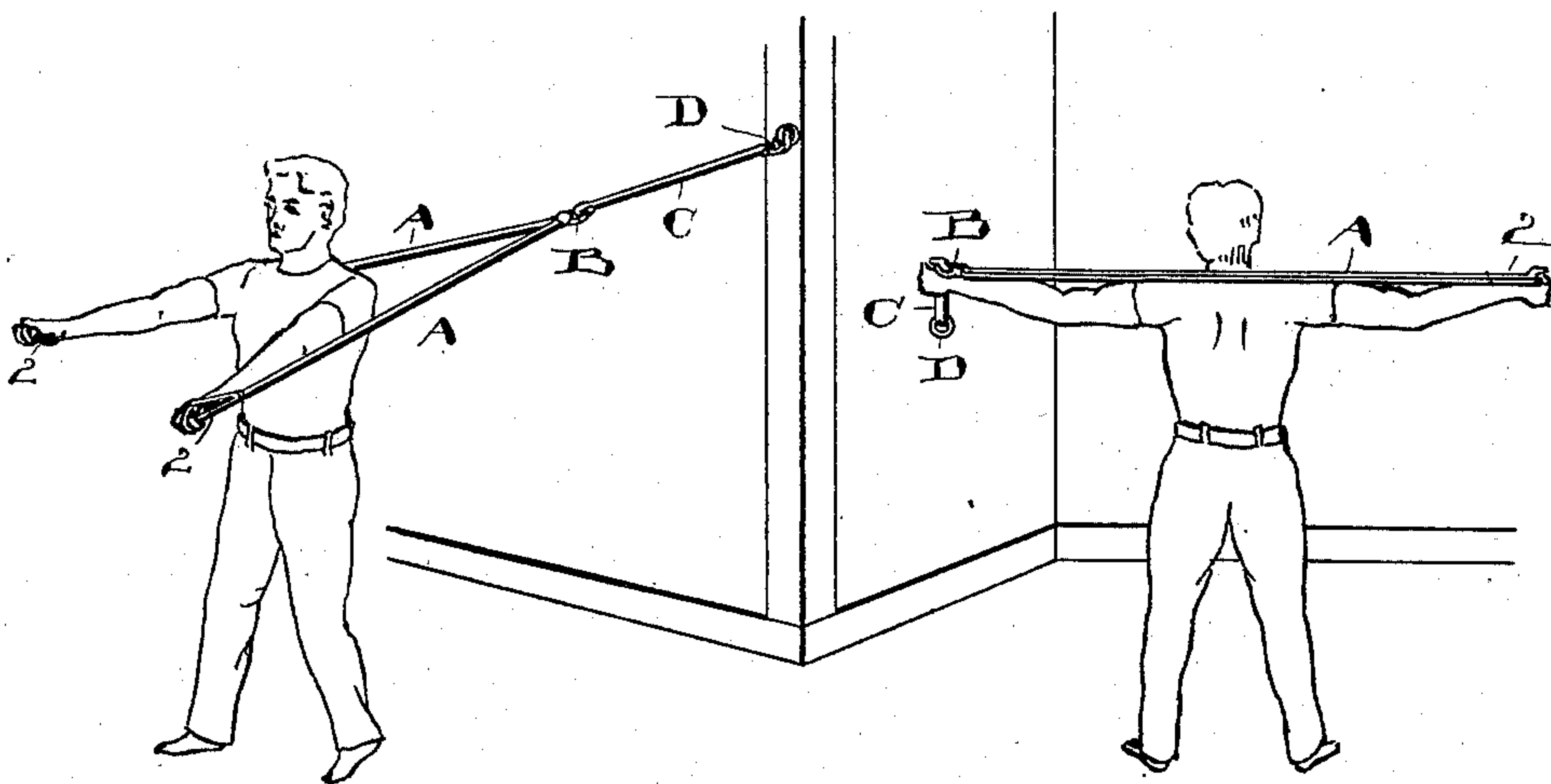


(No Model.)

F. E. SPINK.
EXERCISING DEVICE.

No. 605,237.

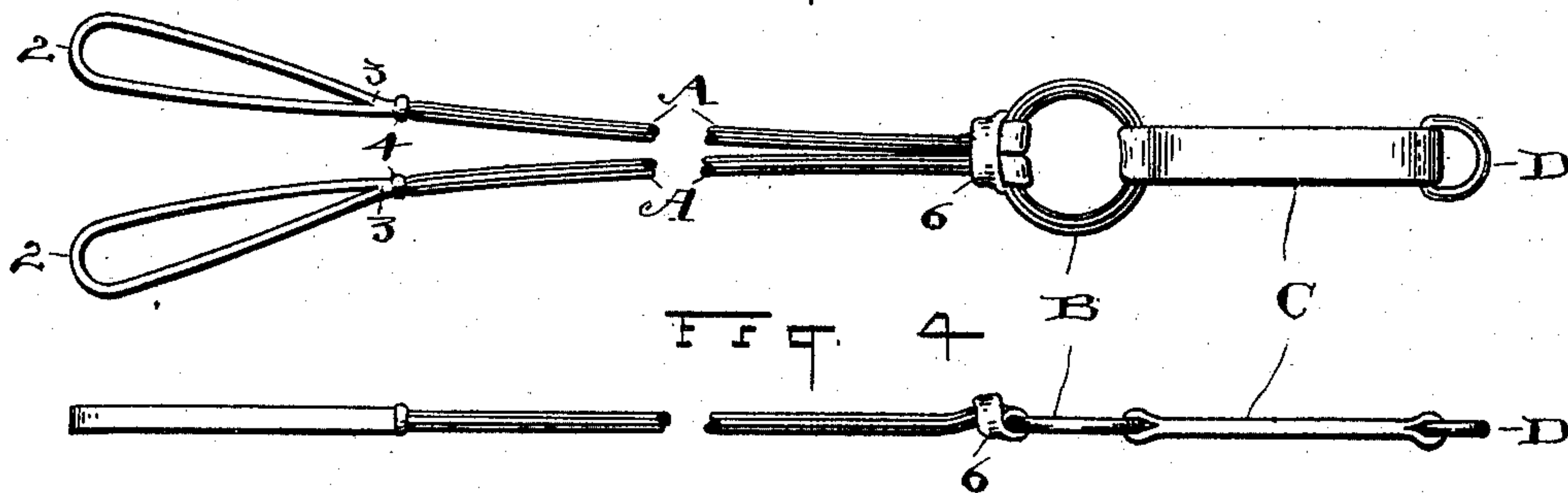
Patented June 7, 1898.



F. 1.

FF 2.

FF 9 3.



FF 4

F R Q. S.

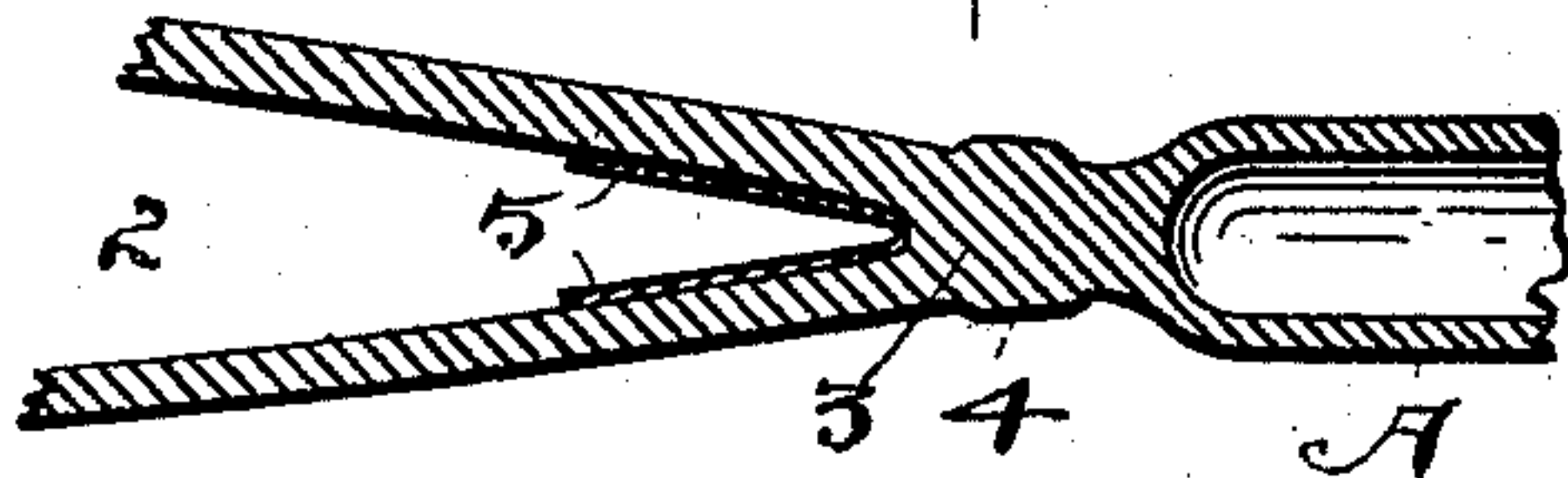
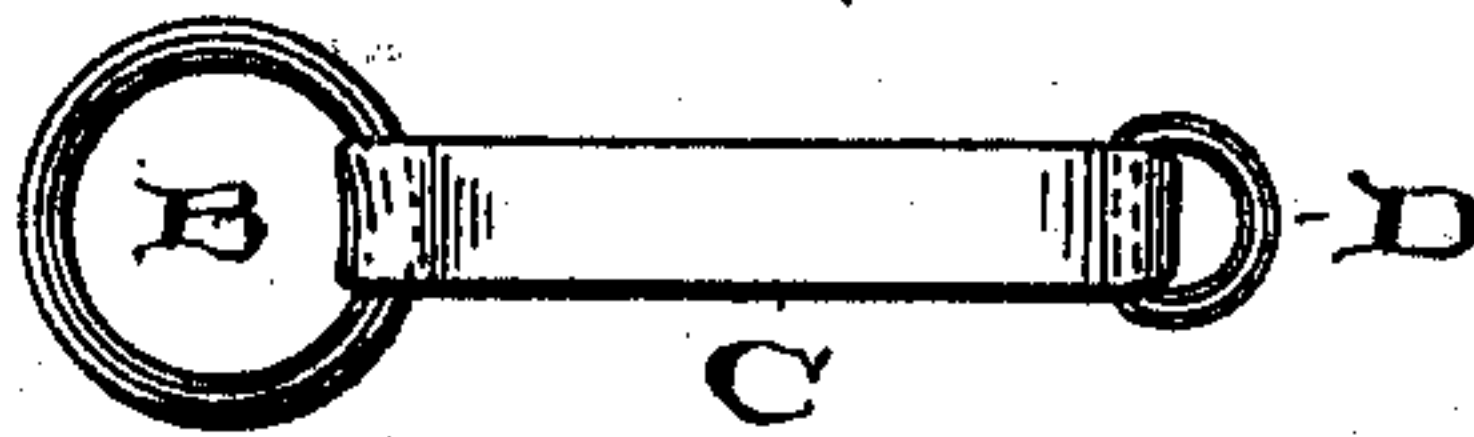


Fig. 6.



ATTEST.

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FENTON E. SPINK, OF CLEVELAND, OHIO.

EXERCISING DEVICE.

SPECIFICATION forming part of Letters Patent No. 605,237, dated June 7, 1898.

Application filed January 11, 1895. Serial No. 534,536. (No model.)

To all whom it may concern:

Be it known that I, FENTON E. SPINK, a citizen of the United States, residing at Cleveland, in the county of Cuyahoga and State of Ohio, have invented certain new and useful Improvements in Exercising Devices; 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.

My invention relates to exercising devices; and the invention consists in an exercising device made of elastic material and designed to be used to exercise the arms and all parts of the body, substantially as shown and described, and particularly pointed out in the claim.

In the accompanying drawings, Figure 1 is a perspective view of my device and the figure of a man as it appears in one exercise. Fig. 2 is a back view of a man and the device as it appears in an exercise for the arms laterally from the shoulder. Fig. 3 is a plan view of the device alone with a section broken out, and Fig. 4 is an edge view thereof. Fig. 5 is an enlarged longitudinal sectional view of one of the loop or handle ends of the device. Fig. 6 is a detail of the separate elastic strap and its rings.

Figs. 1 and 2 of the drawings serve to illustrate the purpose and use of this device. Still other exercises might be added, but these serve the present purpose. It will be seen therein that the article is elastic and flexible and constructed for individual exercises that are equally good for men, women, and children.

Ordinarily the device is made of rubber tubing of about half an inch in cross-section, though of course it may be larger or smaller, according to the person who uses it, and in lieu of tubing an elastic cord or rope may be employed. The tube or material is cut to a sufficient length to form both strands or ends A of the article, and each part is provided with a hand-loop 2 at its extremity. Each strand is about three feet long. It may be longer or shorter, but three feet gives a very satisfactory length. Therefore to produce my device I take about six feet of rubber tubing or its equivalent and form the loops 2 by "curing" the extremities and fastening the ends at 3, as shown. This curing of the tube

makes the handle-loop solid and fixes the end by securing it into the material integrally, making the union homogeneous. A slight enlargement representing a band 4 is shown at this point of intersection in order that the joint where the loop begins may be reinforced. As a further means of strength at this point I have laid a piece of cloth 5 or its equivalent in the fork of the loop, which prevents the parts from tearing at that point, but does not materially affect the elasticity of the loop. Having thus constructed the handle portions 2, I attach the said part to the ring B at its middle by the tie-loop 6. This tie is made at exactly the middle of said elastic part, so as to give the same length to the two ends; but I have found that there is such strain and friction on the loop 6 when there is nothing elastic beyond it that it very soon wears out and snaps asunder, thus rendering the device useless, and hence I have devised a means of relief both to the loop and the parts or branches A which is deemed a very important part of the invention. This relief part consists in the elastic strap C, fixed at one end to ring B and at the other to its own ring or hook D. This strap C at once returns the strain at 6, as well as taking general strain and wear of the entire device in itself. It is, indeed, made and intended for this purpose, and it is manufactured and used as a separate article of manufacture and sale and can be bought alone when a new one is needed, the two rings B and D being connected therewith.

In Fig. 2 the device is shown in a distinctly arm-and-shoulder exercise, the hands being engaged in the loops 2 at one side and in the ring B at the other side, although it might be engaged in the ring D instead. Another excellent exercise is obtained by engaging one foot in the loops 2 and putting the thumb of the corresponding hand through the ring B and then going through a directly-up-and-down movement in which the arm is stretched its full length, and, alternating from side to side in this way, or without changing position of device, the hand may be elevated at arm's length and the exercise be transferred to the leg by raising and lowering the foot.

Obviously each strand or part A might be a separate piece attached to ring B. Gener-

ally, however, both strands are in one piece secured to ring B, substantially as shown or in some equivalent way.

I claim—

- 5 An exercising device for the body, arms and limbs consisting of an elastic strap or strand, means to engage one end thereof to a fixed object, a ring at the opposite end thereof, an elastic strap or strand provided with elastic

handholds and secured by looping to the ring, so substantially as set forth.

Witness my hand to the foregoing specification this 3d day of January, 1895.

FENTON E. SPINK.

Witnesses:

ALEX. C. MACKENZIE,
GEO. C. JOHNSON.