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(57) Abstract :

The present invention relates to a portable exercising apparatus, comprises a main mounting assembly 5 having a geared mechanism and secondary mounting assembly 2 associated with the apparatus for fixing the apparatus on a door's frame, a threaded rod 3 passed towards an inner side of the assemblies 2, 5 for rotating the rod 3 freely inside the assembly 5, an extendable arm 10 having multitude of holes 11 in connection with the rod 3 by means of a joint 12 having a cavity for passing the rod 3 through the cavity, a pin is attached with the joint 12 in order to adjust length of the arm 10 through holes 11, a grip for holding and rotating the handle 8 in a user defined direction for performing hand exercise, at least two frictionless fasteners 6, 7 for adjusting the torque of the rod 3 according to user's need.

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