

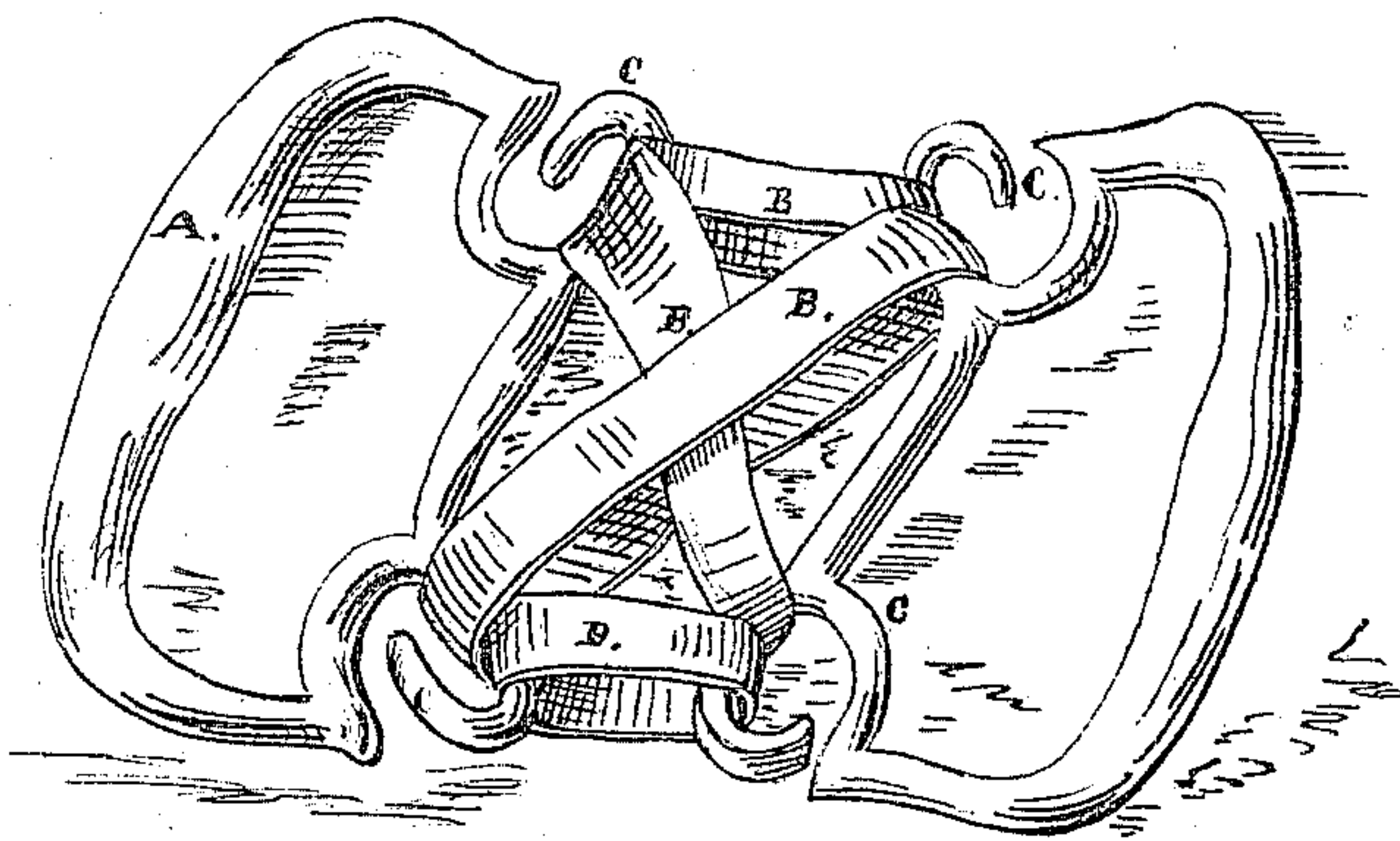
H. E. EASTMAN.

Exercising Apparatus.

No. 134,527.

Patented Jan. 7, 1873.

Fig. 1.



Witnesses:

H. Smith
E. C. Hamilton

Inventor:

Henry E. Eastman

UNITED STATES PATENT OFFICE.

HARRY E. EASTMAN, OF GREEN BAY, WISCONSIN.

IMPROVEMENT IN EXERCISING APPARATUS.

Specification forming part of Letters Patent No. 134,527, dated January 7, 1873.

To all whom it may concern:

Be it known that I, HARRY E. EASTMAN, of Green Bay, in the county of Brown, in the State of Wisconsin, have invented certain Improvements in Gymnastic or Calisthenic Instruments, called "The Calisthenic Master," of which the following is a specification:

Nature and Object of the Invention.

My invention is for the purpose of invigorating and developing the muscular system of the whole body, and especially that of the chest and respiratory organs; also, for the purpose of recovering the loss of motion, and restoring paralyzed parts to tone and vigor; also, to promote grace and uniformity of movement, and strength of body and limbs. By grasping the handles of the instrument and applying force to pull them asunder according to the capacity of the party using it; by assuming different attitudes and positions of the body in relation to the motor power applied, every muscle of the body can be brought into brisk or gentle and healthful exercise, with desirable results not produced by any other method.

Description of the Drawing forming part of this Specification.

Figure 1 is a perspective view of my invention.

General Description.

A represents the handles of the instrument, to be constructed of any metal or material most desirable or suitable for such purpose. B represents the rubber or other elastic straps

or bands to attach or connect together the handles, by means of which the power is applied and purpose attained. C represents the connection of the elastic straps or bands with the handles.

The use and design of this instrument are as follows: By grasping the handles in either hand and pulling them asunder at different angles and attitudes of the limbs and body with greater or less force and exertion, the whole muscular system is brought into action, particularly the respiratory organs, the chest, &c. By the use of heavier or lighter elastic straps or bands the instrument can be adapted to the strength of the weak and the strong without lack of effect to the one or danger of over-exertion to the other.

By its compact form and easily-adjustable nature this instrument may at all times have place, with other indispensable articles, in the traveler's toilet-case, and be ever ready for use at home or abroad. By its use it is claimed that tone and vigor, and uniform strength and grace and action, will be given to the limbs, and the whole body derive a benefit not attainable by any other mode of exercise.

Claim.

I claim as my invention—

The handles A provided with the hooks C, in combination with the elastics B, arranged substantially as set forth.

HARRY E. EASTMAN.

Witnesses:

J. B. SMITH,
GEO. W. LEE.