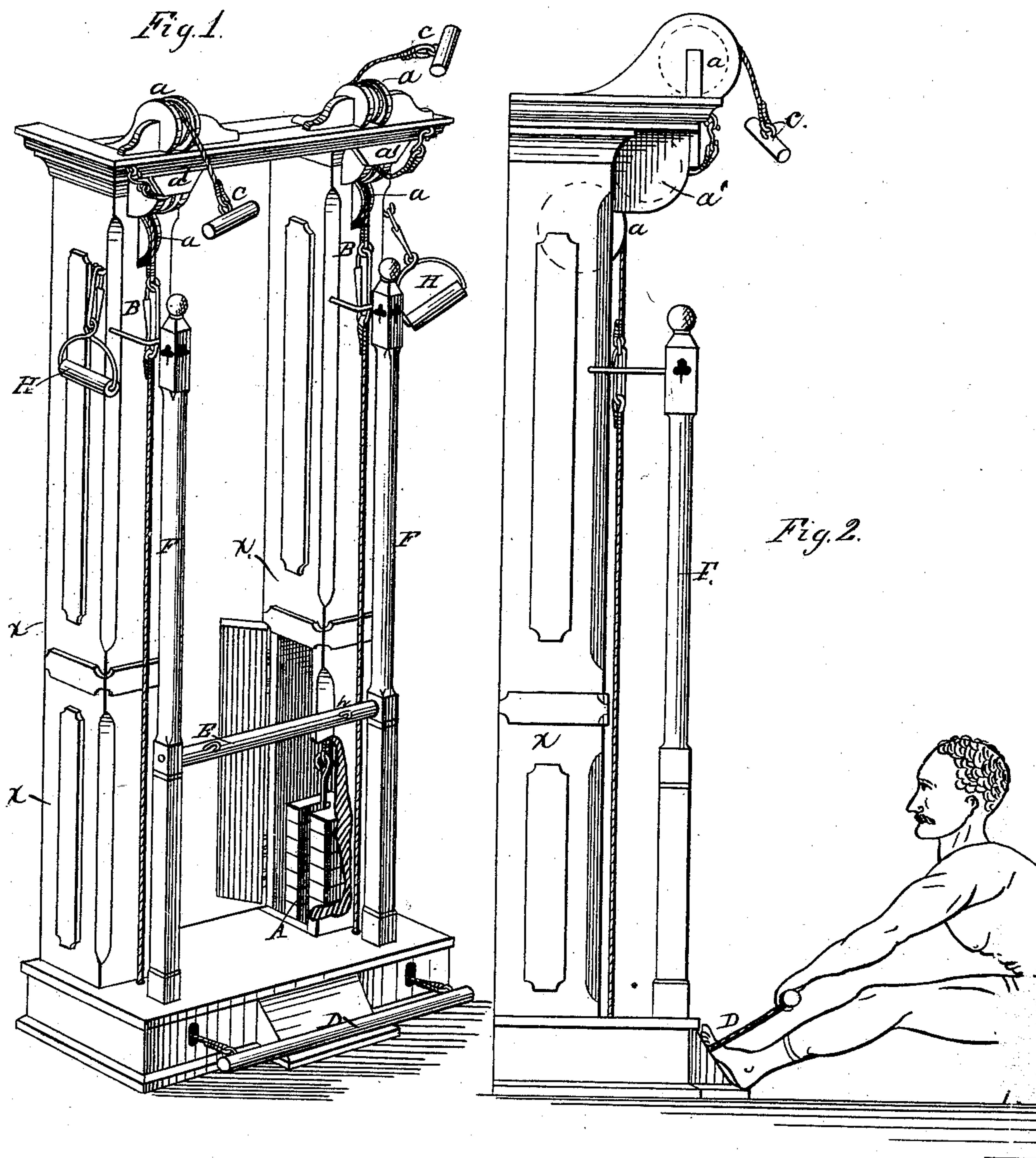


O. DUPLESSIS.
Exercising Machine.

No. 223,668.

Patented Jan. 20, 1880.



Witnesses:
F. B. Townsend
W. F. Wallace.

Inventor:
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Attorney.

UNITED STATES PATENT OFFICE.

ODILON DUPLESSIS, OF CHICAGO, ILLINOIS, ASSIGNOR OF ONE-HALF OF
HIS RIGHT TO CHARLES O. DUPLESSIS, OF SAME PLACE.

EXERCISING-MACHINE.

SPECIFICATION forming part of Letters Patent No. 223,668, dated January 20, 1880.

Application filed February 4, 1879.

To all whom it may concern :

Be it known that I, ODILON DUPLESSIS, of the city of Chicago, county of Cook, and State of Illinois, have invented a new and useful Improvement in Exercising-Machines; and I do hereby declare that the following is a full, clear, and exact description of the invention, which will enable others skilled in the art to which it appertains to make and use the same, reference being had to the accompanying drawings and letters of reference marked thereon, which form a part of this specification.

The object of this invention is to furnish in portable shape and in convenient form a combination of appliances for gymnastic and other exercises for developing the muscles, strength, and physical culture.

I make no claim to any of the appliances as now used in well-regulated gymnasiums, my invention being in the combination as described.

My improvement consists in the combination of a series of pulleys, weights, and cords, so constructed as to furnish means for a variety of muscular exercises in different positions; also, chest-bars for developing the chest and muscles of the body, and a wrist-bar for strengthening and developing the muscles of the wrist and arm, and a rowing attachment, whereby exercise similar to that of rowing a boat is obtained, all of which are combined in a portable apparatus which can be manufactured at reasonable cost, and which is of real value to families and individuals who at present are deprived of muscular exercise by reason of their occupation or location.

I am aware that many of the exercises furnished by my combined apparatus can be severally found in first-class gymnasiums; but they are in separate bulky and expensive form, and are so constructed that they can only be of use in a large room, while by my combination a compact portable apparatus may be constructed, so as to be an ornament to the school-room, study, or library, and within the means of those who are unable to avail themselves of a gymnasium.

Figure 1 of the drawings represents a complete apparatus made in accordance with my

invention, ready for use. It should be about six feet high and properly proportioned, and may be fastened to the side of the room and floor by means of screws. The weights A for the pulleys and cords are kept in the bottom of the cases or standards *x x*, and the cords to which they are attached are incased in the standards of the apparatus. These cords pass over the various pulleys, and may be adjusted so as to furnish exercises. For example, for a "pull-down" exercise, the handles *c*, projecting over the top of the apparatus, are within the reach of grown persons, weights being added as the strength increases.

For ladies and children, the handles H may be attached to the cords at the pulleys *a'*, directly underneath the top ones, first detaching the cords outside the standards.

For a "pull-up" or lifting exercise, the cords may be connected with the cord passing over pulley at B, and thence passing down through the base and over a pulley, and coming out in front, and to which may be attached a bar, as D in the side view, Fig. 2, for exercise similar to that of rowing; or handles for each cord may be attached for lifting-exercise, which may be done in a variety of positions.

The chest-bars F F in Fig. 1 are for the usual chest-exercise, and are in a neat and compact shape.

The wrist-bar E in Fig. 1 is put ready for practice by pulling down the cords from B B and hooking them onto the bar at *h*.

In the rowing attachment D the person sits on a stool which is movable, with feet braced against the base of the apparatus, and produces the rowing exercise.

Having thus described my invention, I claim as new, and desire to secure by Letters Patent—

The compact portable exercising-machine substantially as shown and described, the same comprising the upright standards or cases *x x* and their inclosed weights and cords, pulleys *a a'*, detachable handles, and bars D E F F, as and for the purposes set forth.

ODILON DUPLESSIS.

In presence of—

W. F. WALLACE,
EDWARD O'BRIEN.