

UNITED STATES PATENT OFFICE.

ADOLPH DE CLAIRMONT, OF TOPEKA, KANSAS.

EXERCISING-MACHINE.

SPECIFICATION forming part of Letters Patent No. 695,538, dated March 18, 1902.

Application filed July 23, 1901. Serial No. 69,391. (No model.)

To all whom it may concern:

Be it known that I, ADOLPH DE CLAIRMONT, a citizen of the United States, residing at Topeka, in the county of Shawnee and State of Kansas, have invented certain new and useful Improvements in Exercising-Machines; and I do hereby declare the following to be a full, clear, and exact description of the invention, such as will enable others skilled in the art to which it appertains to make and use the same.

The primary object of this invention is to exercise the abdominal muscles, whereby they are strengthened and assisted materially in the performance of their natural functions, thereby obviating the ailments attributable to stomach troubles. While the muscles are developed and given tone, flabbiness is dissipated and the size of the abdomen reduced.

For a full description of the invention and the merits thereof and also to acquire a knowledge of the details of construction of the means for effecting the result reference is to be had to the following description and drawings hereto attached.

While the essential and characteristic features of the invention are susceptible of modification, still the preferred embodiment of the invention is illustrated in the accompanying drawings, in which—

Figure 1 is a perspective view of a device embodying the invention. Fig. 2 is a side view thereof, showing the parts folded. Fig. 3 is an end view. Fig. 4 is a perspective view of the end having the footboard, the parts being separated.

Corresponding and like parts are referred to in the following description and indicated in all the views of the drawings by the same reference characters.

The device consists of a bed 1 and footboard 2, the parts being preferably detachably fitted to enable their folding into a compact form. The bed 1 is long and narrow, and one end is widened and cushioned, as shown at 3, and the opposite end is provided with a tenon 4 to enter a notch 5 in the lower edge of the footboard 2. The bed is preferably mounted upon feet 6, and in order that its length may be reduced it is composed of parts or sections hinged together, the parts being supported at the joint when extended by in-

intermediate feet 6, which are secured to one of the sections or parts and project so as to underlap the other part or section, said feet projecting across the joint when the parts or sections are extended.

The footboard 2 is detachably connected with the bed 1 and is provided on its inner side with holders 7 to engage the feet of the patient and prevent displacement when raising to a sitting posture from a recumbent position. These holders 7 may be of any design or construction, so long as they connect the feet of the patient with the footboard and enable the patient to rise to a sitting position by a shear pull upon the feet. Braces 8 are interposed between the upper part of the footboard and the bed and are pivoted at their ends to each in any desired and substantial way. These braces, in conjunction with the fastenings between the footboard and bed, hold the footboard in place. Hooks 9, applied to the footboard, are adapted to engage eyes or cooperating parts 10, applied to the tenon of the footboard, and hold the latter in place. When the hooks 9 are disengaged from the eyes or cooperating parts 10, the footboard can be disconnected from the bed and turned upon the pivot-fastenings between it and the braces 8 and fold upon the bed, as indicated in Fig. 2, and the said bed can be reduced in length by folding one part upon the other, thereby reducing the machine to a compact form.

The device may be finished in any desired way, either in natural wood or upholstery of any kind, and the size and proportion of the parts will depend upon the patient intending to use the same.

When it is required to use the machine, the bed is extended and placed upon the floor and the footboard is arranged at a right angle thereto and secured by the fastenings 9 and 10, and the patient after securing the feet to the footboard by means of the holders 7 stretches out upon the bed 1 at full length and exercises the abdominal muscles by raising and lowering the upper portion of the body, the pull coming upon the feet. This raising and lowering of the upper portion of the body exercises the muscles of the stomach and adjacent parts and strengthens and gives tone

thereto and dissipates surplus flesh and reduces the abdomen to a normal size and healthy condition.

Having thus described the invention, what is claimed as new is—

1. An exercising-machine of the character described, comprising a bed, a footboard arranged at a right angle to the bed and having detachable connection therewith, braces between the footboard and bed, and holders attached to the footboard for securing the feet thereto, substantially as set forth.

2. In exercising apparatus of the character described, a bed, a footboard arranged about at a right angle to the bed, means for detachably connecting the footboard to the bed, braces between the footboard and bed and pivotally connected to each to admit of the footboard folding upon the bed, and holders applied to the footboard for securing the feet thereto, substantially as specified.

3. In exercising apparatus of the character described, a bed having a tenon, a footboard notched in its lower edge to receive the tenon, cooperating fastenings as hooks and eyes between the footboard and bed, braces having

pivotal connection with the footboard and bed, and holders applied to the footboard for securing of the feet thereto, substantially as set forth.

4. In exercising apparatus of the character described, a bed composed of parts hinged together, feet applied to the bed, the intermediate foot overlapping the hinge-joint and secured to one of the parts, and a folding footboard provided with holders for securing of the feet thereto, substantially as described.

5. An exercising apparatus of the character described, comprising a bed cushioned at one end, a footboard provided with holders and detachably connected with the opposite end of the bed, and braces having pivotal connection with the footboard and bed and adapted to admit of the folding of the footboard upon the bed, substantially as set forth.

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

ADOLPH DE CLAIRMONT. [L. S.]

Witnesses:

H. C. POHLMAN,
M. W. COURTER.