

(No Model.)

2 Sheets—Sheet 1.

G. GOSSWEILER.
EXERCISING DEVICE.

No. 562,389.

Patented June 23, 1896.

Fig.3.

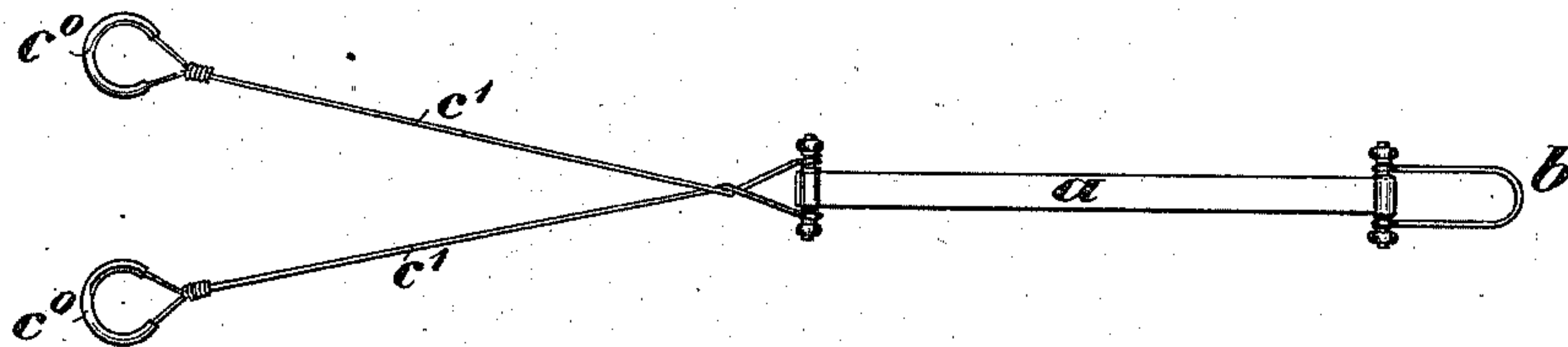


Fig.4.

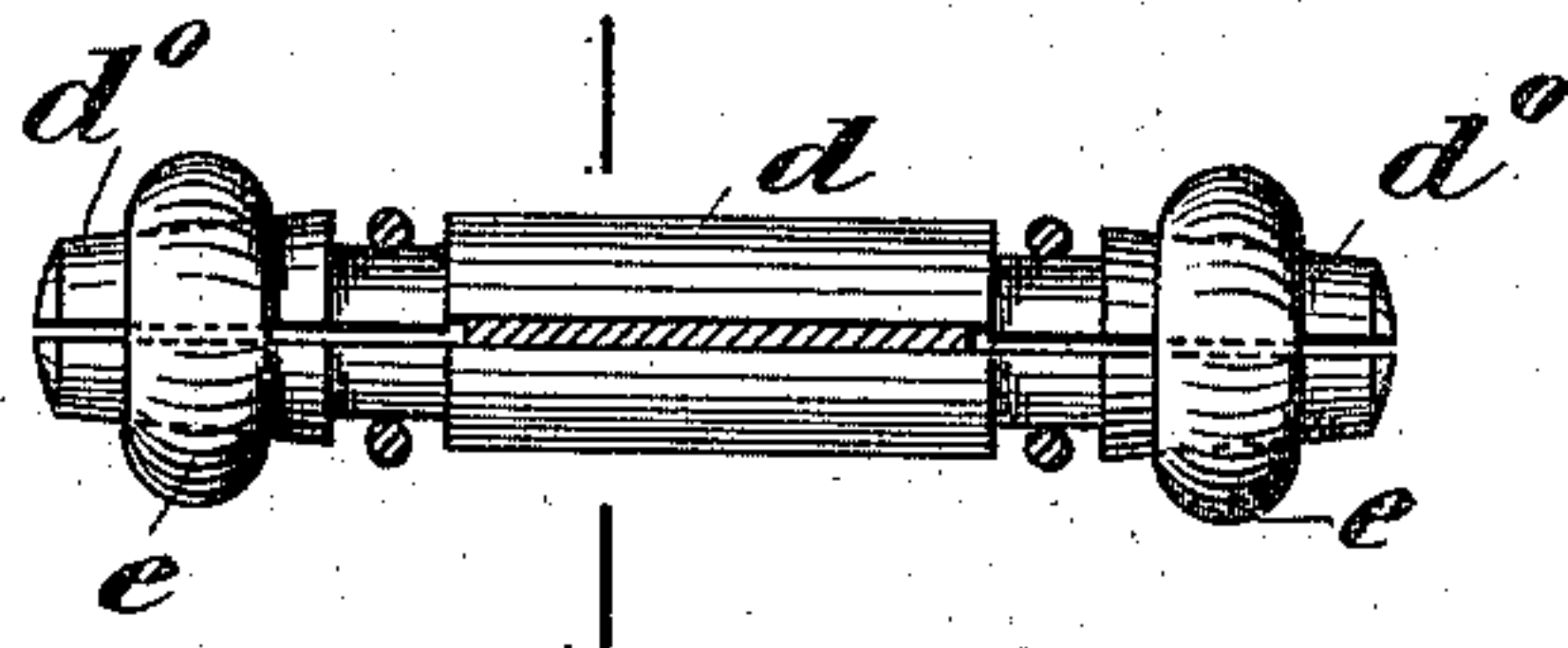


Fig.5.

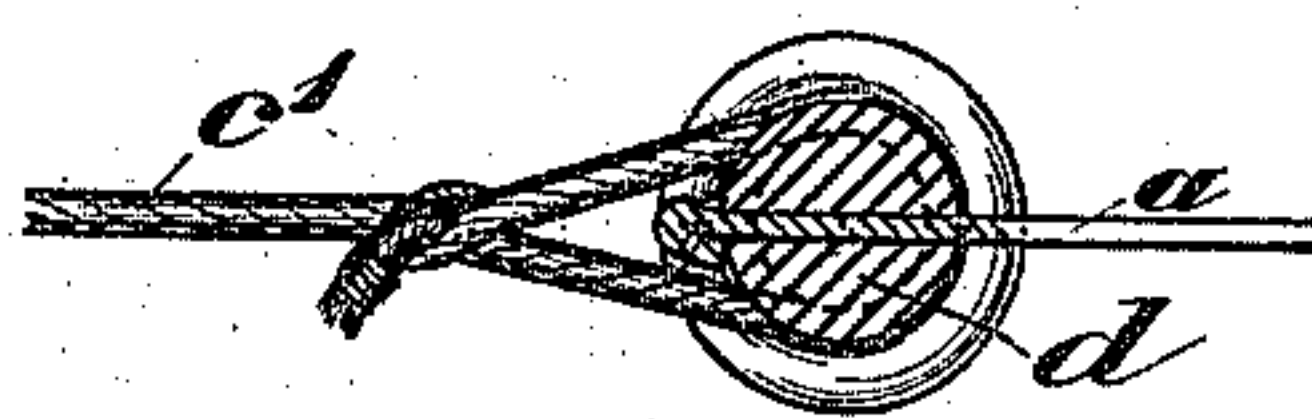


Fig.1.

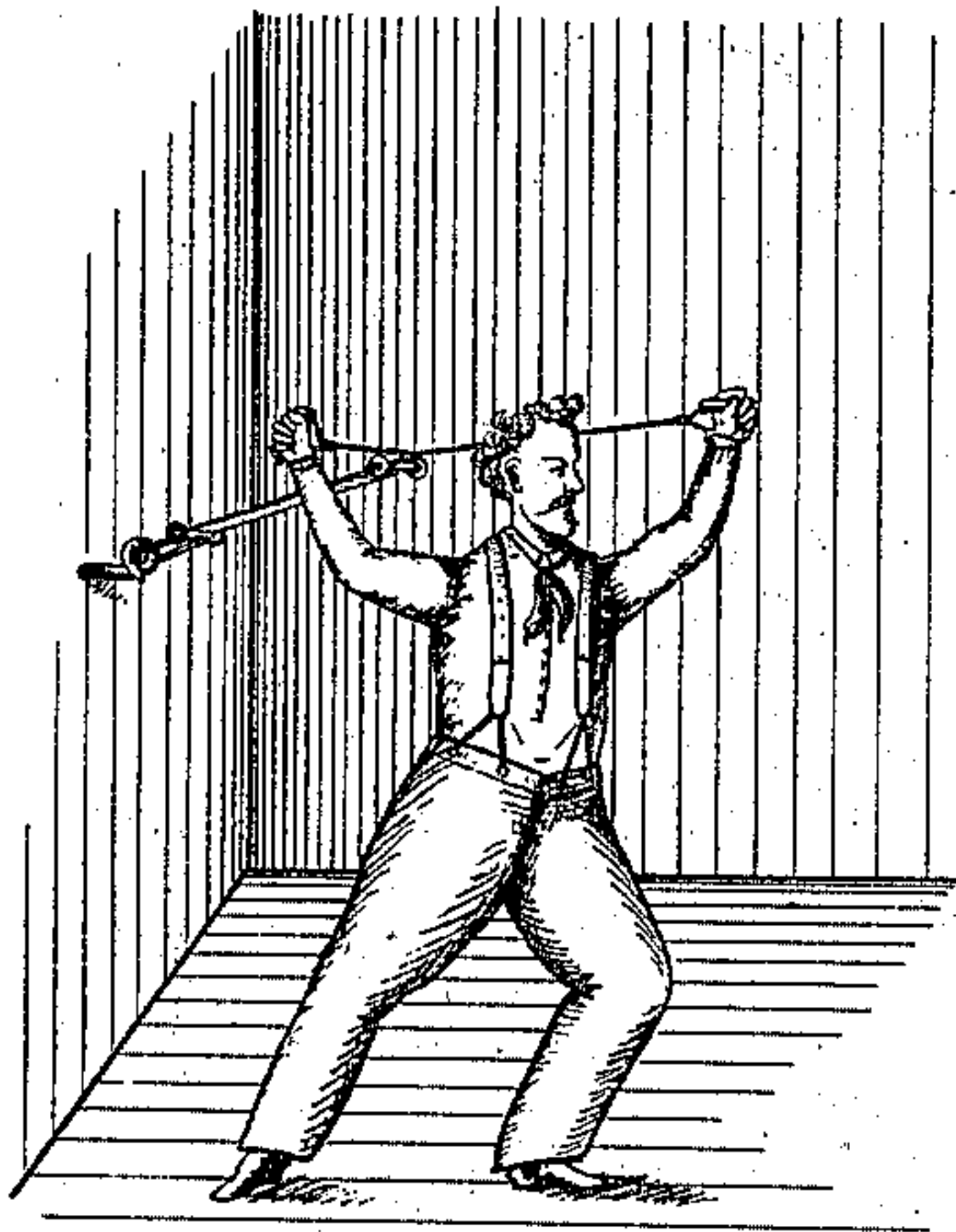
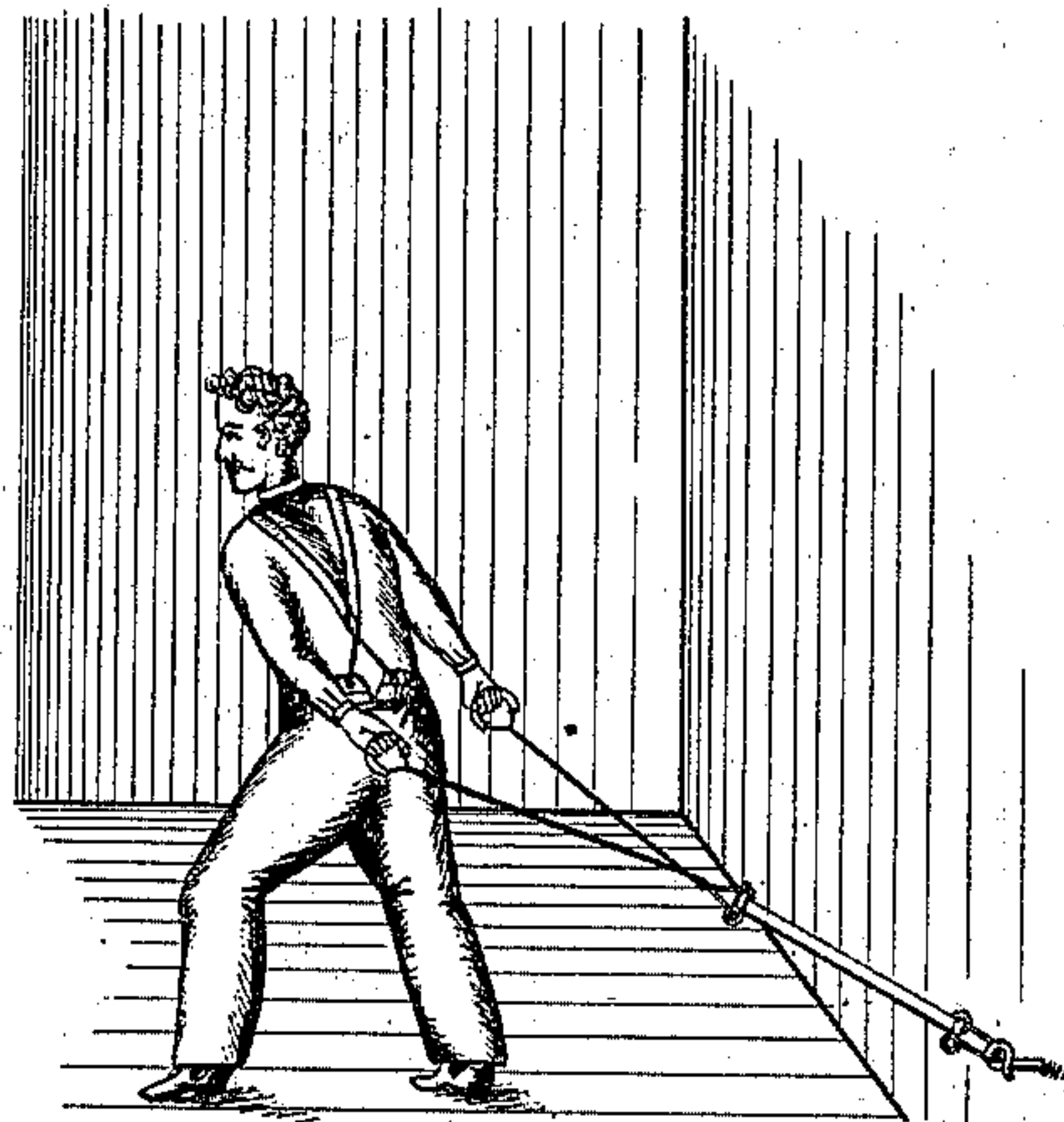


Fig.2.



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Fig. 5. Patented June 23, 1896.

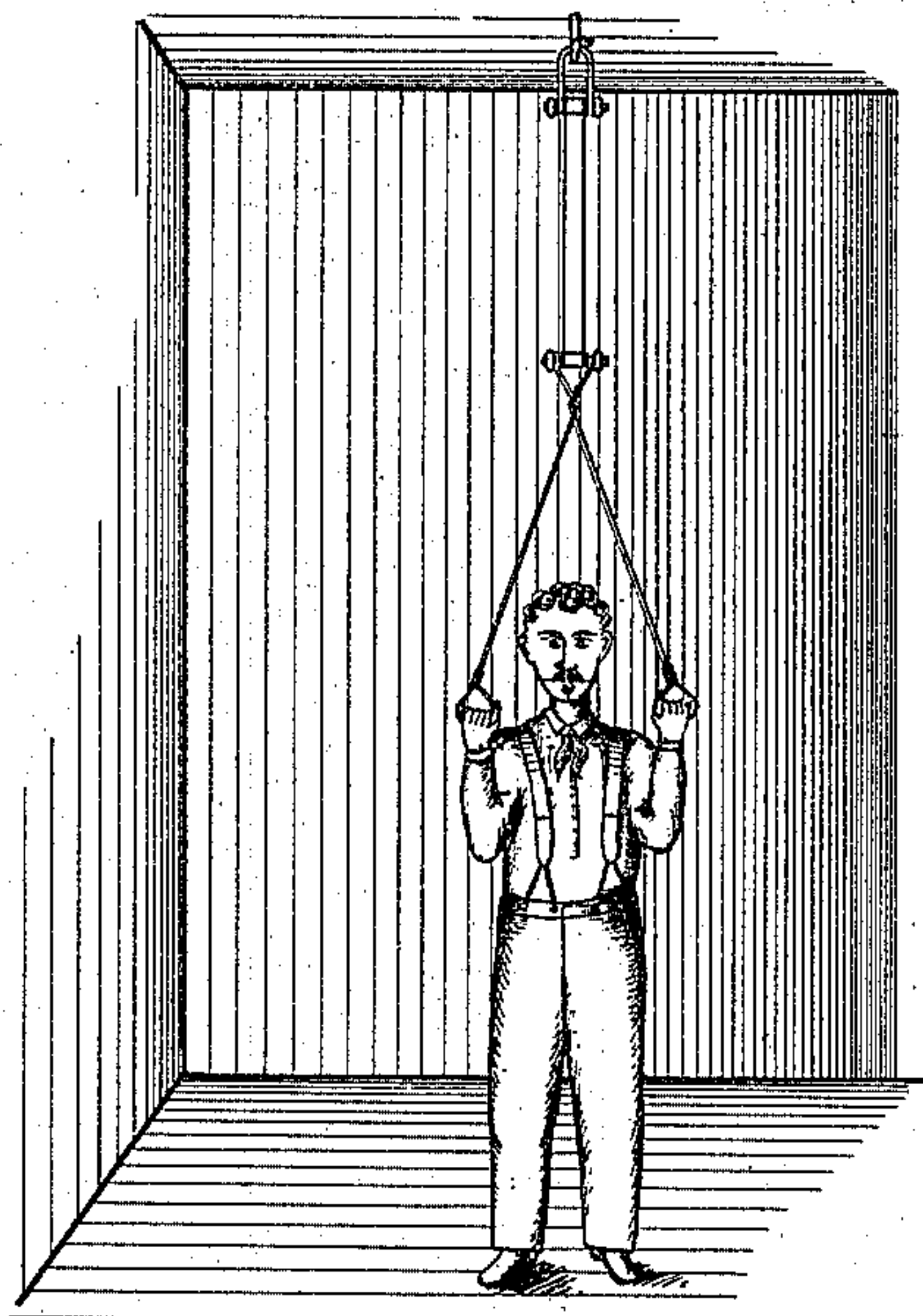


Fig. 3.

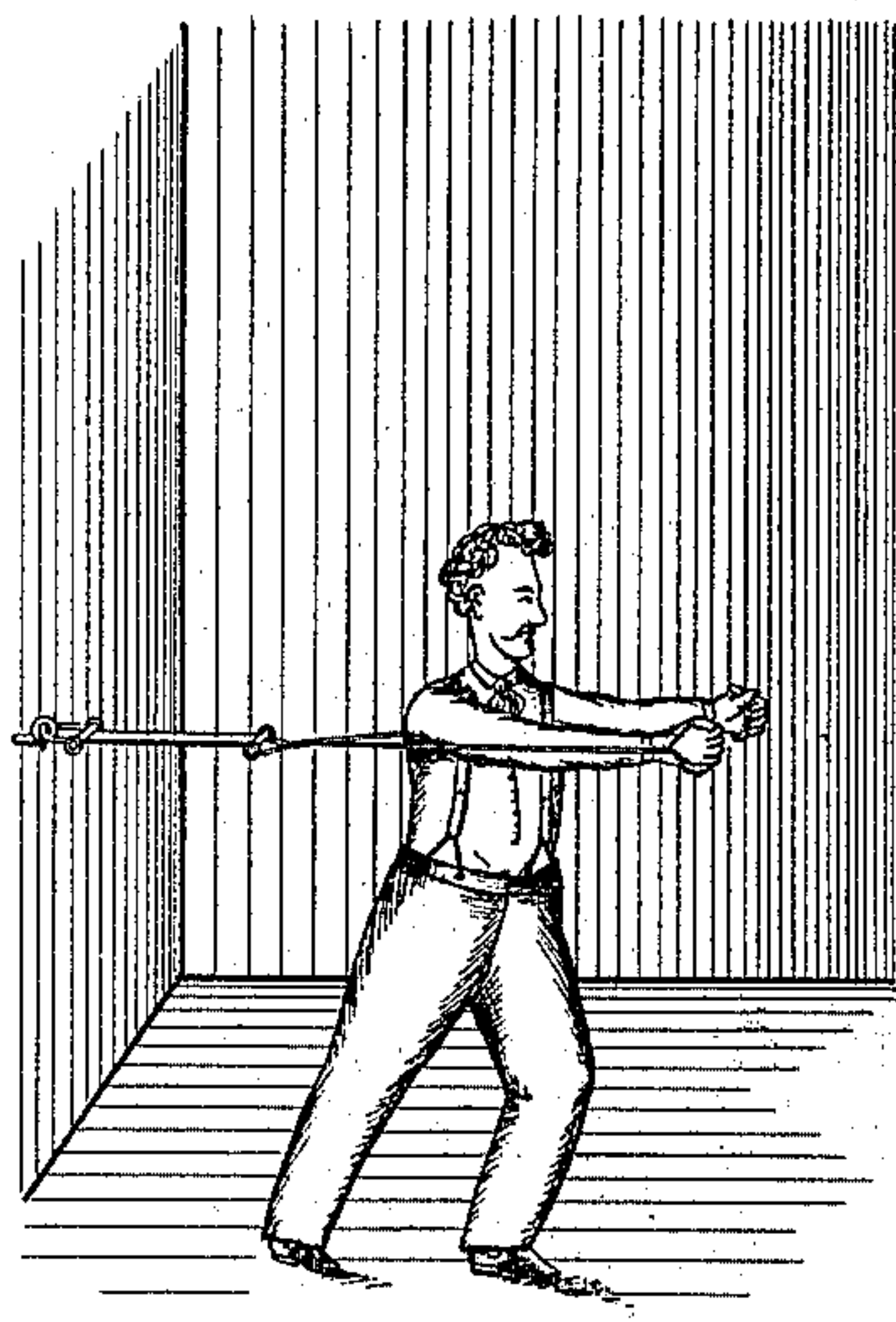
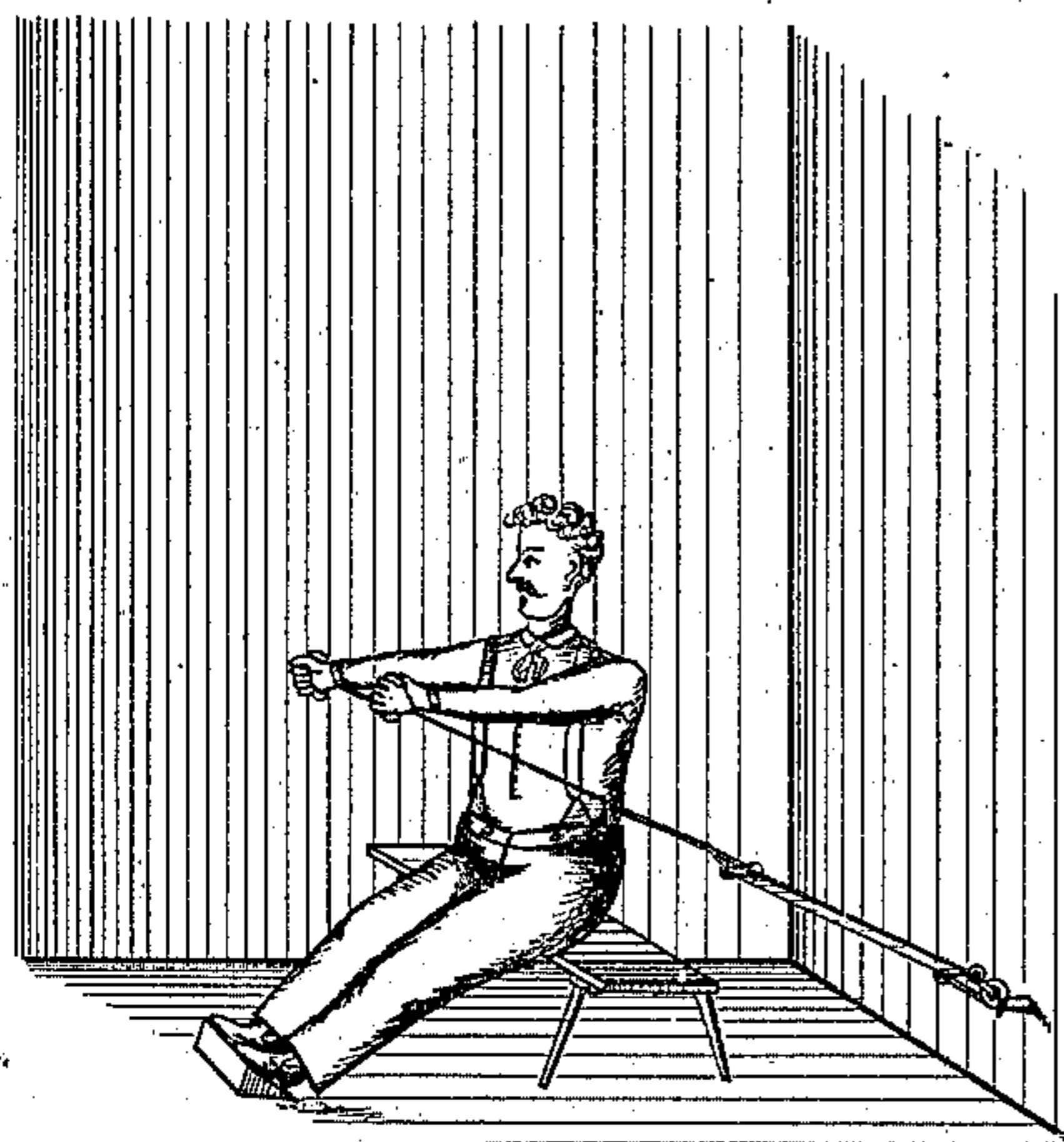


Fig. 4.



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UNITED STATES PATENT OFFICE.

GUSTAV GOSSWEILER, OF ZURICH, SWITZERLAND.

EXERCISING DEVICE.

SPECIFICATION forming part of Letters Patent No. 562,389, dated June 23, 1896.

Application filed November 16, 1895. Serial No. 569,201. (No model.) Patented in Switzerland May 28, 1895, No. 10,272.

To all whom it may concern:

Be it known that I, GUSTAV GOSSWEILER, a citizen of the Republic of Switzerland, residing at Zurich, Switzerland, have invented certain new and useful Apparatus for Gymnastic Exercises for Manifold Use, (for which a patent has been granted to me in Switzerland, No. 10,272, dated May 28, 1895,) of which the following is a specification.

The present invention refers to a universal gymnastic apparatus by means of which the most varying exercise can be executed and which, therefore, is very appropriate for replacing advantageously the expensive and complicated special gymnastic apparatus. It requires very little room, is easy to handle, and can be fixed at any point without trouble.

In the accompanying drawings, Figures 1 and 2 show some of the different ways in which the apparatus can be used. Figs. 3 to 5 show the construction of the apparatus and details thereof, Fig. 3 being a plan view of the same, and Figs. 4 and 5 a front view and a sectional view of the particular manner in which the elastic bands and the branching-off cords are connected by means of a clamp.

The band or cord *a* is made of an elastic, resisting material and is provided at one of its extremities with a loop *b* for fixing or hooking the same in a strong nail or projection. At its lower end the band *a* is provided with the branch cords *c'*, which in their turn carry the handles *c''*. The branch cords *c'* may be ordinary strings or ropes and the handles must be thick enough not to cut the hand when exercising. The loop *b* as well as the branch cords *c'* are connected by clasp-

pieces *d*, between which the band *a* is tightly pressed by means of the clasp-rings *e*, while the extremities of the loop *b* and cords *c'* encircle these clasp-pieces in grooves therein. Thus, if it is desired to loosen the band *a*, it will be sufficient to pull the rings *e* from the cones of the clasp-pieces and the latter will then open and the band will be released.

The choice of the position of the fixing-point will always depend upon the exercise it is desired to take. So, for instance, the position of the apparatus shown in Fig. 1 will be chosen if it is desired to perform circular and at the same time draw motions at the elevation of the head; the fixing-point will be at the height of the shoulders. In Fig. 2 the fixing-point is somewhat lower. The performer will be able to make lateral-swinging and at the same time upward-stretching motions from behind forward.

I claim—

A gymnastic apparatus comprising the elastic band *a*, a clamp comprising the jaws *d*, *d'*, arranged to hold the band between them and having conical end portions, the drawing-cords attached to the clamps, the rings *e* adapted to the conical ends and means for attaching the device to the wall, substantially as described.

In testimony whereof I hereunto sign my name, in the presence of two subscribing witnesses, this 18th day of October, 1895.

GUSTAV GOSSWEILER.

Witnesses:

H. RACHART,
MORITZ VEITH.