

No. 714,067.

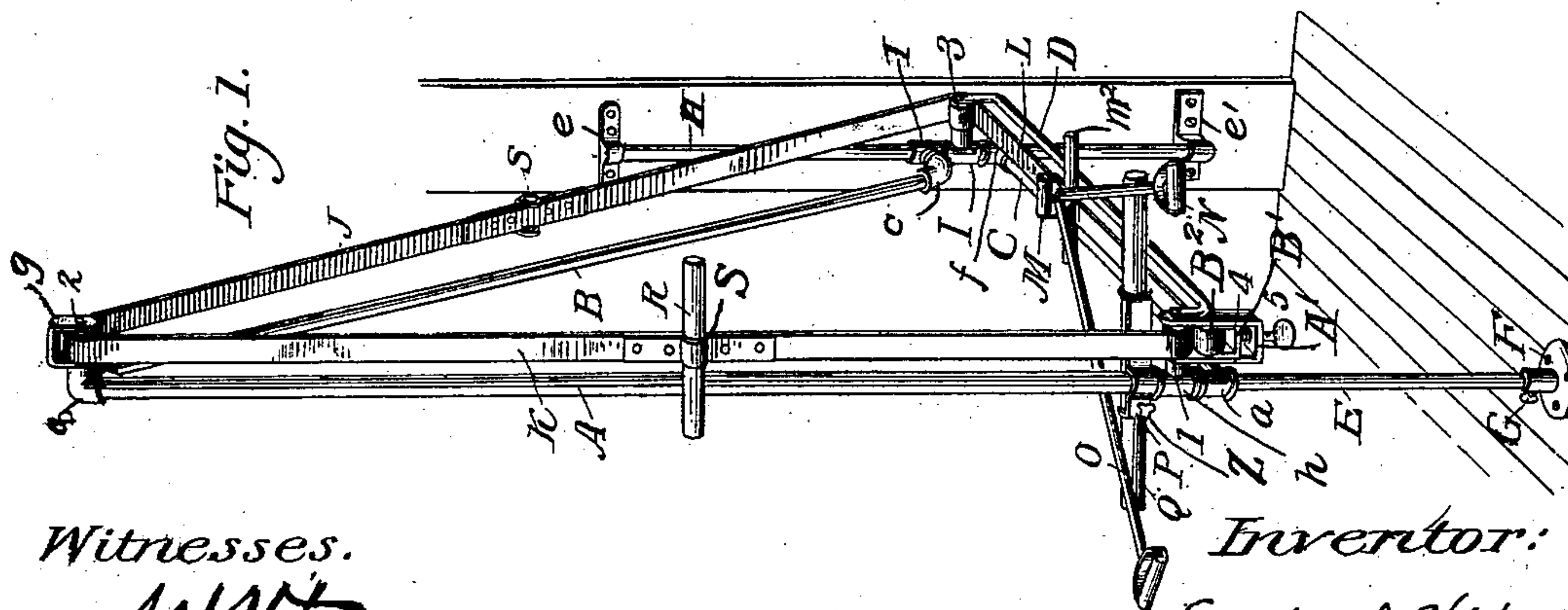
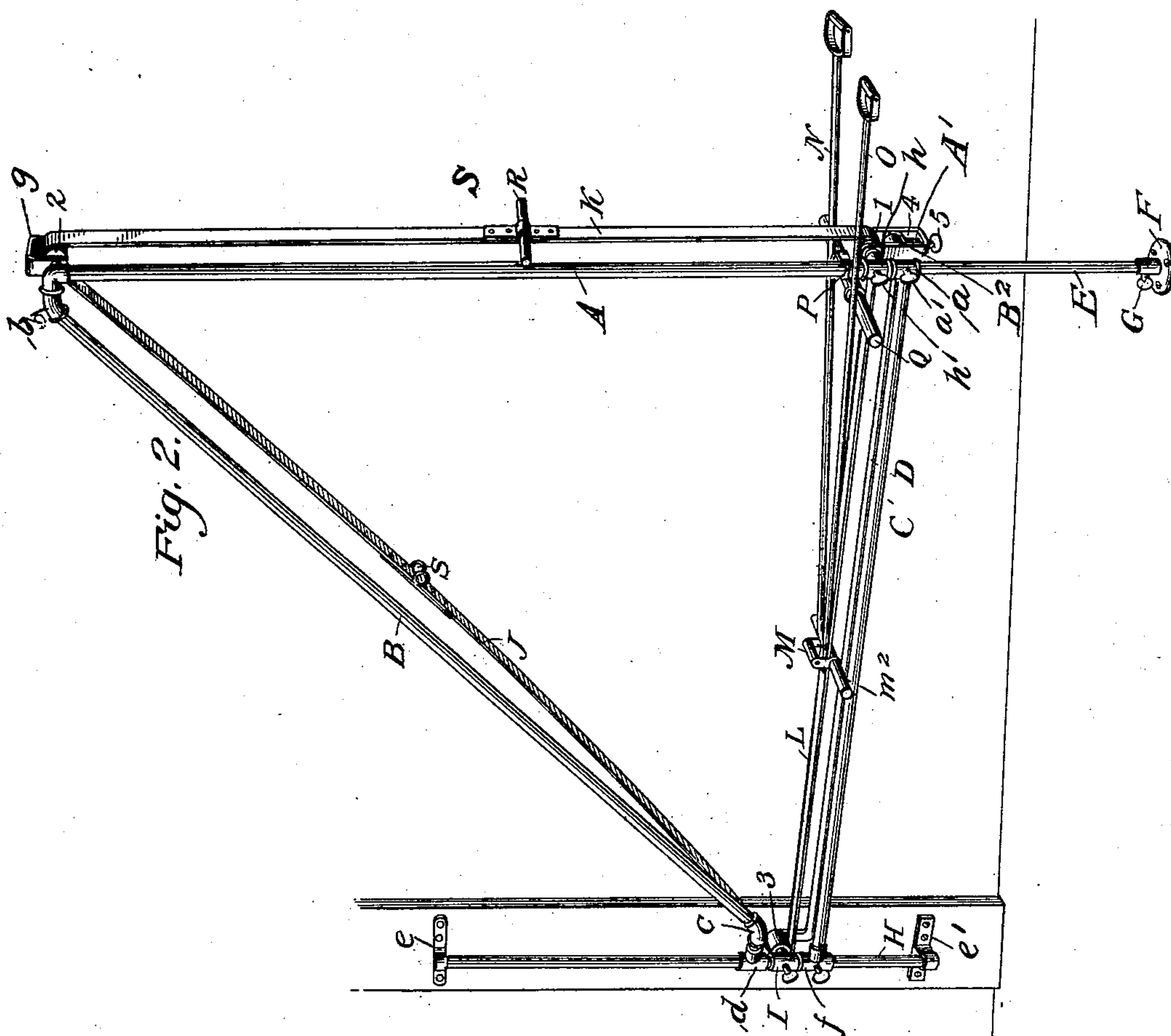
Patented Nov. 18, 1902.

E. VIKO.
MUSCLE DEVELOPER.

(Application filed Apr. 29, 1902.)

(No Model.)

2 Sheets—Sheet 1.



Witnesses.

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UNITED STATES PATENT OFFICE.

EINDRED VIKO, OF SIOUX FALLS, SOUTH DAKOTA.

MUSCLE-DEVELOPER.

SPECIFICATION forming part of Letters Patent No. 714,067, dated November 18, 1902.

Application filed April 29, 1902. Serial No. 105,248. (No model.)

To all whom it may concern:

Be it known that I, EINDRED VIKO, a citizen of the United States, residing at Sioux Falls, in the county of Minnehaha and State of South Dakota, have invented a new and useful Exercise-Machine for Developing the Muscles of the Human Body and for Reduction of Corpulency, of which the following is a specification.

I call it a "muscle-developer and fat-reducer."

The objects of my machine are that when used it will act on nearly every muscle of the human frame as flexors, extensors, adductors, abductors, and rotators; that groups of muscles or all the muscles in symmetrical proportion may be developed or exercised at the option of the operator; that a fraction of a pound to hundreds of pounds may be made to bear on the muscles; that this weight may be gradually increased or decreased; that the operator may operate it in a reclining, sitting, or standing position; that this apparatus may be raised or lowered to different heights; that it may be operated on a vertical, horizontal, or oblique plane; that by judicious exercise on this apparatus the muscles will gradually develop in strength and fullness and as a consequence any surplus of fat will be taken up by the system and all the organs of the body will be stimulated to renewed activity; and the invention consists in the construction and arrangement of parts as will be hereinafter described and claimed.

In the accompanying drawings, Figure 1 is an end view in perspective of my invention. Fig. 2 is a side view in perspective. Fig. 3 is a side view in perspective showing the apparatus attached to a wall or other support. Fig. 4 is a side view with parts broken away. Fig. 5 is a view of the belt-tightener.

Referring to the drawings, the letters A, B, and C designate the frame of my apparatus constructed of hollow rods or piping made in the form of a triangle, the vertical rod A of which is provided at its lower end with a T-coupling *a* and at its upper end with a bent coupling *b*.

The letter B indicates the inclined rod of the frame, having its upper end secured to the coupling *b* opposite that of the secured upper

end of the rod A. A supporting-bar E has its upper end slidably mounted in the rod A and is secured therein by a set-screw *a'*, operating in the coupling *a* for the purpose. The lower end of the rod E is detachably secured to a base F by means of a set-screw G. The lower end of the inclined rod B is provided with a bent coupling *c*, which in turn is secured to a T-coupling *d*, which is slidably mounted on a vertical rod H, secured to a suitable support having securing means *e e'* for the purpose.

The letter C denotes the horizontal bar of the frame, having its inner end secured to a T-coupling *f*, which is slidably mounted on the rod H, as shown in Fig. 2, the outer end of the bar C being secured to the T-coupling *a*, which is slidably mounted on the bar A. A hanger *g* is provided at the upper end of the rod A, arranged at one side of the coupling *b*. Above the coupling *a* and slidably mounted on the rod A is a T-coupling *h*, controlled by a set-screw *h'*, said coupling having a depending hanger *A'* projecting from one side thereof, in which rotates a roller B². Secured to the outer side of the hanger *A'* is one end of a bar D, arranged parallel with the bar C, and the opposite end of the rod D is secured to the journal of a roller 3, which extends from one side of a loosely-mounted T-coupling *i* on the bar H.

The letter P represents a clamp adapted to slide vertically on the bar A, and the same is provided with open bearing ends through which pass and project the ends of a shaft Q, which is held in position in the clamp by a set-screw Z, engaging one portion of the said clamp for the purpose.

The letters J, K, and L represent a belt made in sections and passing over the rollers 1, 2, and 3, the sections J K thereof being provided with fastening means at their connecting or meeting ends having bearings S to receive an operating-bar R, which is interchangeable from one bearing to the other on the said sections J K when desired. Mounted in elongated slats of the hanger 4 below the roller I is a frictional roller B², which is adapted to coact with a plate B', having its end slidably secured in ways *m m'* in the side walls of said hanger, so as to move the said

frictional roller vertically to or from the roller I for the purpose of tightening the belt. This operation of vertical movement is accomplished by a set-screw 5 passing through the bottom plate of the hanger and having its upper end loosely connected to the under side of the plate B³. A coil-spring *b* surrounds the inclosed end of the set-screw for the purpose of giving a yielding movement to the plate B', from thence to the friction-roller B², so as to regulate the movement of the belting. A hanger M is secured to the section of belt I, having operating-bar *m*² passing through end bearings therein. The inner ends of the operating-handles N and O are pivoted to the hanger and extend rearwardly therefrom and rest on the shaft Q. The handles are designed to be used by the hands or by the feet of the operator by means of attaching-straps, as shown in Fig. 4 of the drawings.

The operation of the device will be readily understood from the hereinbefore description of the various parts of the apparatus. I wish it to be understood that the bars B C D and shaft Q are adjustable on the bars A and H by means of their respective T-couplings, having set-screws for the purpose. I also wish it to be understood that I do not confine myself to the precise construction shown in my drawings and heretofore particularly described in my specification, but reserve to myself the right to make such alterations and changes therein for the better carrying out of my invention without departing from the

essential features and the true spirit and scope thereof.

Having described my invention, what I claim is—

1. The combination with two vertical supporting-bars having a triangular frame adjustably mounted on said bars, of the hangers having rollers therein, a sectional belt adapted to rotate on said rollers having means secured thereto for operating the same, and one of said hangers having an adjustable friction-roller to regulate the movement of said belt, substantially as specified.

2. The combination with two vertical supporting-bars having a triangular frame adjustably mounted thereon, of the hangers having rollers secured at each corner of the triangular frame, a belt made in sections passing over said rollers, means secured to the meeting ends of said belt to operate the same, and means secured to one of the hangers to regulate the movement of the belt, and a shaft adjustably mounted on the vertical bar of said triangular frame to support the operating means on one portion of the belt, substantially as specified.

In testimony whereof I have signed my name to this specification in the presence of two subscribing witnesses.

EINDRED VIKO.

Witnesses:

A. H. STILES,
J. A. BLINN.