ABDOMINAL EXERCISING APPARATUS WITH IMPROVED ENGAGING DEVICE

ABSTRACT

The present invention improves on prior art abdominal exercisers with horizontally slidable members by providing a large contact area for a subject's abdomen that maximizes the size of the abdominal region that is exercised and increases user comfort compared to prior art devices. In the preferred embodiment, the contact device comprises a substantially convex shape with respect to the vertical dimension of a subject's abdomen, a substantially flat shape with respect to the horizontal dimension of a subject's abdomen, and an outline that is shaped like a disk with a flattened top and bottom, thereby engaging a larger abdominal area than prior art devices. A vertical channel and two horizontal channels divide the device into six sections that make separate contact with a subject's abdomen. In a preferred embodiment, the individual sections have padded surfaces to increase user comfort.

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