

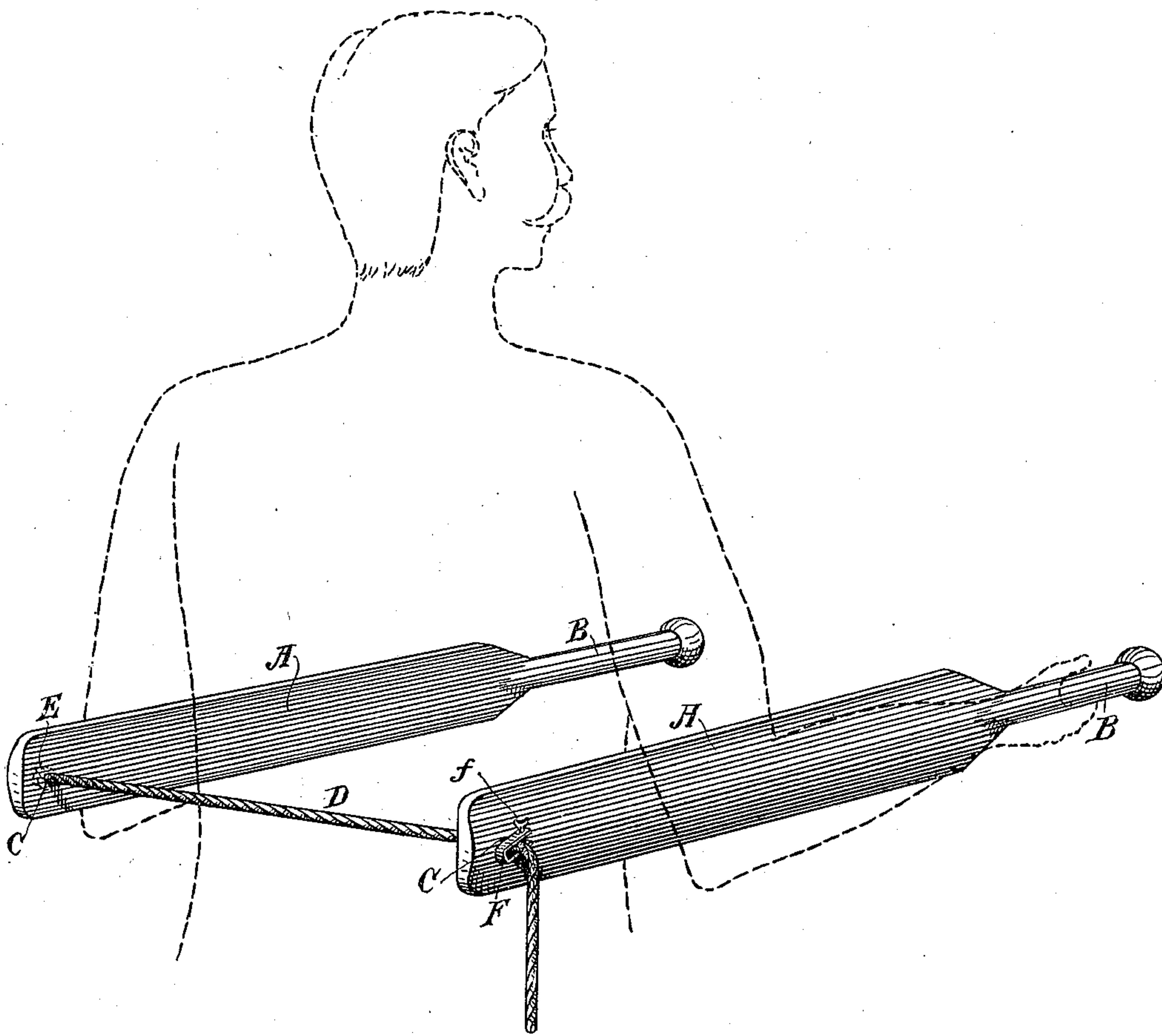
No. 620,346.

Patented Feb. 28, 1899.

A. C. MUELLER.
EXERCISING DEVICE.

(Application filed June 23, 1898.)

(No Model.)



Witnesses,
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UNITED STATES PATENT OFFICE.

ALFRED C. MUELLER, OF OAKLAND, CALIFORNIA.

EXERCISING DEVICE.

SPECIFICATION forming part of Letters Patent No. 620,346, dated February 28, 1899.

Application filed June 23, 1898. Serial No. 684,224. (No model.)

To all whom it may concern:

Be it known that I, ALFRED C. MUELLER, a citizen of the United States, residing in the city of Oakland, county of Alameda, State of California, have invented an Improvement in Exercising Devices and Chest-Improvers; and I hereby declare the following to be a full, clear, and exact description of the same.

My invention relates to a device which is especially designed to improve the chest and assist in the development of the breathing power of the lungs.

It consists in the parts and the construction and combination of parts hereinafter described and claimed.

The figure shows my device and its operation.

The object of my invention is to provide a convenient device by which a person while standing or moving about can assist the muscular movements of the chest during the inspiration and expiration of air and cause an increased movement of the thorax, which is essentially beneficial in exercising the muscles between the lower or floating ribs and between those which are connected with the breast-bone by cartilages.

The device consists of two bars or plates A of suitable width and thickness. They are preferably made of considerable width and may be flat or convex, and they may be lined with any soft material where they are to come into contact with the body. These bars A have handles B extending from them convenient to be grasped by the operator. At the rear ends the bars A may be perforated, as shown at C, and through these perforations the cord D passes, having a knot or stop E at one end to prevent its pulling through, and at the outer end it has an adjustable or movable stop F, which can be fixed at any desired place upon the cord, so as to hold the rear ends of the bars A at the desired distance apart. In the drawing the stop F is in the form of a U-shaped clamp, which embraces the free end portion of the cord or connection D and is provided with a clamping-screw f to securely fix the stop upon the cord. For thin persons or those with comparatively narrow chests the cord or connection between

the ends of the bars A would be shortened, so that when the cord was drawn tight between the rear ends the bars would stand approximately parallel when resting against the sides of the person using them, the handles projecting out to the front.

When the device has been properly adjusted, the person using it takes hold of the handles with the bars resting against his sides and the connection between the rear ends passing behind his back. When the lungs are expanded by an inspiration of air, the forward ends of the bars or levers will be separated, the operator allowing this movement to take place freely, and when the air is expelled from the lungs he presses upon the levers at the same time, thus pressing against the sides of the body at the point where the movable ribs are located, and this assists in the expiration of the air operating upon the muscles at this point with great benefit.

The operation may be repeated for a few minutes morning or evening, but as often as desired, and will be a great benefit to the user. It enables the person while in a standing position, with the chest well thrown out, to inhale and expire the air and when walking about in an upright position, so that the full benefit of the lung movement can be obtained.

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

An exercising apparatus consisting of bars or levers adapted to press upon the sides of the user, having their front ends extending in front of the user, so that they may be grasped and operated by the hands, a flexible connection passing transversely through the rear portions of the bars or levers, and fixedly secured to one bar, and a clamp on the connection whereby the latter is adjustably secured to the other bar.

In witness whereof I have hereunto set my hand.

ALFRED C. MUELLER.

Witnesses:

S. H. NOURSE,
GEO. H. STRONG.