

(No Model.)

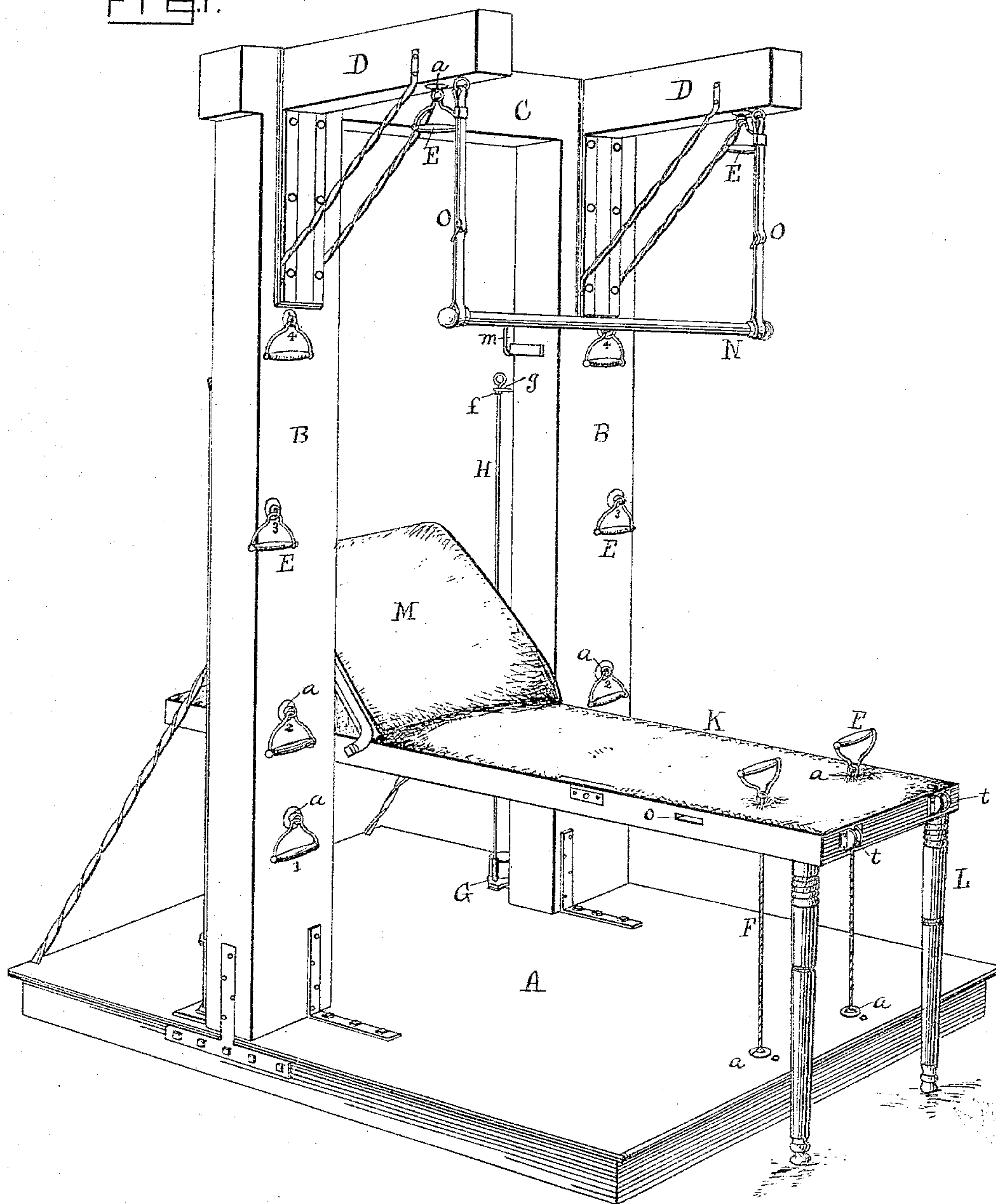
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J. E. RUEBSAM.
EXERCISING APPARATUS.

No. 321,388.

Patented June 30, 1885.

Fi. 1.



WITNESSES:

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(No Model.)

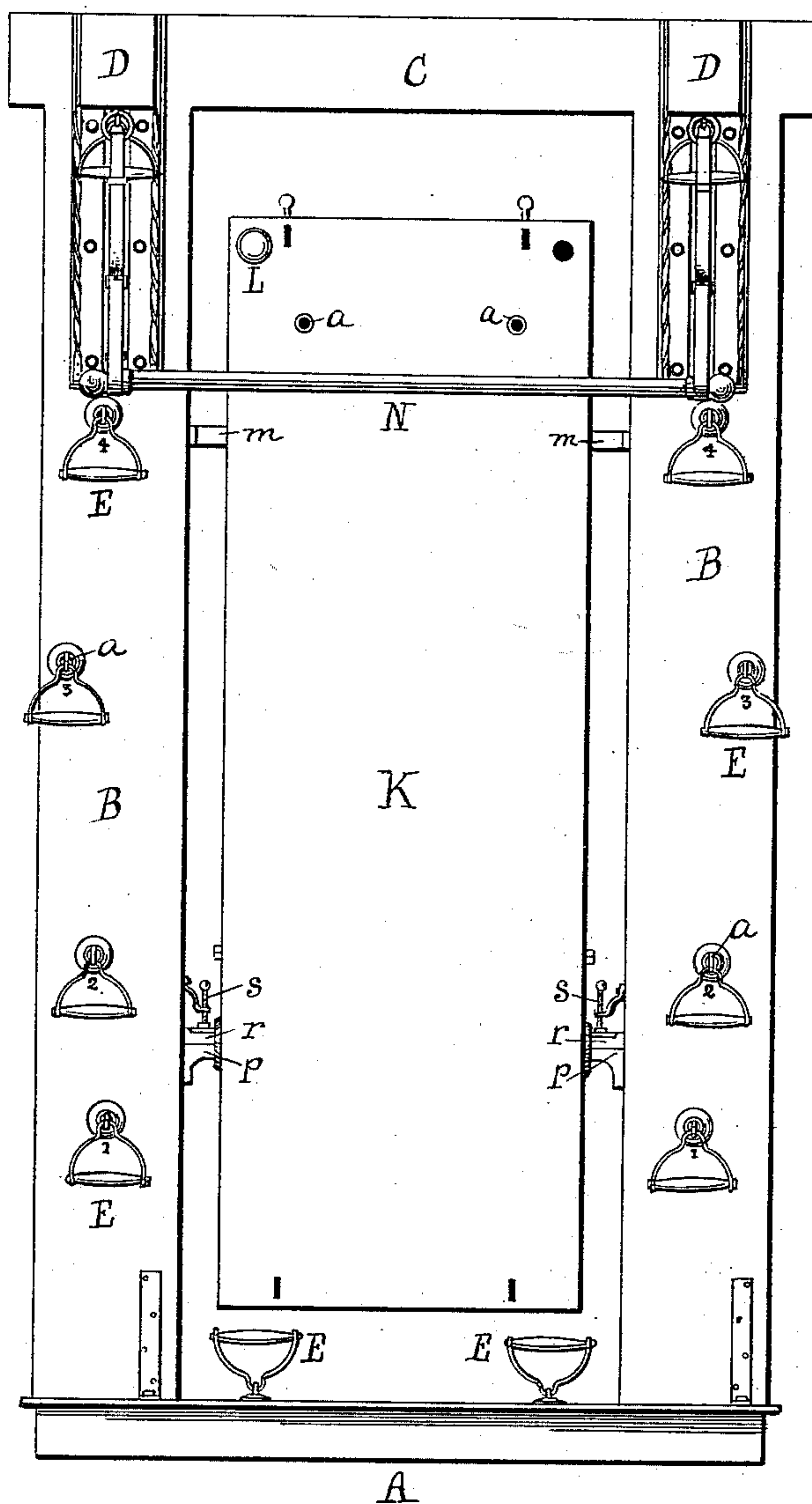
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EXERCISING APPARATUS.

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Patented June 30, 1885.

Fig 2



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(No Model.)

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J. E. RUEBSAM.
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Fig 3

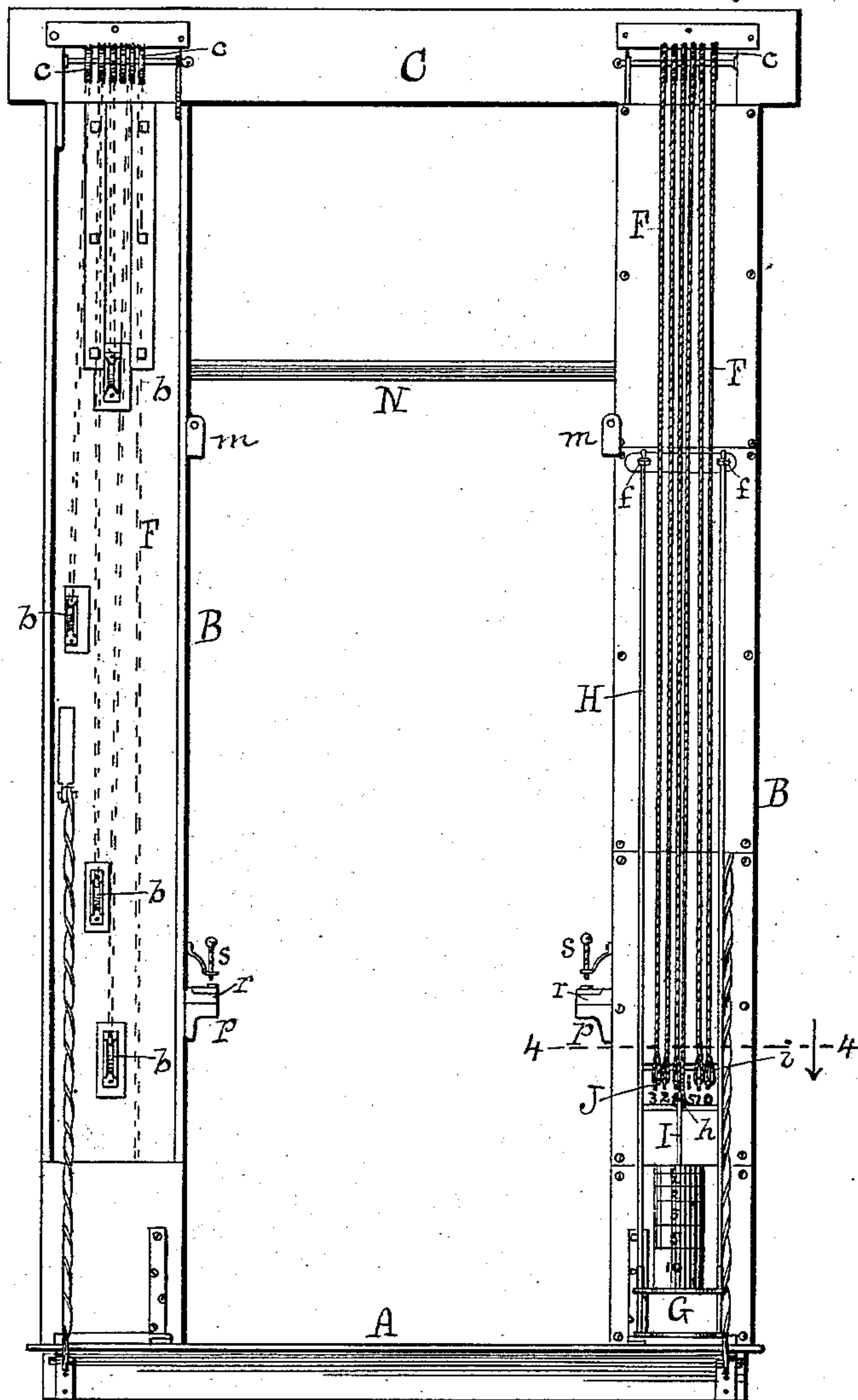
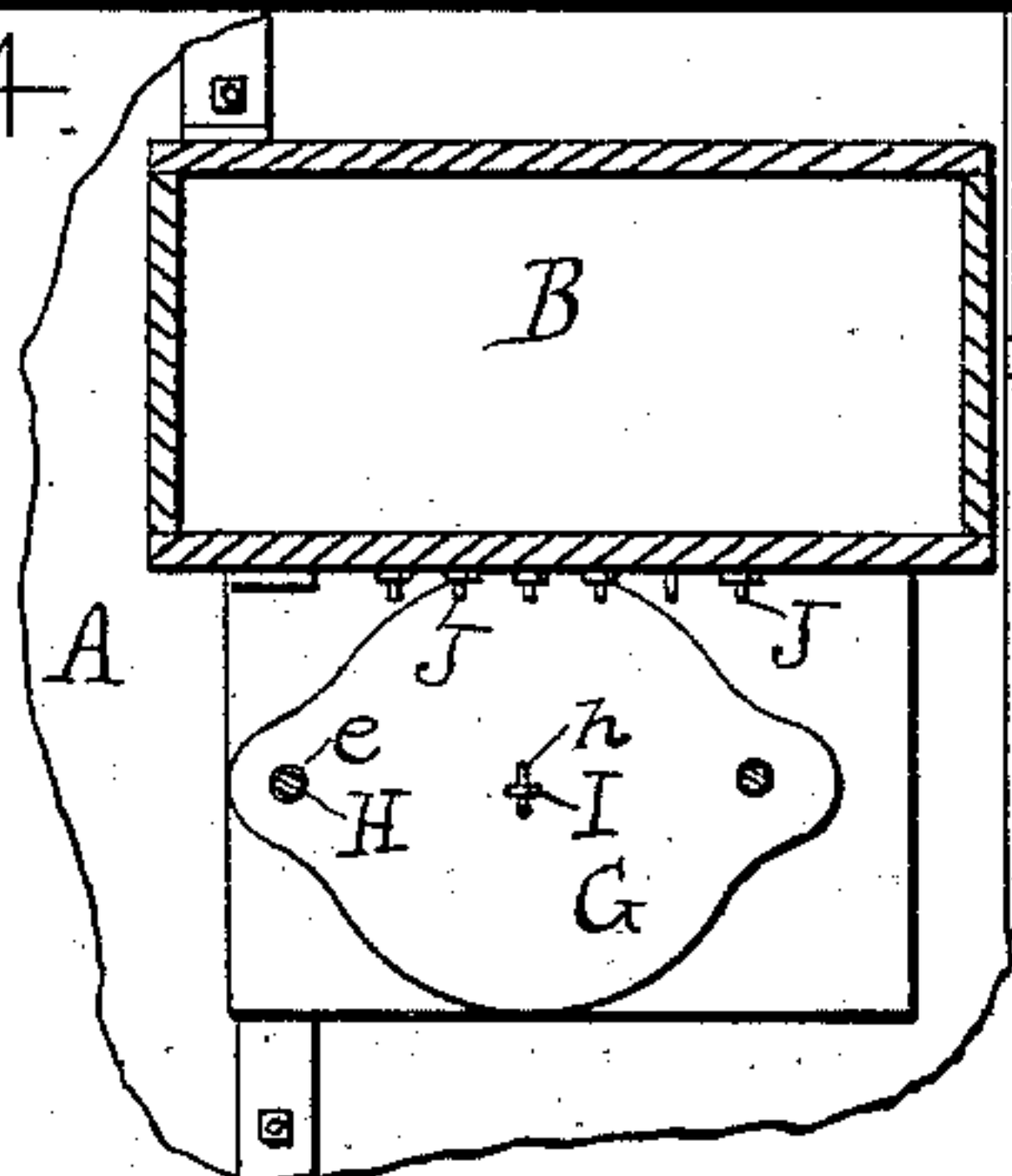


Fig 4



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UNITED STATES PATENT OFFICE.

JOHN E. RUEBSAM, OF WASHINGTON, DISTRICT OF COLUMBIA.

EXERCISING APPARATUS.

SPECIFICATION forming part of Letters Patent No. 321,388, dated June 30, 1885.

Application filed February 24, 1885. (No model.)

To all whom it may concern:

Be it known that I, JOHN E. RUEBSAM, of Washington, in the District of Columbia, have invented a new and Improved Exercising Apparatus; and I do hereby declare that the following is a full and exact description thereof, reference being had to the accompanying drawings, making part of this specification.

The object of my invention is to provide an apparatus by means of which all of the muscles of the human body may be exercised and developed in every position, whether standing, sitting, or reclining. In carrying out the objects of my invention I employ a system of adjustable weights, together with a series of ropes and pulleys, which ropes are so arranged that they may be used in various different positions.

In the drawings, Figure 1 is a perspective view of the apparatus. Fig. 2 is a front view thereof. Fig. 3 is a rear view of the same, the casing and weight devices on one side being removed; and Fig. 4 is a detail section of one of the upright standards, the section being taken in a plane indicated by the line 4 4 in Fig. 3.

Like letters designate corresponding parts in all of the figures.

The frame-work of the apparatus comprises a platform, A, two upright standards, B B, a cross-bar, C, connecting said standards at the top, and two horizontal beams, D D, extending out over the platform from the upper ends of the standards B B. All of these parts are securely joined and braced, so as to form a frame-work which shall be firm and strong enough to stand any strain which would be likely to be produced by any one exercising thereon.

The standards B B are made of sufficient height—say seven or eight feet—so that the horizontal beams D D may be just within reach, and are placed at such a distance apart that they may both be within convenient reach of a person standing between or in front of them. The standards B B and beams D D are constructed as hollow boxes, in which are arranged the ropes and pulleys. One side of the casing thus formed is made readily removable, so as to permit access to the interior. The ends of the ropes within the standards, &c., pass out through apertures *a a* at different heights in

the standards, and are attached either permanently or removably to handles E E. These several handles are arranged in pairs on the two standards B B, and each pair is adapted to be used simultaneously by the two hands.

The number of the handles on each standard may be varied without departing from the essence of this invention; but the numbers shown—four on each—is a suitable number, and furnishes a range of exercise amply sufficient for all purposes.

The horizontal beams D D are each provided with a single aperture, *a*, on the under side and a handle, E, in order to provide for a downward pull. Two similar apertures and handles are also arranged in the platform to provide for an upward pull or lift. To each of these handles is attached a separate rope, F. Each rope from the handle on the standards and beams passes first around a pulley, *b*, mounted within the casing tangentially to the aperture *a*, thence within the casing over a pulley, *c*, mounted at the upper part of the standard, and thence downward outside of the casing and at the rear of the standard to near the bottom thereof, where it is or may be connected to a suitable weight. Each of the ropes from the handles on the platform passes around an additional or guide pulley at the bottom of the standard before passing over its pulley *c* at the top thereof.

Instead of having a separate weight for each rope, I provide one weight for each standard, and connect this weight in turn with each rope, according to which handle it is desired to use.

In order that the weight may be varied to suit the individual or the character of the exercise which is to be taken, I provide a plate, G, adapted to be attached to the ropes, and upon this plate different weights or a series of weights may be placed. This plate is provided with two apertures, *e e*, on opposite sides, which are passed over vertical guide-rods H H, whereby the proper position of the plate is maintained and lateral movement thereof is prevented. The rods are rigidly held at the top, to prevent vibrations thereof, by nuts *f f*, which secure them to bars *g g*, extending out from the standards. These bars *g g* also serve to limit the vertical

movement of the weighted plate, the extent of which should properly be about five feet. The plate G is attached to the ropes by means of a rod, I, centrally attached to the plate, which rod has a hook, *h*, on its upper end, which is adapted to be inserted in a loop, *i*, formed on the end of each rope.

In order that the ropes which are not in use may not become tangled or interfere with the operation of the weight, a series of hooks, J J, corresponding in number with the number of ropes, are secured to the outer casing of each standard at such a position that when the loops of the ropes are connected to their respective hooks the ropes are held taut. When, then, it is desired to change a rope, the one previously in use is taken off from the hooked rod I and is transferred to the vacant hook J, which will be its proper hook, and the desired rope is detached from its hook J and is transferred to the hooked rod I.

In order that the various ropes may be easily distinguished, I number each of the handles E E by a number painted or otherwise permanently indicated on the standard, and each of the hooks J J is designated by its proper corresponding number, indicated on the standard in the immediate vicinity of the proper hook. For example, if it is desired to exercise with handle No. 3, all that is necessary to be done is to unhook the rope already attached to rod I, transfer it to its proper hook, J, (in the case shown, hook No. 5,) and then transfer the rope from hook No. 3 to the now vacant rod I; and in a similar manner any of the other ropes may be brought into operation.

As thus far described, the apparatus can be conveniently used in a standing position and by the arms only. In order to still further extend the character and range of the exercise afforded by the apparatus, I arrange, in connection therewith, a lounge or couch, K. This lounge is pivotally supported at its rear by and between the standards B B, and is supported at the front by removable legs L L, one of which is removed, as shown in Fig. 2. When the lounge is not to be used, it may be turned up out of the way, as shown in Fig. 2, it being held in that position by catches *m m*, pivoted to the standards, which engage with grooves *o o* in the sides of the lounge. When in this position, the lounge forms a convenient support for the back while exercising in a standing position; or the lounge may be entirely removed from the frame-work, if desired. In order that this may be accomplished, each pivot of the lounge is held between a fixed bearing, *p*, secured to each standard, and a removable bearing, *r*, which is held in place by a screw, *s*.

The lounge is provided with an adjustable head or back rest, M, and with apertures *a a* in the front, through which the ropes from the apertures in the platform are passed, and handles E E are fixed thereto above the lounge. These handles can be operated by the hands

or by the feet. Pulleys *t t* are arranged on the front of the lounge, and over these the ropes from the lounge apertures may be passed to permit a downward exercise of the legs. All of the other handles on the standards and horizontal beams are within reach of a person lying on the couch, and afford exercise of various kinds.

I also provide a horizontal bar, N, suspended by adjustable straps O O from the beams D D, which is properly adjusted so as to be within reach of a person lying on the lounge, and by which he may lift himself up, and thus bring into action the muscles of the abdomen.

This apparatus is adapted to be utilized in many ways besides those indicated, and is capable of many exercises which need not here be enumerated. By means of the adjustable systems of weights it can be adapted to the use of all persons, and the variety of the exercises afforded renders it a complete gymnasium in itself, and adapts it for use in the treatment of numerous muscular and nervous affections.

I am aware that many gymnasiums are provided with an apparatus designed to give exercise similar to that of rowing a boat, which is composed of a single weight, a single handle, and rope passing over suitable pulleys and connecting said handle and weight; and I am also aware that similar apparatus have been designed wherein the rowing-handles are removable and additional handles are provided for attachment to the same rope at a point or points above the head to provide for pulling in a downward direction, and I make no claim to such constructions.

I claim as my invention—

1. In an exercising apparatus, an upright standard and a series of handles arranged at different heights thereon, in combination with a series of ropes, one rope being attached to each of said handles, which ropes connect said handles with a weight or weights, substantially as set forth.

2. In an exercising apparatus, an upright standard, a series of handles arranged at different heights thereon, and a series of ropes, one of said ropes being attached to each of said handles, in combination with a single weight or a single set of weights, with which each of said ropes is adapted to be in turn connected, substantially as set forth.

3. In an exercising apparatus, a platform, two upright standards, and two beams attached to said standards, which extend out over said platform, in combination with a series of handles arranged in pairs on said platform, standards and beams, and a series of ropes, one of said ropes being attached to each of said handles, which ropes connect said handles with a weight or weights, substantially as set forth.

4. A plate adapted to receive weights, and a hook attached thereto, in combination with a series of fixed hooks and a corresponding series of ropes, which are normally hooked to said fixed hooks, and which are adapted to

be separately transferred to the hook on said weight-plate, substantially as set forth.

5 5. The upright standards, and the handles, ropes, and weights arranged therewith, substantially as set forth, in combination with a lounge pivoted to and between said standards, which lounge is normally supported in a substantially horizontal position, and at such a height as to enable convenient access to be had
10 to the several handles on said standards, substantially as set forth.

6. The upright standards and the lounge arranged in connection therewith, in combination with the beams secured to the upper ends
15 of said standards, and a horizontal bar adjust-

ably suspended from said beams, substantially as set forth.

7. The standards B B and the catches *m m*, pivoted thereto, in combination with the lounge K, pivoted to and between said standards, and 20 provided with grooves *o o* on the sides, with which said catches are adapted to engage, substantially as set forth.

In testimony whereof I have hereunto signed my name in the presence of two witnesses.

JOHN E. RUEBSAM.

Witnesses:

ARTHUR S. BROWN,
SAML. C. MILLS.