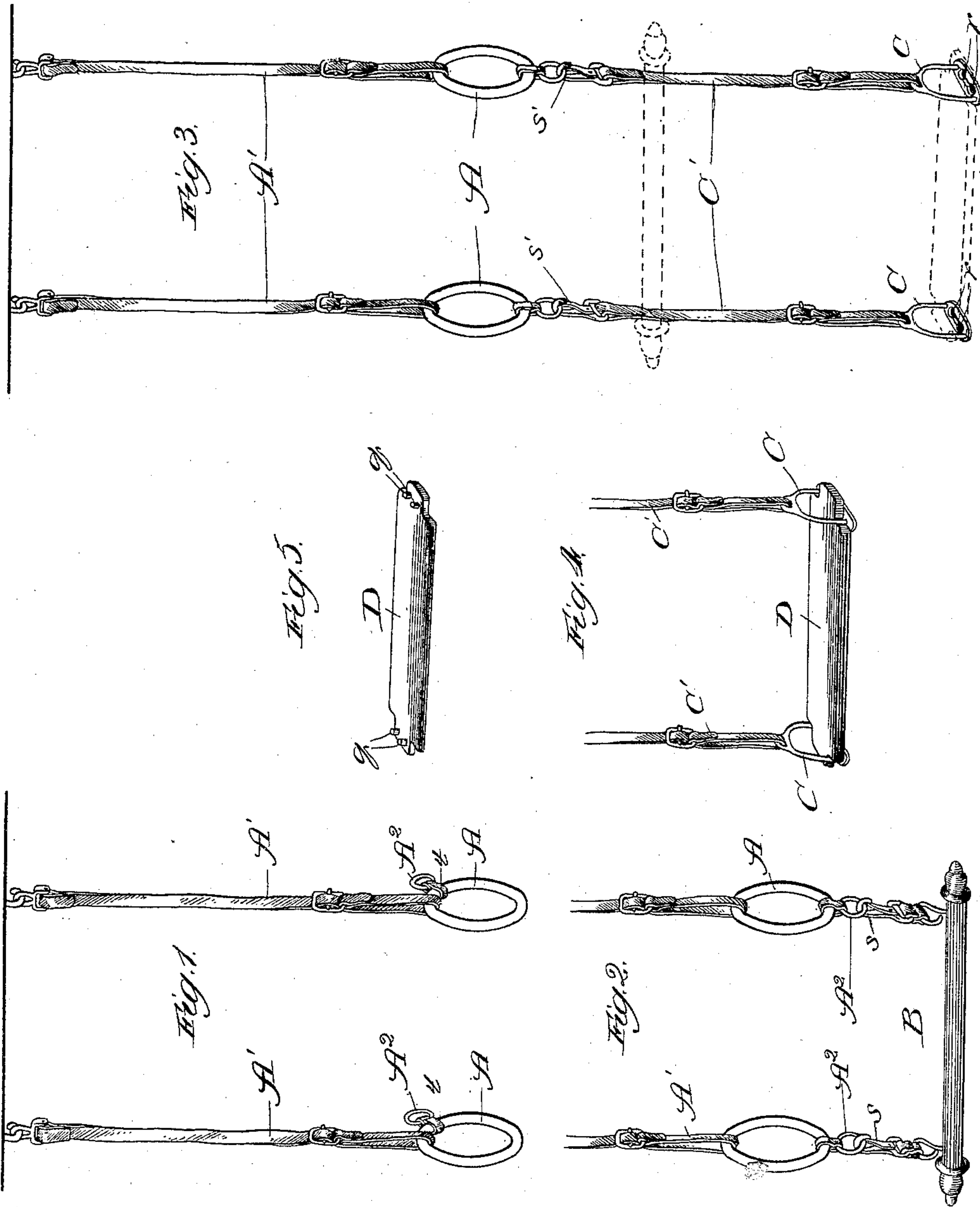


(No Model.)

J. GLOY.
PARLOR GYMNASIUM APPARATUS.

No. 431,206.

Patented July 1, 1890.



Witnesses:
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UNITED STATES PATENT OFFICE.

JOHN GLOY, OF CHICAGO, ILLINOIS.

PARLOR GYMNASIUM APPARATUS.

SPECIFICATION forming part of Letters Patent No. 431,206, dated July 1, 1890.

Appliation filed February 17, 1890. Serial No. 340,778. (No model.)

To all whom it may concern:

Be it known that I, JOHN GLOY, a citizen of the United States, residing at Chicago, in the county of Cook and State of Illinois, have invented a new and useful Improvement in Parlor Gymnasium Apparatus, of which the following is a specification.

My invention relates to improvement in portable gymnasium apparatus designed more especially for home use, where it may be readily placed in operative position or removed at pleasure.

The object of my invention is to provide different gymnastic appliances adapted to be combined in a single apparatus, whereby while each may serve its original purpose they may be brought into such relative positions as to render their successive use the more convenient, and to cause them to permit the practice of exercises rendered possible by the manner of combining them.

In the drawings, Figure 1 is a perspective view of adjustably-suspended exercising-rings provided with means for attaching thereto other of the appliances; Fig. 2, a broken perspective view of the exercising-rings with a turning-bar, affording a trapeze; Fig. 3, a perspective view of the apparatus with all the appliances in operative position, some of the appliances being shown in dotted lines for purposes of illustration; Fig. 4, a broken perspective view of the stirrups provided with a platform, and Fig. 5 a perspective view of the under side of the platform.

The exercising-rings A are suspended by straps A' from hooks, which may be secured to the upper part of a door-casing or other overhead-support, the straps being looped around the rings and provided at the ends with sliding buckles, whereby they may be adjusted to raise or lower the rings, as desired. Secured to the exercising-rings A, by short straps or bands t, are small metal rings or eyes A², the bands t fitting closely around the exercising-rings to hold themselves by friction at any adjusted position, whereby they, with the eyes, are maintained out of the way when it is desired to use the exercising-rings alone. The trapeze-bar B is provided

toward opposite ends with fasteners in the form of snap-hooks s, to engage the eyes A² and support the bar in operative position. The stirrups C have straps C', adjustable as to length in the same manner as the straps A', and provided with fasteners—such as snap-hooks s'—to engage the eyes A², from which the stirrups are thus suspended. The bases of the stirrups are formed with sockets r. The platform D is reduced in width toward its ends to enter the stirrups C, and is provided on its underside with studs q, which engage the sockets r, and operate to hold the platform against slipping.

The exercising-rings alone, or with the trapeze attached, may be used in the ordinary way to train the muscles of the arms, chest, and back. When the stirrups are used without the platform, the feet are inserted into them, the operator grasping the exercising-rings or trapeze-bar when in place with his hands to maintain his body upright. This appliance may be used with great benefit in training the muscles of the whole body, and particularly those of the legs and feet. The platform when adjusted may be used for balancing, to exercise the nervous system, to cultivate courage and presence of mind.

While my improved apparatus may be employed with benefit by grown people of both sexes, it is especially adapted for the use of children, by whom the apparatus may also be used as a swing, the platform D affording the seat.

What I claim as new, and desire to secure by Letters Patent, is—

In an exercising apparatus, the combination of the exercising-rings A, having means for suspending them from an overhead support, short bands t, tightly surrounding the rings to be held by friction in any position thereon to which the bands are adjusted, and eyes A² on the bands t, substantially as and for the purpose set forth.

JOHN GLOY.

In presence of—

J. W. DYRENFORTH,
M. J. FROST.