

[54] JOGGING COMPUTER

3,518,985 7/1970 Quinton..... 128/2.05

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[57] **ABSTRACT**

This disclosure relates to a portable solid-state device for measuring and indicating physical exercise achievement attained through exercises, for example, walking, running and/or jogging in place or over a distance course in accordance with a predetermined exercise regimen. The device includes a digital computer to which is fed the output from an electromechanical sensor adapted to generate an electrical impulse in response to each step taken by an individual while walking, running or jogging at or above a predetermined rate. The computer counts the number of steps taken by the exerciser and measures the rate thereof, and integrates the product of the number and rate over the period of the exercise. The level of the integral is continuously compared to a pre-programmed schedule of a predetermined exercise regimen, and either audible or visual signal means or both are provided for indicating desired levels of achievement of the exercise regimen.

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[51] Int. Cl. **G08b 23/00**

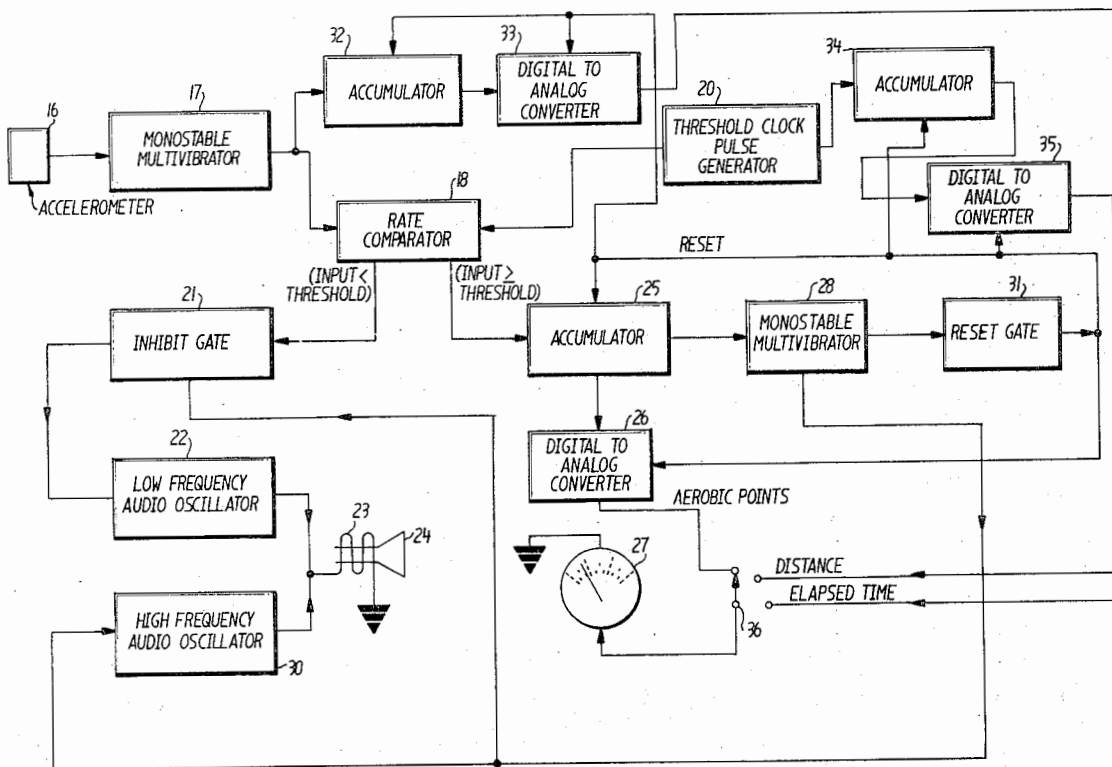
[58] Field of Search..... 340/323, 263; 128/2.1 R, 128/2.1 A, 205 R, 206 F; 272/DIG. 6; 324/161; 73/507, 518; 235/92 CA, 92 FQ

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16 Claims, 5 Drawing Figures



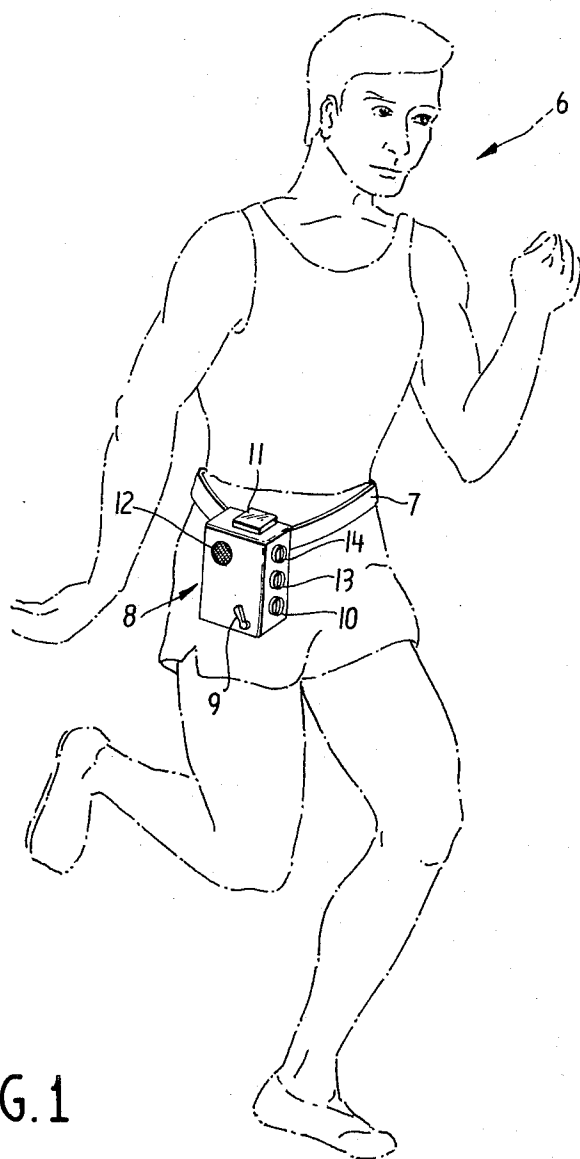


FIG. 1

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