

No. 682,988.

Patented Sept. 17, 1901.

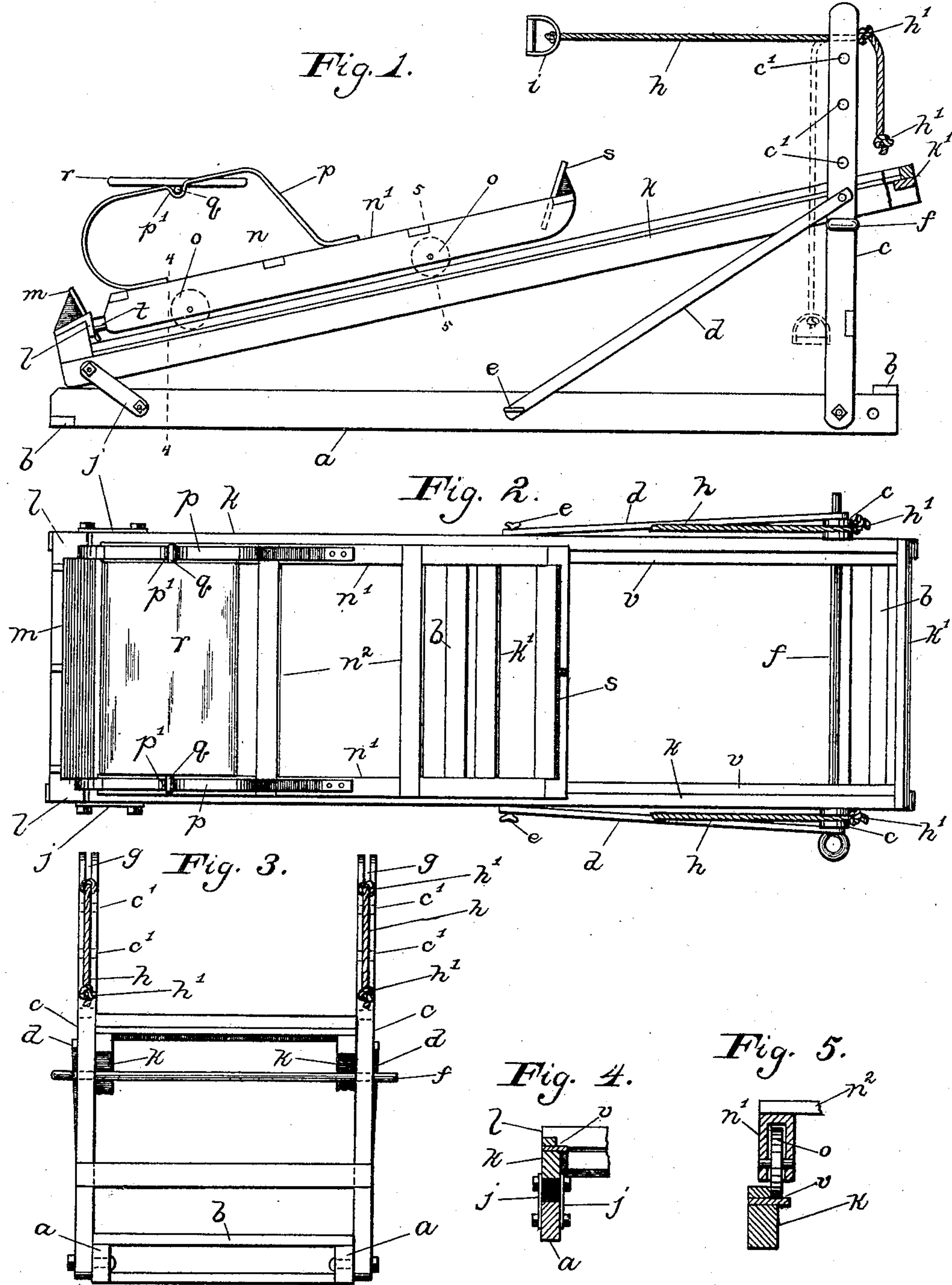
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EXERCISING OR ROWING MACHINE.

(Application filed Nov. 19, 1900.)

(No Model.)



Witnesses.

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# UNITED STATES PATENT OFFICE.

EDWIN HAZELIP, OF BALTIMORE, MARYLAND, ADMINISTRATOR OF JOSEPH N. HAZELIP, DECEASED, ASSIGNOR TO CHARLES J. CARROLL AND GEORGE P. STEINBACH, OF SAME PLACE.

## EXERCISING OR ROWING MACHINE.

SPECIFICATION forming part of Letters Patent No. 682,988, dated September 17, 1901.

Application filed November 19, 1900. Serial No. 36,937. (No model.)

*To all whom it may concern:*

Be it known that JOSEPH N. HAZELIP, deceased, late a citizen of the United States, and a resident of Baltimore city, State of Maryland, invented certain new and useful Improvements in Exercising or Rowing Machines, of which the following is a specification.

This invention relates to exercising-machines; and its object is to provide a machine of this character which will be easy and cheap to construct and whose construction will enable it to be adjusted so as to make the exercise hard or light, as desired.

Reference is to be had to the accompanying drawings, in which—

Figure 1 is a side elevation of the exercising-machine. Fig. 2 is a top plan view thereof. Fig. 3 is an end view, omitting the carriage and the rear lower portion of the inclined track. Figs. 4 and 5 are sectional detail views on the lines 4-4 and 5-5, respectively, of Fig. 1.

Broadly considered, the machine comprises a base adapted to rest on a floor or the like and provided with a track pivoted at one end and its free end adjustable in a vertical plane to produce any desired inclination of the track; a wheel-supported carriage on which the person exercising sits, which is movable up and down on said track, and handles secured to posts on the base by ropes or the like, by which means a person seated on the carriage may draw himself up the inclined track and then allow the carriage to move backward by gravity.

The base of the machine comprises side bars *a*, connected together and braced by intermediate and end cross-bars *b*. At one end of each side bar *a* is pivotally secured a post *c*, normally held in a vertical position by a strut *d*, one end of which is pivotally attached to its respective post, and the other end of which is secured rigidly but detachably to the side of the adjacent side bar by a thumb-screw *e*. Each post *c* is provided with a plural number of apertures *c'*, through any one of which a rod *f* is inserted and extends from one post to the other, whereby to support the free end of the inclined track, hereinafter described, and the upper end of each post is vertically

slotted, as shown at *g*, Fig. 3, to receive ropes *h*, to which the handles *i* are attached. One or more knots *h'* are made in each rope, which are large enough to prevent the rope from slipping entirely through the slots *g*, and the position of the knots determines the desired length of the operative or handle portion of the rope. To the ends of the side bars *a* opposite the posts *c* are two pairs of links or metal straps *j*, between each pair of which is pivoted the end of one of the track-rails *k*, which rest on the upper surface of the side bars. Said track-rails are connected together by suitable cross-bars *k'* to form the inclined track, and their free ends are supported upon the adjustable rod *f*, as plainly indicated in the drawings. Each track-rail has a rabbet or depressed face *v*, on which the wheels of the carriage travel, the high outer side of each rail preventing the wheels getting off the track. The pivoted end of the said track is provided with a rigid bumper *l*, extending across the track-frame and cut out intermediate of its ends to receive an inclined footboard *m*, leaving the two bumpers at the ends of the footboard, all for a purpose to be hereinafter described. A carriage *n* is composed of side bars *n'*, connected by cross-bars *n''*. The side bars have recesses which contain wheels *o*, which rest on the track-rails *k*, whereby the carriage may move up and down on the inclined track, and attached to the side bars of the carriage are two seat-brackets *p*, each having on top a bearing *p'*, in which a seat-rod *q* is journaled, said rod carrying a seat *r*, which is free to rock or oscillate between said two brackets *p*, so that the position of the seat may change or tilt to correspond to the changing position of the legs of the person on the seat when he is exercising. An inclined footboard *s* is secured to one end of the carriage *n*, and to the opposite and lower end are secured two elastic buffers *t*, of rubber or the like, which abut against the rigid bumper *l* on the track-frame to reduce the jar or strain caused by the impact of the carriage upon its downward movement.

In practical operation a person seats himself upon the seat *r*, with his feet resting against the footboard *s* of the carriage, and catching hold of the two handles *i* alternately



draws the carriage up the inclined track and allows it to move down backwardly by gravity, thereby exercising the muscles of the arms and chest and throwing the shoulders back; or to exercise the legs the body is reversed on the seat with the person's feet resting against the footboard *m* of the track-rails, and by alternately flexing and straightening the legs the carriage will be moved back and forth on the inclined track.

The inclination of the track may be changed by raising or lowering the position of the rod *f* in order that more or less effort may be required to move the carriage up the track as desired.

In order to place the parts of the machine in compact shape for transportation or other purposes, the thumb-screws *e* are loosened, so as to detach the lower ends of the struts *d* from their respective side bars and allow the posts *c* to be turned down or lowered into an approximately horizontal position, and all the parts will then be in compact form. As the carriage *n* merely rests upon the track-rails *k* it may be removed and used on the floor as a toy wagon whenever desired.

Having thus described the invention, what is claimed as new, and desired to be secured by Letters Patent, is—

30 1. An exercising-machine, comprising a base provided with two side bars adapted to rest on a floor or the like; two vertical posts secured to one end of said base; a rod extending from one post to the other and adjustable thereon at various elevations; an inclined track supported at its high end on said rod and with its lower end resting on the side bars of said base; links pivotally securing the lower end of the track to said side bars; a carriage movable on said track and provided, at its end opposite the pivoted end of the track, with a foot-rest; handles connected to said vertical posts, whereby a person on said carriage and facing said posts may draw himself up said track to exercise his arms; and a foot-rest on the pivoted end of said track, whereby a person on said carriage and facing in the opposite direction may exercise his legs.

50 2. An exercising-machine, comprising a base provided with two side bars adapted to rest on a floor or the like; two vertical posts secured to one end of said base; a rod extending from one post to the other and adjustable

thereon at various elevations; an inclined track supported at its higher end on said rod and with its lower end resting on the side bars of said base; a carriage movable on said track and provided, at its end opposite the pivoted end of the track, with a foot-rest; handles connected to said vertical posts, whereby a person on said carriage and facing said posts may draw himself up said track to exercise his arms; a foot-rest on the pivoted end of said track, whereby a person on said carriage and facing in the opposite direction may exercise his legs; a rigid bumper on the pivoted end of said track; and elastic buffers on the adjacent end of said carriage adapted to abut against said bumper, as set forth.

3. An exercising-machine, comprising a base provided at one end with two vertical posts each having a plurality of apertures; an inclined track pivoted at one end by links to the said base with its pivoted end resting on the upper surface of said base and provided at said end with a foot-rest; a rod extending through apertures in said two posts and supporting the free end of said track at various elevations; and a wheel-supported carriage movable along said inclined track and provided with a foot-rest and an oscillating seat, which will tilt to correspond to the changing position of the legs of a person exercising on said seat with his feet on the foot-rest of said track, as set forth.

4. An exercising-machine, comprising a base provided at one end with two vertical posts; an inclined track pivoted at one end to said base and provided at its pivoted end with a foot-rest; means connected to said posts for supporting the free end of said track at various elevations; and a carriage movable on said inclined track and provided with an oscillating seat which will tilt to correspond to the changing position of the legs of a person exercising on said seat with his feet on the foot-rest of said track, as set forth.

In testimony whereof I affix my signature in the presence of two witnesses.

EDWIN HAZELIP,  
*Administrator of the estate of Joseph N. Hazelip; deceased.*

Witnesses:

MURRAY HANSON,  
CHARLES B. MANN, Jr.