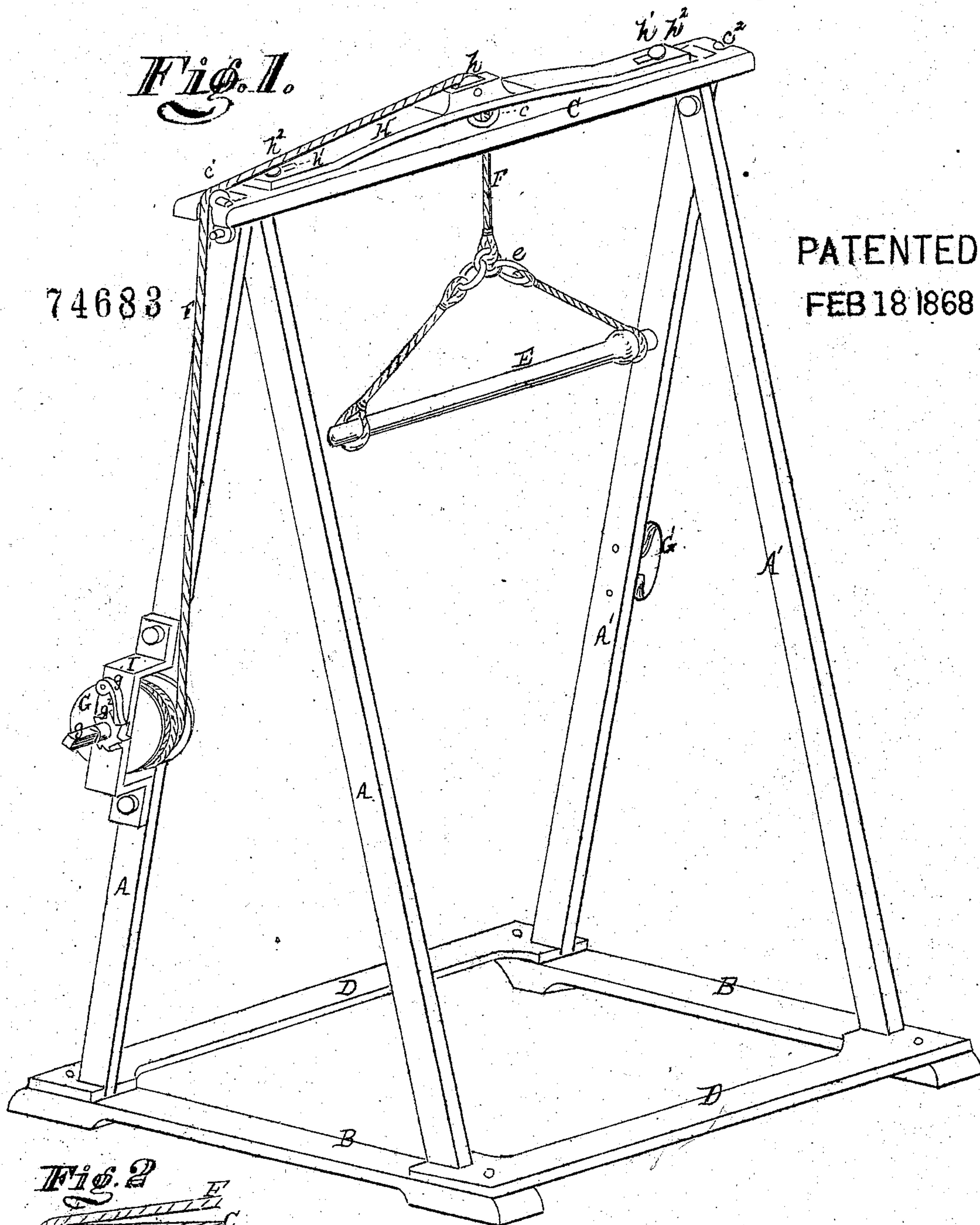


*Geo. W. S. Hall. Exercising Appr.*

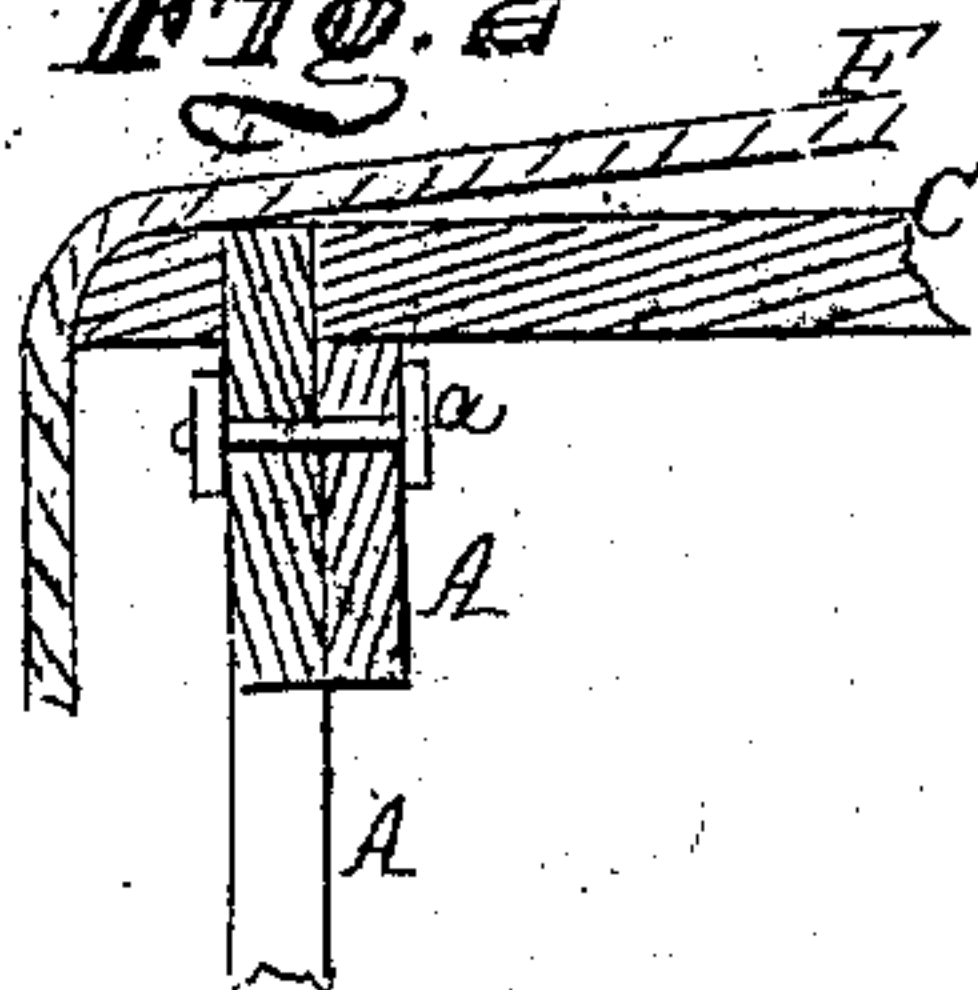
*Fig. 1.*



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*Fig. 2.*



Witnesses:  
Chas. G. Smith  
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# United States Patent Office.

GEORGE W. S. HALL, OF BALTIMORE, MARYLAND.

*Letters Patent No. 74,689, dated February 18, 1868.*

## EXERCISING-APPARATUS.

*The Schedule referred to in these Letters Patent and making part of the same.*

### TO ALL WHOM IT MAY CONCERN:

Be it known that I, GEORGE W. S. HALL, of the city and county of Baltimore, and State of Maryland, have invented a new and useful Exercising-Apparatus for Expanding the Chest; and I do hereby declare the following to be a full, clear, and exact description of the same, reference being had to the accompanying drawings, which are made a part of this specification.

This apparatus has a horizontal bar suspended by a rope passing over a spring, which adapts said bar to yield somewhat under the weight of a person, who may, by grasping the bar with both hands, throw the weight of his body upon his arms, or suspend himself, in order to expand and develop the muscles of the chest.

Figure 1 is a perspective view of an apparatus embodying my invention.

Figure 2 is a detached sectional view, showing the mode of joining the standards to the tie-beam at top.

Similar letters of reference represent corresponding parts in the two figures.

In the drawings, A A A<sup>1</sup> A<sup>1</sup> represent two pairs of standards, which are planted in the ground-sills B B, jointed together at *a*, and connected at top by the cap-pièce or tie-beam C. D D are spring-boards, connecting the ground-sills B together. E is a horizontal bar, suspended at *e* to the rope F by ring or other suitable connections, whence the said rope F passes upward through an aperture, *c*, in the tie-beam C, and over a pulley, *h*, journalled in the centre of the spring H. From the pulley *h* the rope is carried to either end of the tie-beam, and may be carried thence downward, (resting upon a guide-pulley, *c*<sup>1</sup>, as shown, or in a mere opening, *c*<sup>2</sup>,) and made fast to a drum, G, journalled in one of the standards A, and a bracket, I, secured thereto, or it may be made fast to a cleat, G<sup>1</sup>. The drum G is the preferred means for retaining the rope F, as it may be rotated by a handle applied to the square, *g*, of its journal, and thus made to wind or unwind the rope F, in order to place the bar at the proper height to suit the user, a detent, *g*<sup>1</sup>, on the bracket I, being employed in conjunction with a ratchet-wheel, *g*<sup>2</sup>, on the journal of the drum, to hold the bar E in the desired position. One of the standards A A<sup>1</sup> of each pair, is fitted into a mortise in the cap-piece C, while the other serves to support the latter, as shown in fig. 2. The ends of the spring H may be provided with slots *h*<sup>1</sup>, which permit them to play freely upon the pins or screws *h*<sup>2</sup>, which attach the same to the cap-piece. The elastic yielding character imparted to the suspensory bar E by the spring H, relieves the shoulder-joints of the jar which they would receive if the bar were rigidly supported. The spring-boards D are also of service in this connection, as they afford elastic bearing-points for the feet.

An effective mode of exercising with this apparatus is to grasp the bar E with both hands and throw the weight of the body upon the bar above, and the spring-board below, alternately. The yielding character of the support of the bar E renders it superior to the common horizontal bar of gymnasiums, and it possesses the additional advantage of constituting a yielding swing. The parts A A<sup>1</sup> B C D, are detachable from each other, so that the apparatus may be readily "put up" for use, or "taken down" for stowage or transportation. Braces of suitable form may be applied to the upper corners or other part of the frame to sustain it laterally.

Having thus described my invention, the following is what I claim as new, and desire to secure by Letters Patent:

The combined arrangement of the horizontal-bar E, adjustable suspension-rope F, and spring H, as and for the purposes set forth.

Witnesses:

J. E. M. BOWEN,  
CHAS. D. SMITH.

G. W. S. HALL.