

No. 712,827.

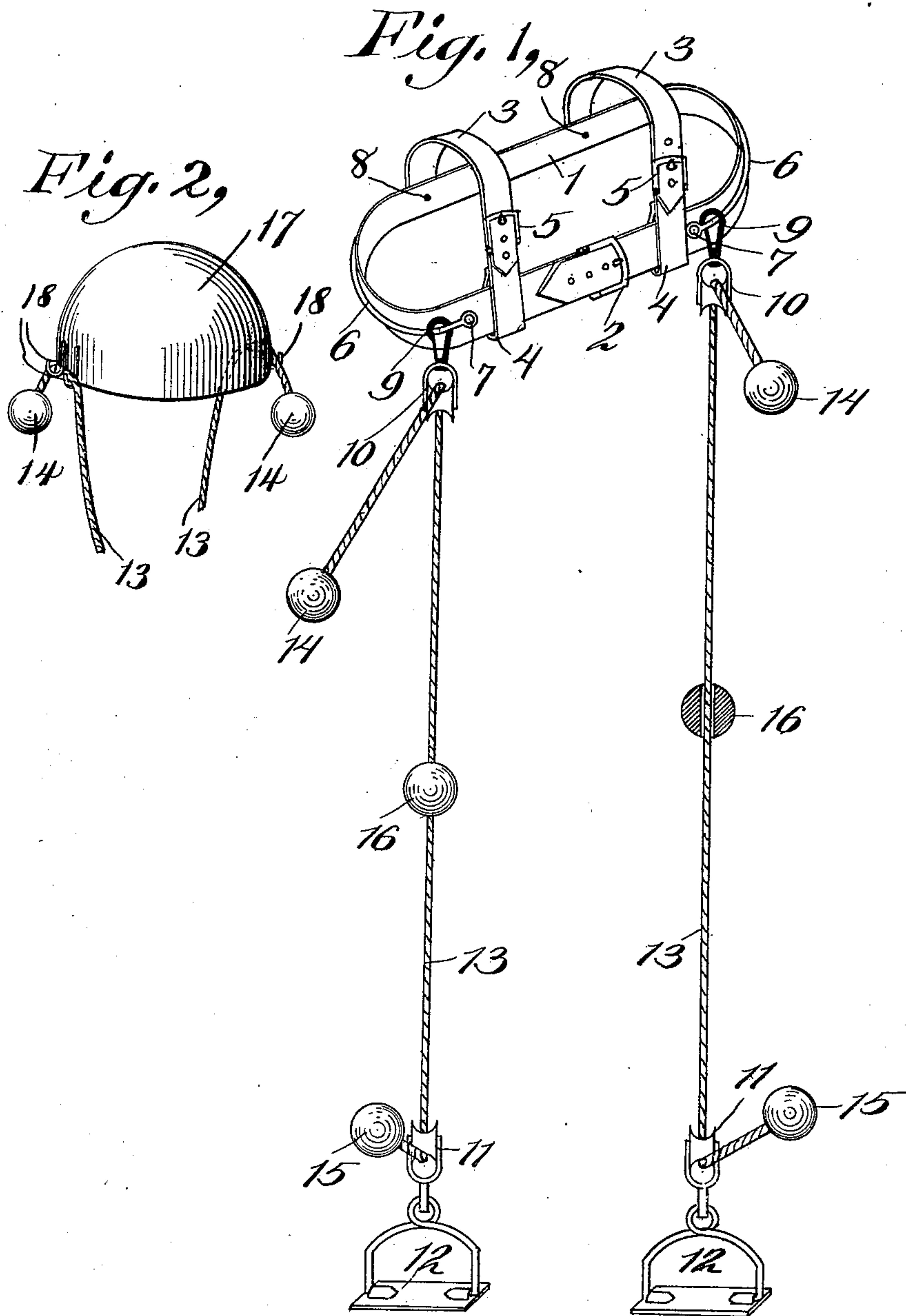
Patented Nov. 4, 1902.

G. S. MAXWELL & G. WHITE, JR.
EXERCISING APPARATUS.

(Application filed Oct. 5, 1901.)

(No Model.)

2 Sheets—Sheet 1.



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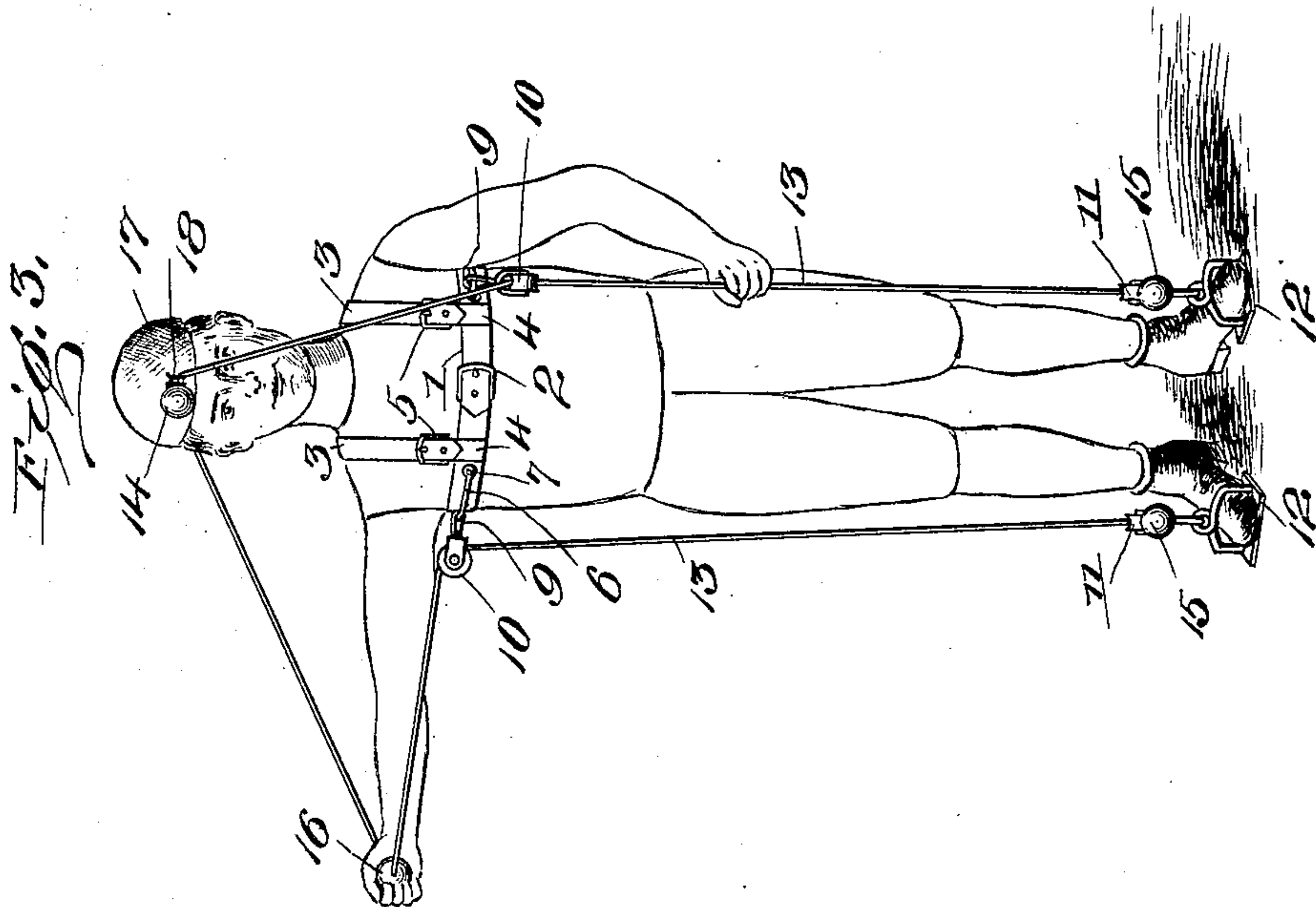
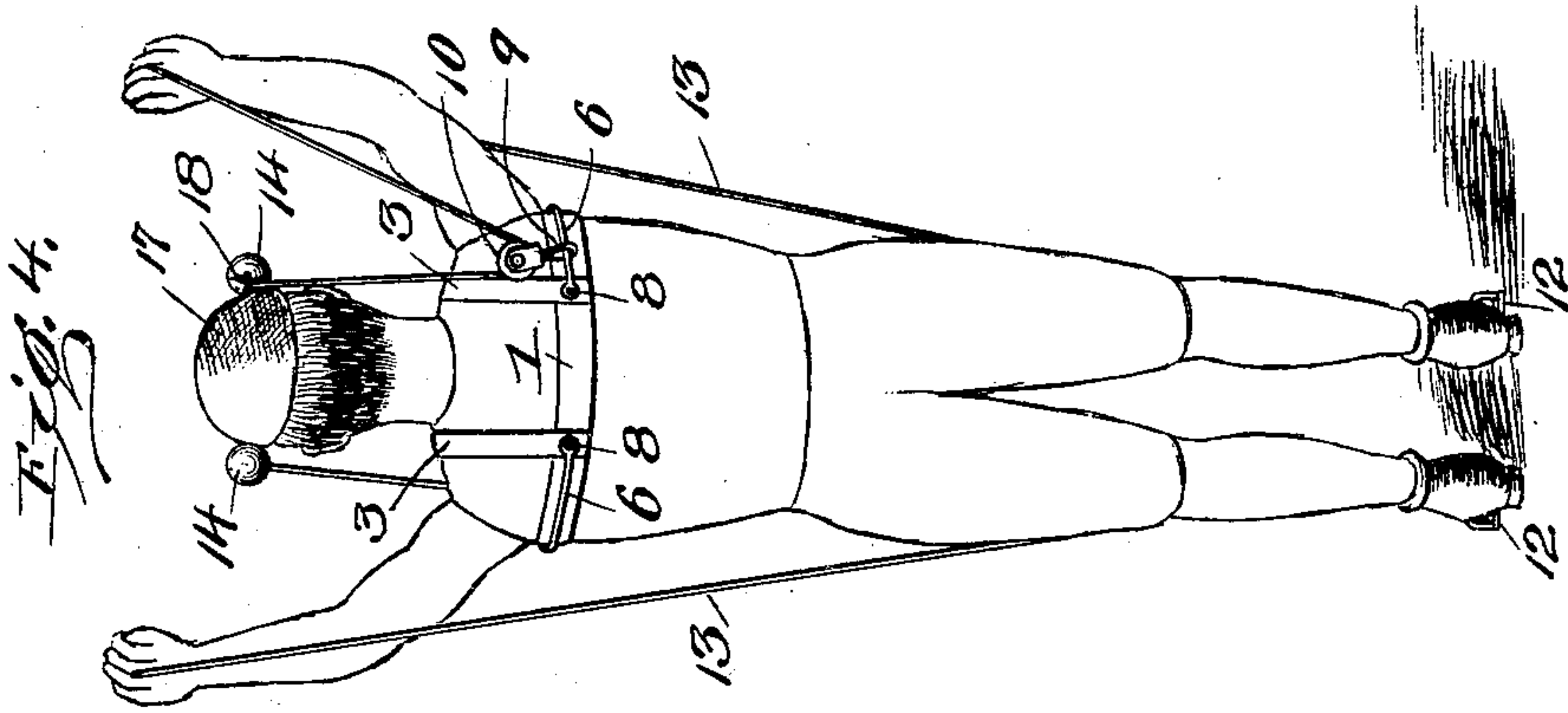
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UNITED STATES PATENT OFFICE.

GEORGE S. MAXWELL, OF JERSEY CITY, AND GEORGE WHITE, JR., OF
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EXERCISING APPARATUS.

SPECIFICATION forming part of Letters Patent No. 712,827, dated November 4, 1902.

Application filed October 5, 1901. Serial No. 77,630. (No model.)

To all whom it may concern:

Be it known that we, GEORGE S. MAXWELL, residing at Jersey City, in the county of Hudson, and GEORGE WHITE, Jr., residing at Madison, in the county of Morris, State of New Jersey, have invented certain new and useful Improvements in Exercising Apparatus, of which the following is a full, clear, and exact description, such as will enable others skilled in the art to which it appertains to make and use the same.

This invention relates to exercising apparatuses, and more especially to that class of apparatus which may be attached to the body of the user and the exercise accomplished by pulling or stretching an elastic cord.

The object of the invention is to construct an apparatus which may be made at a small cost and which may be readily attached to the body when it is to be used.

The invention consists in the novel construction, combination, and arrangement of parts hereinafter described, and illustrated in the accompanying drawings.

In the drawings, Figure 1 is a perspective view of an exercising apparatus. Fig. 2 is a cap or cover to be placed over the head to be used in connection with the apparatus shown in Fig. 1. Fig. 3 is a front view of a person having the apparatus attached to the body with the cap on and the cords attached to the cap, and Fig. 4 is a rear view showing the hands of the user in a different position from that shown in Fig. 3.

Referring by numerals to the drawings, the part marked 1 represents one strap of what we may term a "harness" to be placed around the body of the user, this strap passing under the arms, and is attached to and detached from the body by the buckle 2.

3 represents straps attached to the strap 1 and fitting over the shoulder of the user. These straps are slidingly adjustable on the strap 1 by the eyes 4 and are provided with buckles 5 by which the length of said straps 3 may be varied. Attached to the strap 1 are two guide rods or cords 6, one end of each being attached to the front of the strap 1 by an eye at the point 7, and the other end being attached to the said strap in the rear at

or about the point 8, where the rear ends of the straps 3 are attached to said strap 1.

The parts marked 9 represent snap-hooks, which travel on the rods or cords 6. These hooks are attached to roller-pulleys 10.

11 represent two pulleys similar to pulleys 10, and have attached thereto stirrups 12. Passing around each of the pulleys 10 and 11 is a flexible elastic cord or other medium 13. On each end of the cord is a ball. For convenience in describing the device the upper balls are marked 14 and the lower ones 15. Each cord passes through another ball 16, said ball being between the two pulleys 10 and 11 and moves up and down on said cord, being readily adjustable at any point on the cord. It is to be understood, of course, that the ball on one end of the cord is not attached to that end until the said end is run through one of the pulleys, then through the ball 16, and through the other pulley.

The part marked 17 represents a cap or cover to be placed on the head when it is desired to exercise the muscles of the neck. Attached to this cap are hooks 18, around which pass cords 13 when the device is being used to exercise the muscles of the neck.

Having now described the different parts of our invention, its operation will be set forth.

To use the device, the buckle 2 is unfastened and the strap 1 is passed around the body and under the arms. The straps 3 being placed over the shoulders, the buckle 2 is then fastened. The feet of the user are then placed in the stirrups 12 and the apparatus is ready for use. If it is desired to exercise the muscles of the arms and shoulders, for example, the balls 14 are grasped in each hand, the other balls 15 being against the lower pulleys 11, and the arms are extended by pulling and stretching the cords 13, the arms being moved up and down, in and out, or to the rear in a manner well known. The rods 6, which carry the hooks 7, permit the hooks and pulleys 10 to move around to the sides and rear of the body, so that the apparatus will operate easily when the arms are moved from the sides and to the rear. When it is desired to exercise the muscles of the back, for example, the

balls 14 are released and the user then grasps the balls 15 by each hand and pulls said balls up against the tension of the elastic cord, bending and raising his back in a manner well known. The balls 16 are to be used when it is desired to exercise the other parts of the body in a different position than that when the upper or lower balls are used.

When it is desired to use the device to exercise the muscles of the neck, the cap or cover is placed around or over the head and the cords 13 slipped over the hooks 18. Then by pulling on first one ball or the other, or any two or more balls, the muscles of the neck will be brought into play to be exercised. It is apparent that a very effective way to use the device as an exerciser of the muscles of the neck is to use or pull on the two lower balls 15, permitting the upper balls 14 to take or come against the hooks 18 on the cap. Figs. 3 and 4 show the manner of using the apparatus to exercise the muscles of the arms and shoulders and also of the neck at the same time. If in exercising the neck with the head-cover it is found more convenient or easy to operate the apparatus with the cords leading directly from the pulleys 11, the hooks 9 may be released from the rods or cords 6, so that there will be a direct pull from the pulleys 11 from which the cords pass.

It is believed that the invention will now be readily understood by those skilled in the art.

Having described our invention, what we claim as new, and desire to secure by Letters Patent, is—

1. In an exercising apparatus, a device adapted to be attached to the body, a device adapted to be attached to the feet, means on each device around which a cord passes and is guided and a cord as and for the purposes specified.

2. In an exercising apparatus adapted to be attached to the body, a pulley attached to said device, a stirrup adapted to be attached to the foot, said stirrup carrying a pulley, and a cord adapted to pass over said pulleys.

3. In an exercising apparatus, a strap adapted to be attached to the body, stirrups adapted to receive the feet of the user, an elastic cord, and means attached to the strap and the stirrups over or around which the elastic cord or medium passes.

4. In an exercising apparatus, a strap adapted to pass around the body of the user, shoulder-straps attached to said first-mentioned strap, pulleys connected to the said first-mentioned strap, means adapted to receive the feet of the user, pulleys connected to said strap and said means, and cords passing between and over said pulleys.

5. In an exercising apparatus, a strap adapted to be attached to the body of the user, guides on said strap, pulleys connected to and movable on said guides, means adapted to receive the feet of the user, pulleys connected to said means, elastic mediums pass-

ing over the upper and the lower pulleys, and balls on the ends of said cords adapted to be grasped by the hands of the user, substantially as and for the purpose described.

6. In an exercising apparatus, a strap adapted to pass around the body of the user, shoulder-straps connected to the said first-named strap, means for supporting pulleys connected also to the first-named strap, pulleys connected to and movable on said means, stirrups, pulleys connected to said stirrups, elastic cords passing around said pulleys, and balls on the ends of the said cords.

7. In an exercising apparatus, a strap adapted to pass around the body of the user, shoulder-straps connected to said strap, rods connected to the first-named strap, stirrups, elastic cords, means connected to the rods around which the elastic cords pass, means connected to the stirrups around which the cords also pass, and means on the ends of said cords to be grasped by the hands of the user.

8. In an exercising apparatus, a strap adapted to be attached to the body of the user, shoulder-straps connected to said strap, means connected to the first-named strap and adapted to support hooks, a hook on each of said means, a pulley to which each of said hooks is connected, stirrups, a pulley connected to each of said stirrups, cords passing around each of the upper and lower pulleys, a ball on each of said cords between the pulleys connected to the said strap and to the stirrups.

9. In an exercising apparatus, a strap adapted to be attached to the body of the user, shoulder-straps connected to said strap, rods connected to the first-named strap, a hook on each of said rods, a pulley to which each of said hooks is connected, stirrups, a pulley connected to each of said stirrups, cords passing around each of the upper and lower pulleys, an adjustable ball on each of said cords between the pulleys connected to the said strap and to the stirrups.

10. In an exercising apparatus, a strap adapted to be attached to the body of the user, said strap having a buckle attached thereto to permit the strap to be placed on or removed from the body, shoulder-straps slidably mounted upon the first strap, said shoulder-straps having adjustable means to vary the length thereof, means for supporting and guiding hooks connected to the said first-named strap, hooks connected to and movable on said means, said hooks carrying means adapted to guide elastic cords, a stirrup, means on the stirrup for guiding said cords, elastic cords passing around said means, means on the ends of each cord adapted to be grasped by the hands of the user, the whole operating substantially as and for the purpose described.

11. In an exercising apparatus, a strap adapted to be attached to the body of the user, said strap having a buckle attached thereto to permit the strap to be placed on or removed

from the body, shoulder-straps having adjustable means to vary the length thereof, rods connected to the said first-named strap, hooks connected to and movable on said rods, said
 5 hooks carrying means adapted to guide elastic cords, a stirrup, means on the stirrup for guiding said cords, an elastic cord passing around said means, means on the end of each cord adapted to be grasped by the hands of the
 10 user, and adjustable means near the middle of the cords also to be grasped by the hands of the user, the whole operating substantially as and for the purpose described.

12. In an exercising apparatus, a device
 15 adapted to be attached to the body of the user, sliding means attached to said device adapted to guide a cord, means adapted to be connected to the feet of the user, means on said last-named means adapted to guide an elastic cord,
 20 elastic cords connected to the upper and lower means, and means on the ends of the elastic cords adapted to be grasped by the hands of the user, substantially as and in the manner described.

25 13. In an exercising apparatus, a device adapted to be attached to the body of the user, slidable means attached to said device adapted to guide a cord, means adapted to be connected to the feet of the user, means on said
 30 last-named means around which a cord is guided, cords, means on the ends of the cords, and means at a point near the middle of the cords, all of said means on the cords being adapted to be grasped by the hands of the
 35 user, the whole to be operated or used as and for the purpose described.

14. In an exercising apparatus, a device adapted to be attached to the body of the user, slidable means attached to said device and
 40 adapted to guide cords, means adapted to be attached to the feet of the user, means on said last-mentioned means around which cords are guided, cords, means on the ends of the cords adapted to be grasped by the
 45 hands of the user, a device adapted to be placed on the head of the user, and means on said device around which the cords may pass.

15. In an exercising apparatus, a device adapted to be placed around the head of the
 50 user, guides on said device and around which cords may pass, means to be attached to or placed on the feet of the user, guides on said means, and cords passing over said guides.

16. In an exercising apparatus, a device
 55 adapted to be placed around the head of the user, guides on said device and around which cords may pass, means to be attached to or placed on the feet of the user, guides on said means, cords passing over said guides, means
 60 on the ends of each cord adapted to be grasped by the user.

17. In an exercising apparatus, a device to be placed over the head of the user, means
 65 on said device around which a cord may be guided, means adapted to be attached to the foot of the user, a device for guiding a cord, and a cord leading from said device to the device adapted to be placed on the head of
 70 the user.

18. In an exercising apparatus, a cap or cover adapted to be placed over the head of
 the user, hooks attached to said device adapted to guide cords, stirrups adapted to be attached to the feet of the user, guide-pulleys
 75 attached to said stirrups, and cords leading from said guide-pulleys to the hooks on the head device.

19. In an exercising apparatus, a cap or cover adapted to be placed over the head of
 80 the user, hooks attached to said device adapted to guide cords, stirrups adapted to be attached to the feet of the user, guide-pulleys attached to said stirrups, cords leading from said guide-pulleys to the hooks on the head
 85 device, and means on the ends of each cord adapted to be grasped by the hands of the user.

In testimony whereof we affix our signatures in the presence of two witnesses.

GEORGE S. MAXWELL.
 GEO. WHITE, JR.

Witnesses:

H. M. SEAMANS,
 W. SCOTT.