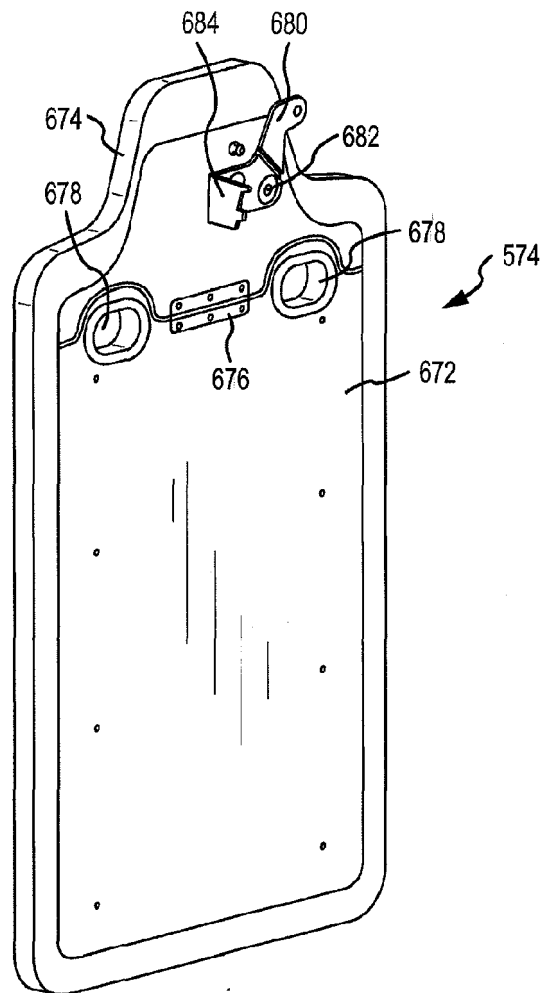


FIG.32

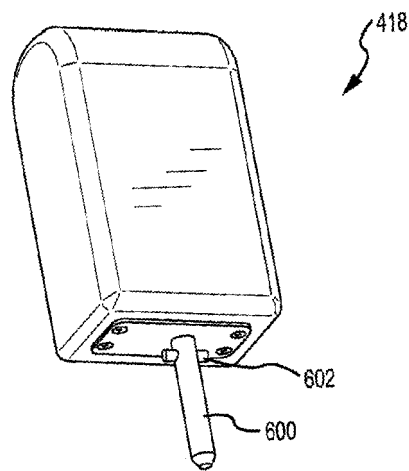


FIG.33

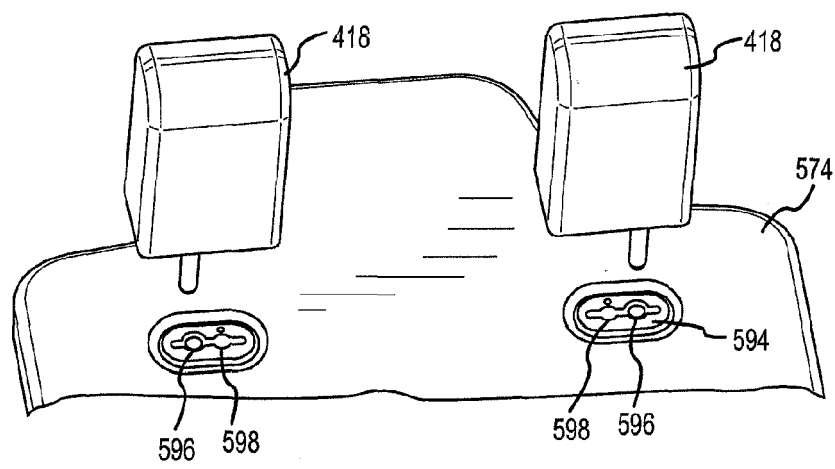


FIG.34

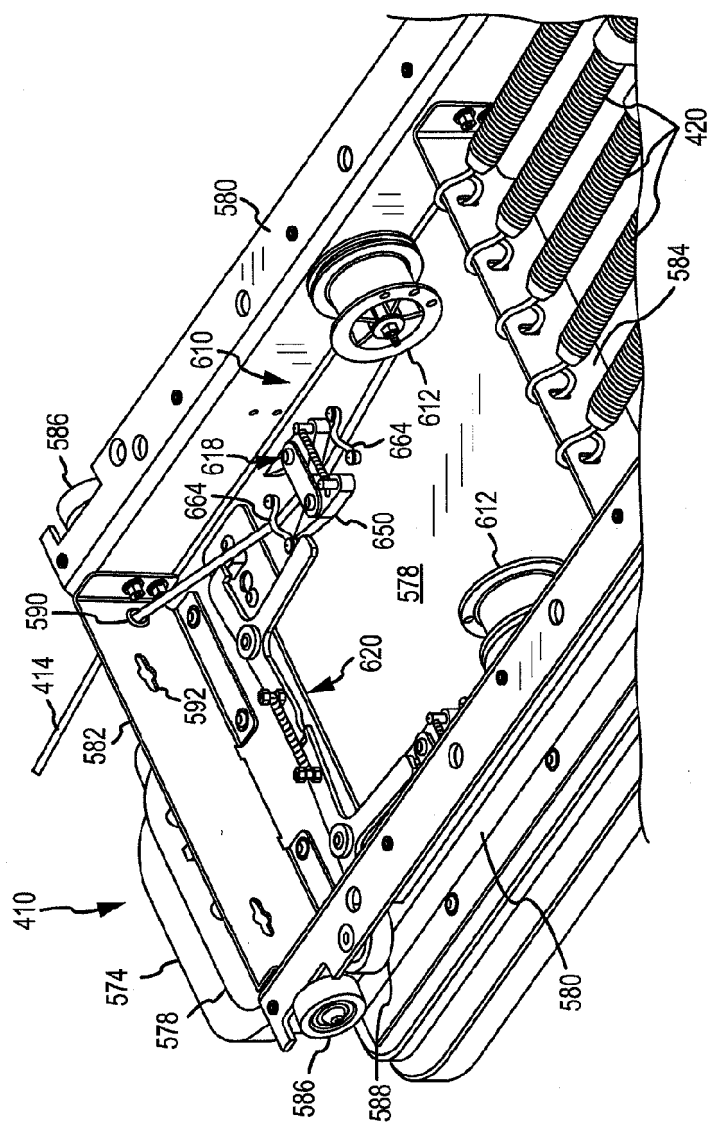


FIG. 35

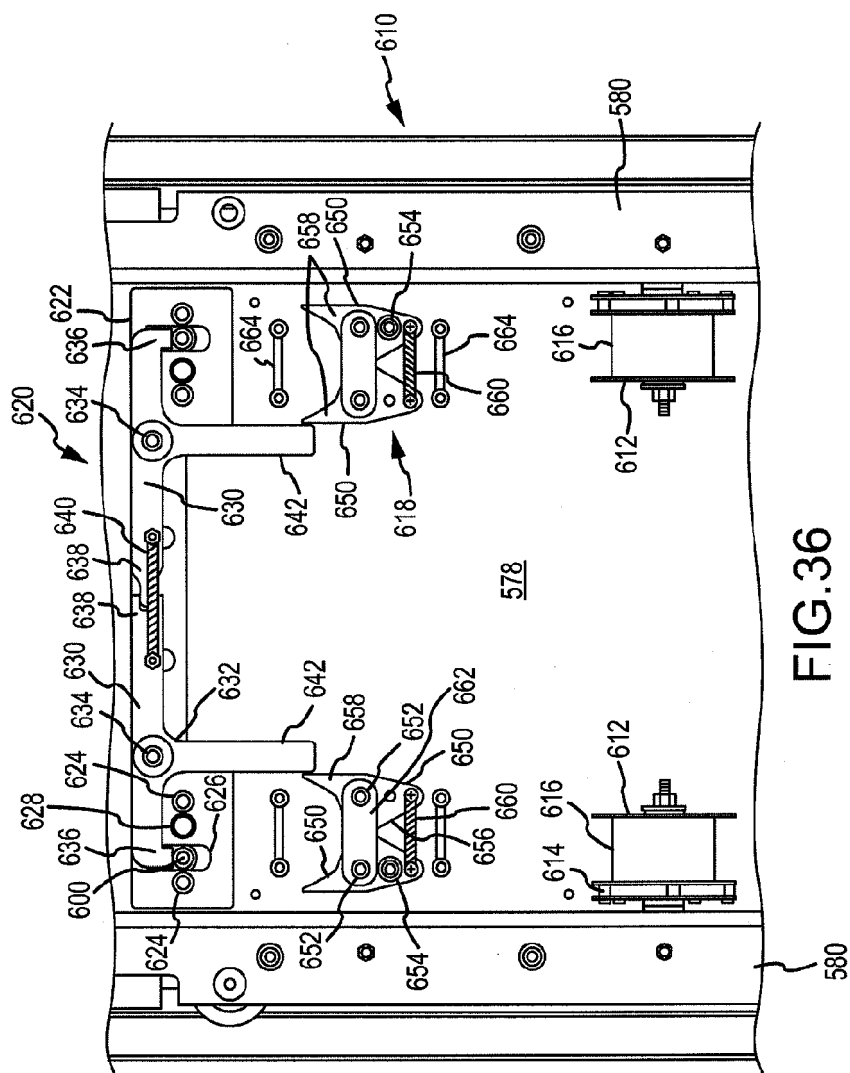


FIG. 36

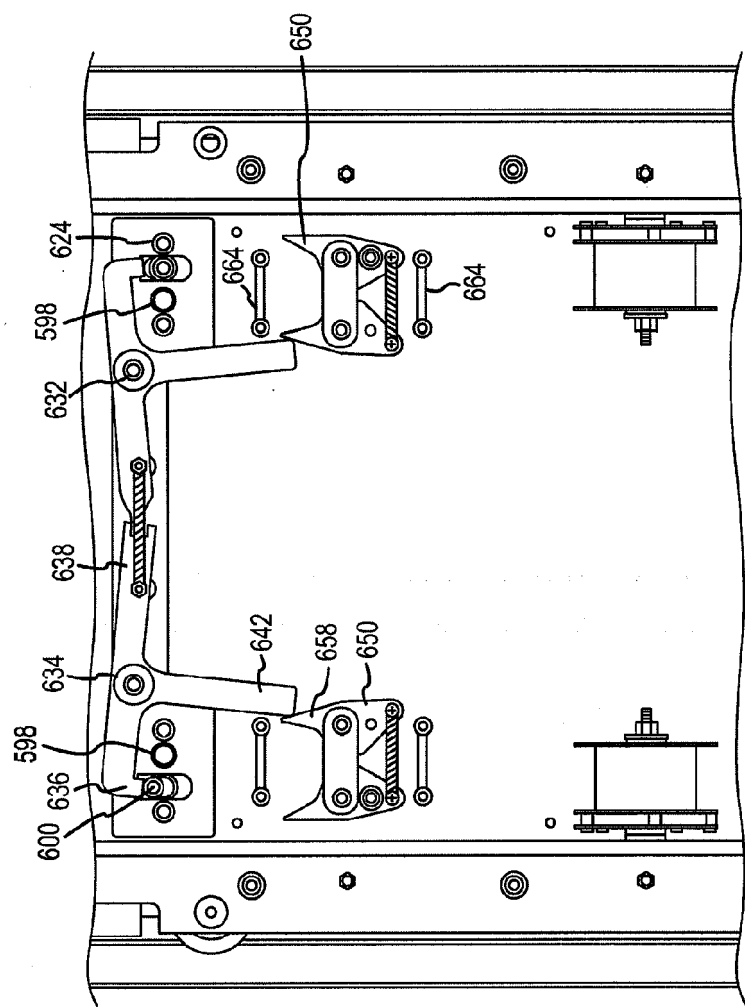


FIG.37

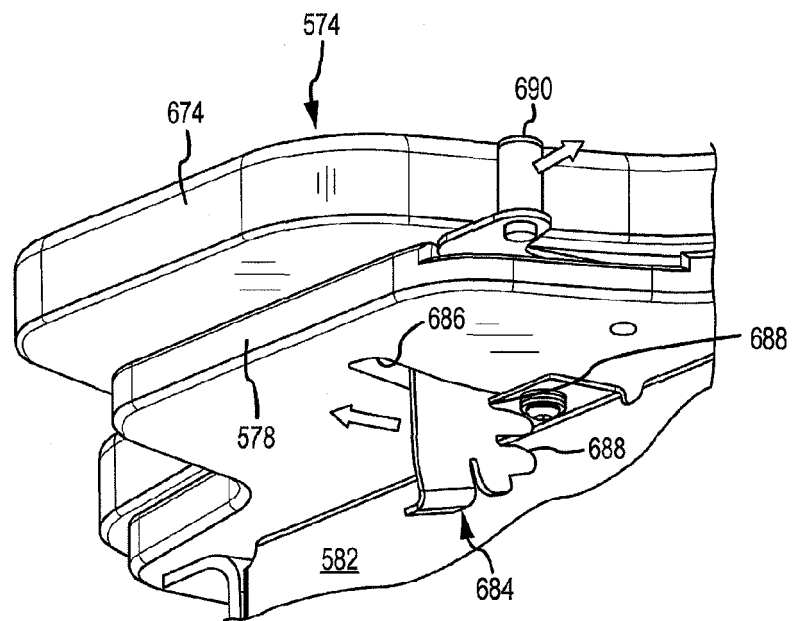


FIG.38

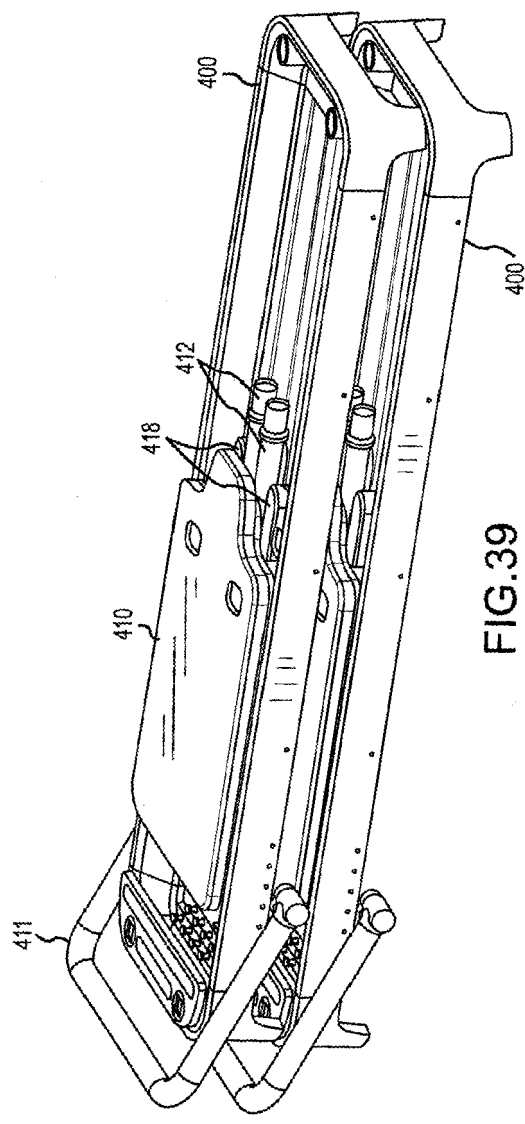


FIG.39

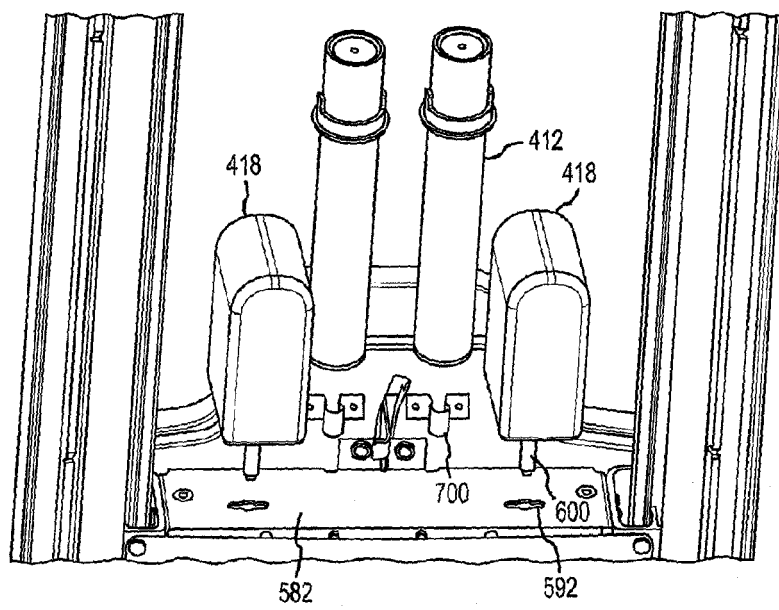
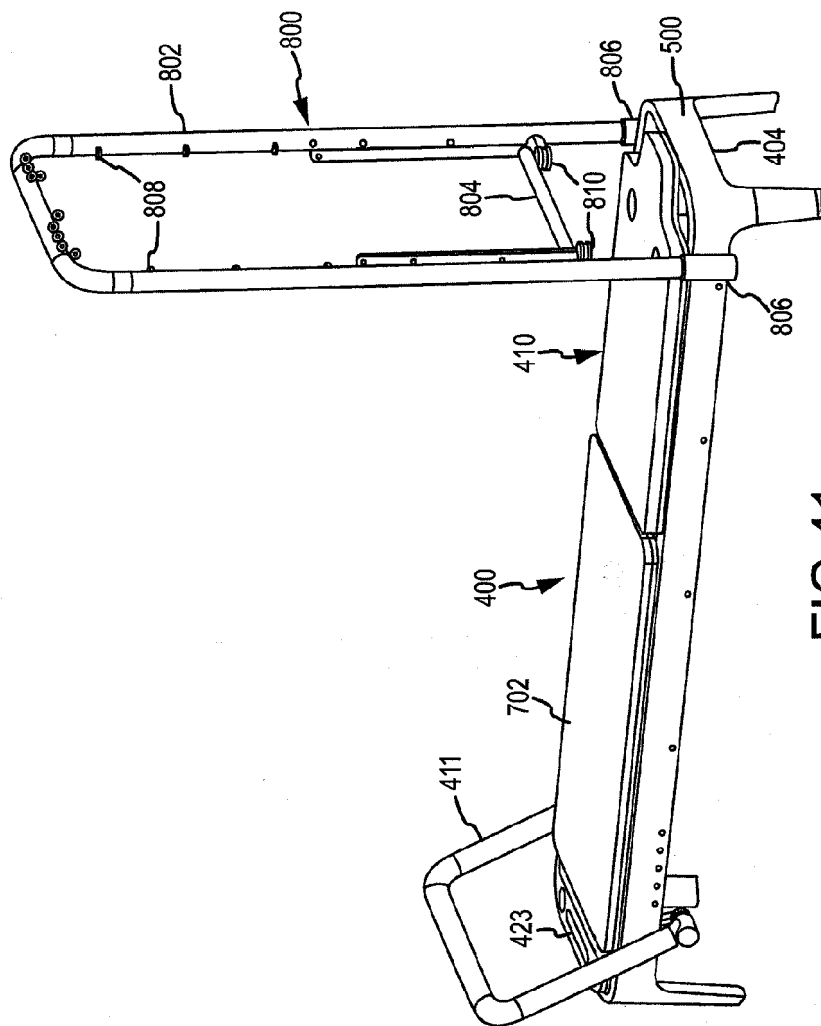


FIG. 40



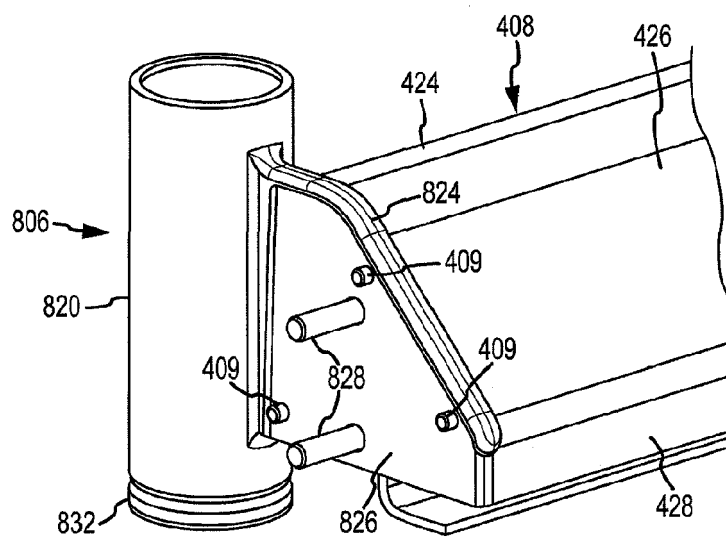


FIG.42

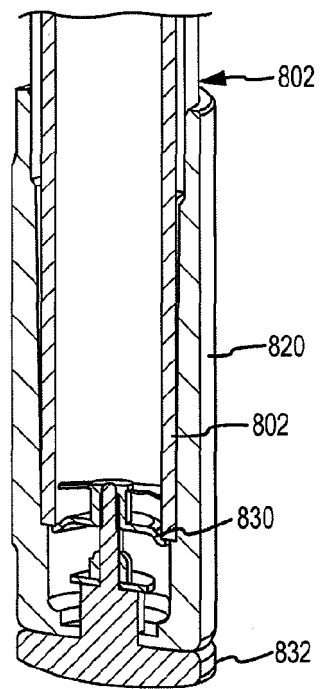


FIG.43

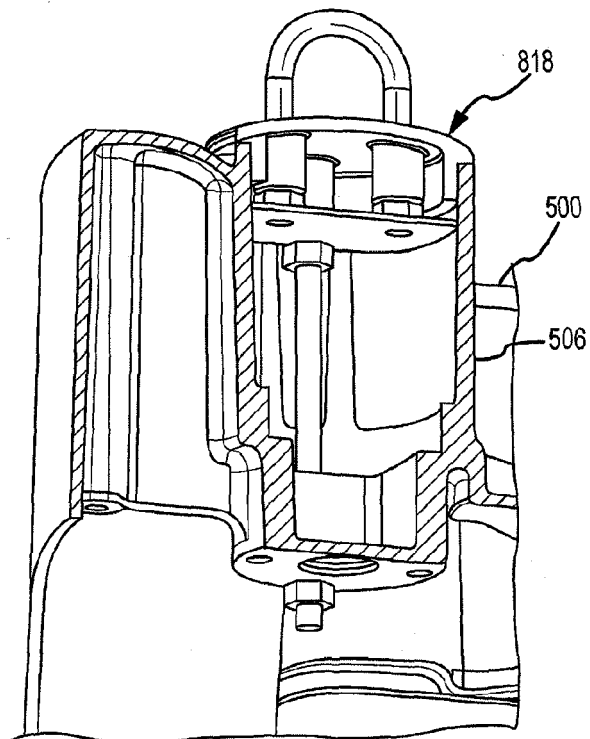


FIG.44

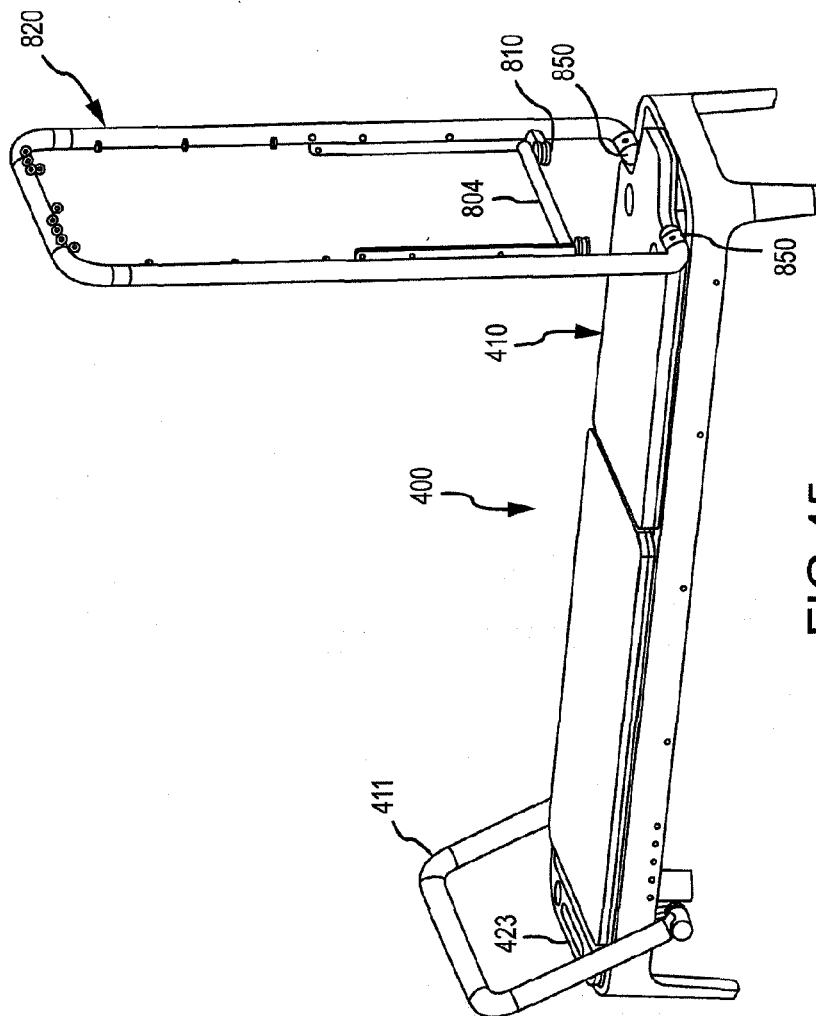
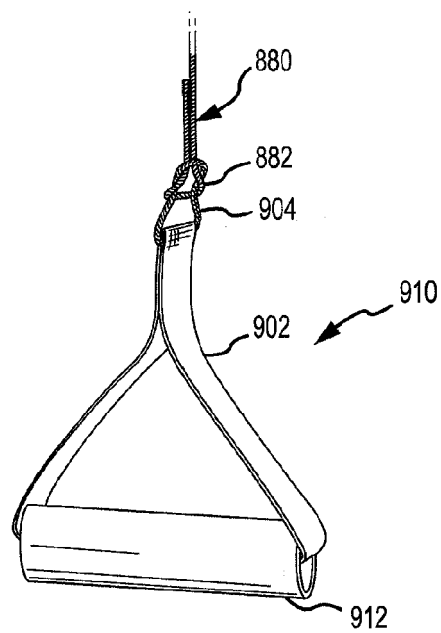
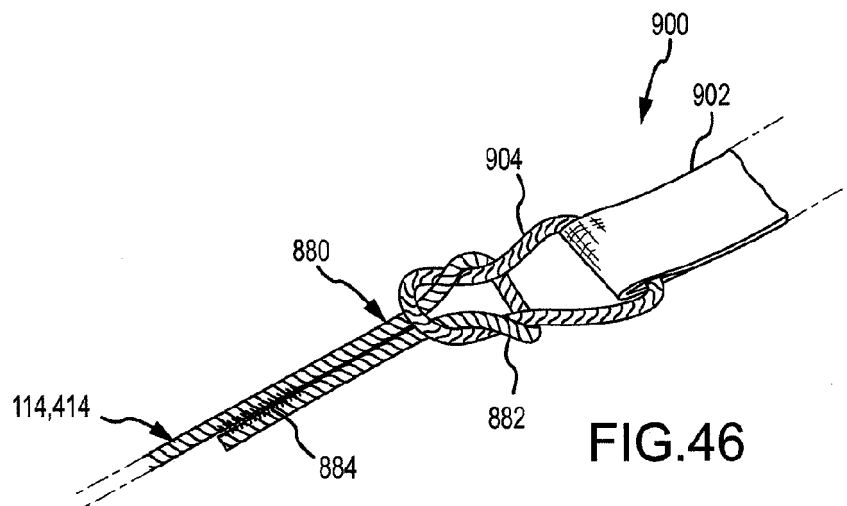


FIG. 45



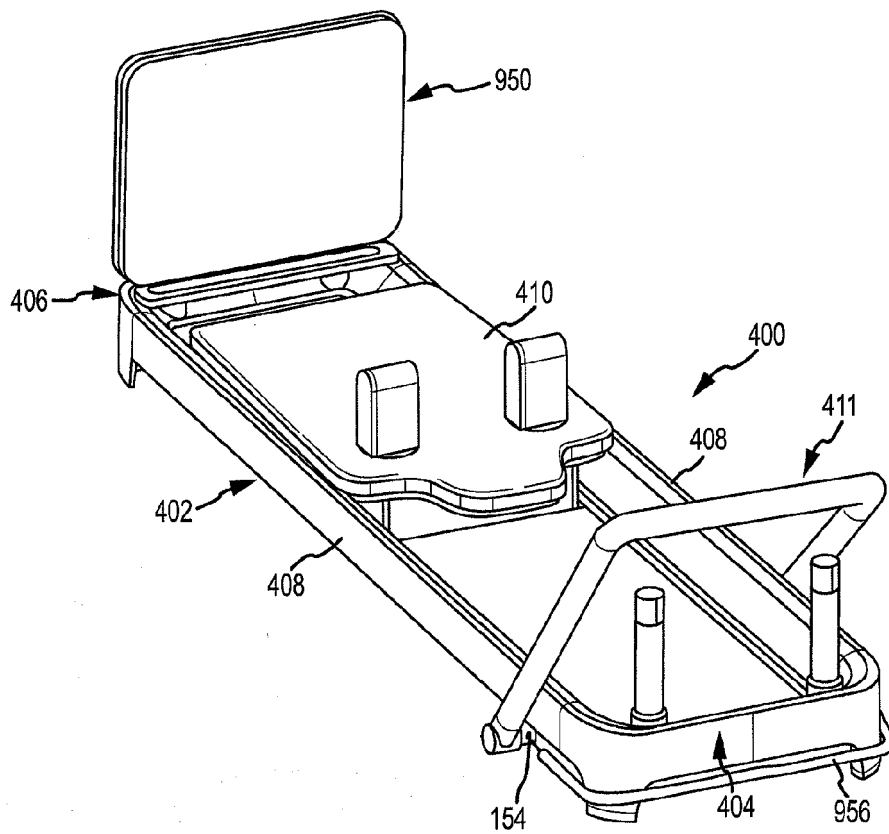


FIG. 48

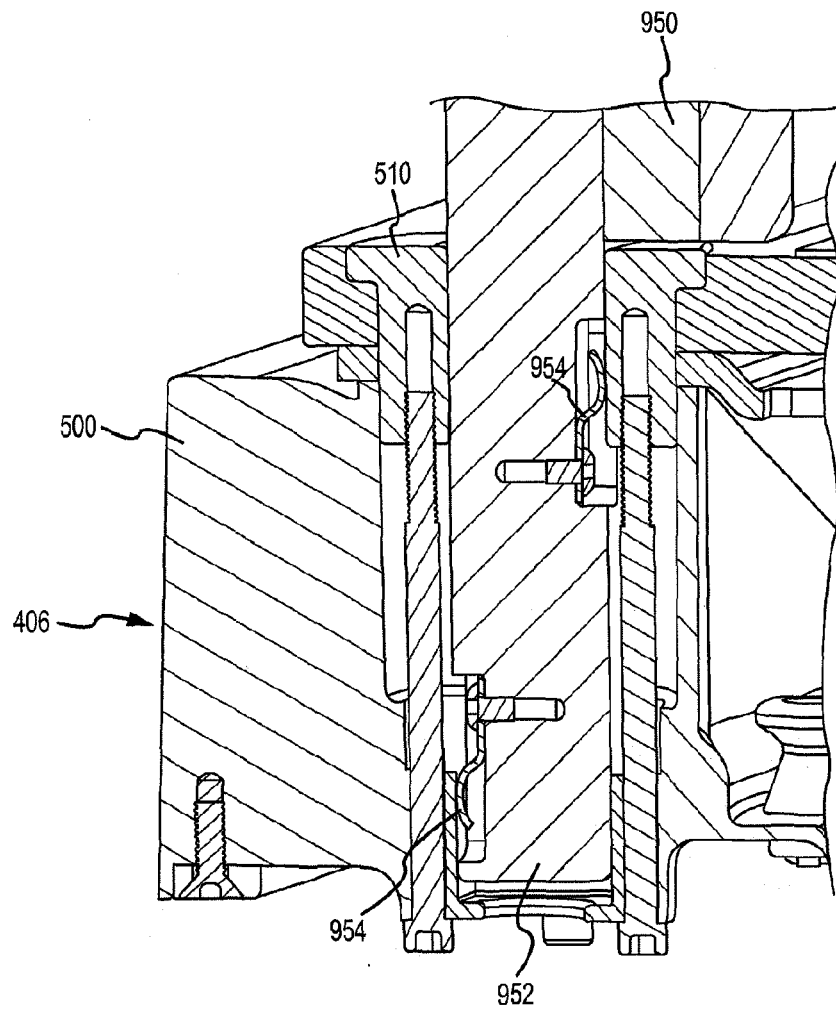


FIG.49



EUROPEAN SEARCH REPORT

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A	US 2009/247376 A1 (MERRITHEW LINDSAY G [CA] ET AL) 1 October 2009 (2009-10-01) * paragraph [0034] - paragraph [0042]; figures *	1,13,15	INV. A63B22/20 A63B21/055 A63B21/02
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			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 30 September 2015	Examiner Squeri, Michele
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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