CLAIMS

What is claimed is:

1. A chair exercise apparatus comprising:

a frame configured to rest on a horizontal surface;

an inverted Y shaped seat support fastened to an upper surface portion of the frame; the inverted Y shaped seat support having two lower ends merging upward into a common upper end, the two lower ends being fastened to the upper surface portion of the frame;

a seat fastened to the common upper end of the inverted Y shaped seat support; and

a pair of parallel arms each having a proximal end fastened to the frame and a foot support fastened to a distal end of each of the parallel arms, wherein each arm is biased away from the frame toward the seat, wherein one foot support carries a retractable member therein configured to selectively extend out of the one foot support so as to engage a portion of a corresponding opposite foot support to lock the one foot support and the corresponding opposite foot support together, wherein each foot support includes a hollow tube having one end fastened to one of the parallel arms and the retractable member is carried in the one end of the hollow tube in the one foot support so as to be extendable into the hollow tube of the corresponding opposite foot support and a push button actuator fastened in the hollow tube connected to the retractable member.

2. The chair exercise apparatus according to claim 1 further comprising a flexible member carried in the hollow tube connecting the push button actuator to the retractable member.

3. The chair exercise apparatus according to claim 1 wherein the retractable member is a cylindrical pin sized to extend partially from within the one foot support into a portion of the hollow tube of the corresponding opposite foot support.

4. A chair exercise apparatus comprising:

a frame configured to rest on a horizontal surface;

an inverted Y shaped seat support fastened to an upper surface portion of the frame, the inverted Y shaped seat support having two lower ends merging upward into a common upper end, the two lower ends being fastened to the upper surface portion of the frame;

a seat fastened to the common upper end of the inverted Y shaped seat support; and

a pair of parallel arms each having a proximal end fastened to the frame and a foot support fastened to a distal end of each of the parallel arms, wherein each arm is biased away from the frame toward the seat, wherein one foot support carries a retractable member therein configured to selectively extend out of the one foot support so as to engage a portion of a corresponding opposite foot support to lock the one foot support and the corresponding opposite foot support together wherein the retractable member is actuated by a push button actuator extending out of an opposite end of the one foot support.

5. The chair exercise apparatus according to claim 4 wherein the retractable member is coupled to the push button actuator by a flexible member.

6. The chair exercise apparatus according to claim 5 wherein the flexible member is a polymer tube.

7. The chair exercise apparatus according to claim 4 wherein each foot support includes a hollow tube having one end fastened to one of the parallel arms and the retractable member is carried in the one end of the hollow tube in the one foot support so as to be extendable into the hollow tube of the corresponding opposite foot support.

8. A chair exercise apparatus comprising:

a frame configured to rest on a horizontal surface;

an inverted Y shaped seat support fastened to the frame, the seat support having two lower ends merging upward into a common upper end;

a seat fastened to the common upper end of the inverted Y shaped seat support;

a pair of parallel arms each having a proximal end fastened to the frame and a foot support fastened to a distal end of each of the parallel arms, wherein each arm is biased away from the frame toward the seat, wherein one foot support carries a retractable member therein configured to engage a portion of a corresponding opposite foot support to selectively lock the one foot support and the corresponding opposite foot support together; and

a push button actuator assembly carried within the one foot support, wherein the push button actuator assembly includes a push button that extends out of an opposite end of the one foot support.

9. The chair exercise apparatus according to claim 8 further comprising a flexible member connected between the push button and the retractable member, and wherein the push button is biased between a first position in which the retractable member is withdrawn within the one foot support and a second position in which the retractable member extends out of the one foot support so as to engage the portion of the corresponding opposite foot support to lock the one foot support and the corresponding opposite foot support together.