

No. 763,475.

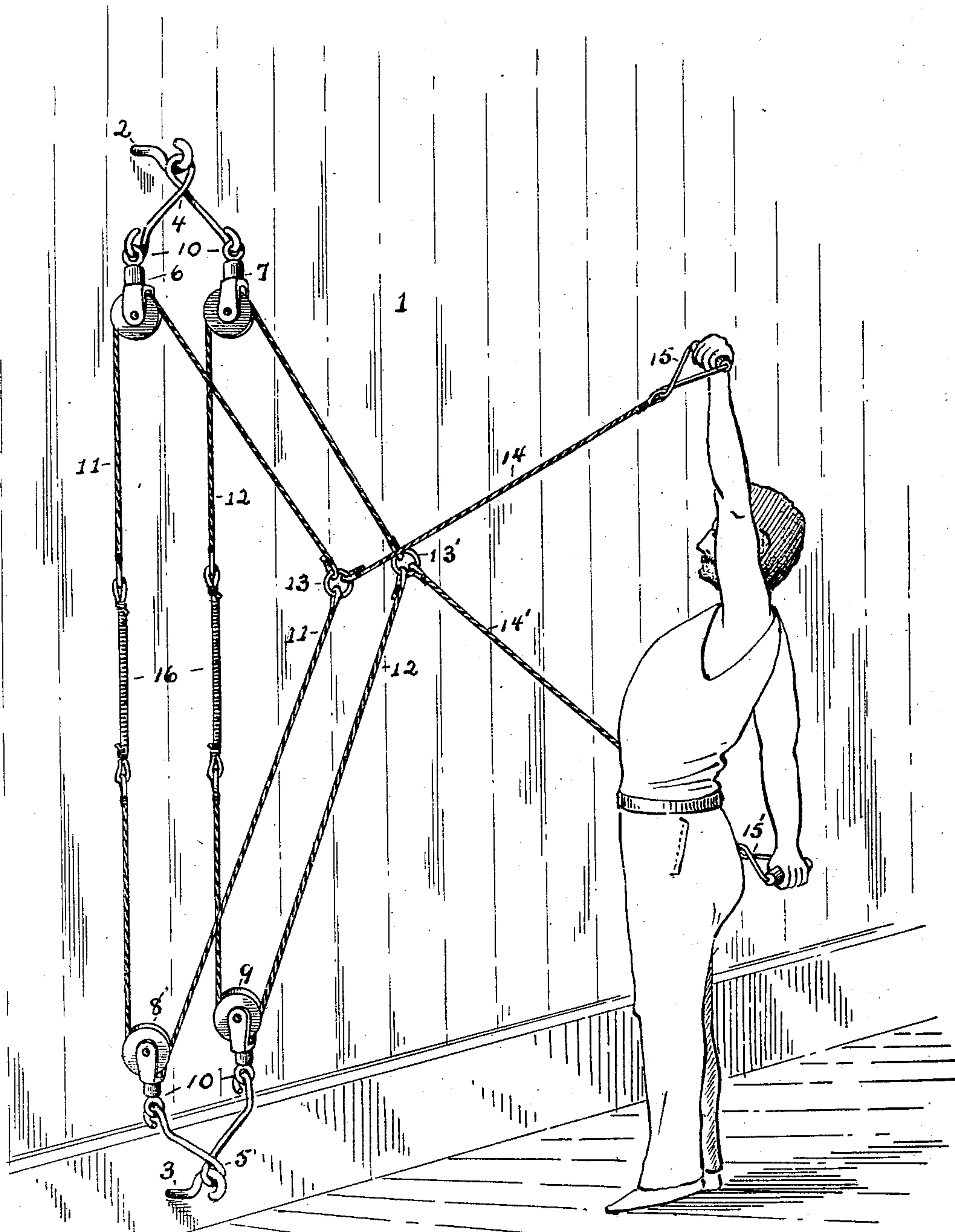
PATENTED JUNE 28, 1904.

J. F. FRAZEE & H. V. WHITCOMB.

EXERCISING MACHINE.

APPLICATION FILED JAN. 4, 1904.

NO MODEL.



Witnesses.

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# UNITED STATES PATENT OFFICE.

JACKSON F. FRAZEE AND HORACE V. WHITCOMB, OF SAN FRANCISCO,  
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## EXERCISING-MACHINE.

SPECIFICATION forming part of Letters Patent No. 763,475, dated June 28, 1904.

Application filed January 4, 1904. Serial No. 187,633. (No model.)

*To all whom it may concern:*

Be it known that we, JACKSON F. FRAZEE and HORACE V. WHITCOMB, citizens of the United States, residing in the city and county of San Francisco, State of California, have invented certain new and useful Improvements in Exercising Devices; and we do hereby declare the following to be a full, clear, and exact description of the same.

10 The present invention relates to certain new and useful improvements in that form of exercising devices commonly employed for use in the house to enable the user thereof to daily take light although effective exercise either  
15 upon retiring at night or the first thing in the morning.

The object of the invention is to so construct the device that the user thereof may exercise in any desired position, either standing up,  
20 lying down, in a stooping position, or otherwise, without the necessity of changing the position of the device, the resistance offered against the strain of the user being uniform in whatever direction the same is exerted.  
25 This object is attained by providing two independently-actuated endless tension-cords, which work over separate pairs of pulleys suitably attached to the wall or a support, each tension-cord having a handle or hand-  
30 piece connected thereto, by which the user may take hold.

In the drawing the numeral 1 is used to indicate a wall or any suitable support, to which the securing-hooks 2 3 are attached. These  
35 hooks are located a distance apart, and to the same are fastened, respectively, the hangers 4 5. The hanger 4 carries the pulleys 6 7, while the hanger 5 carries the opposing pulleys 8 9. Each pulley-frame is swiveled to  
40 its securing-eye 10, so that the pulleys may turn in accordance with the direction of strain placed thereon. Over the pair of pulleys 6 8 works the endless tension-cord 11 and over the pair of pulleys 7 9 the endless cord 12. The  
45 ends of these cords are preferably connected to rings 13 13', to which rings, respectively,

the hand-cords 14 14' are attached. The handles or handpieces 15 15' are secured to the free end of the hand-cords 14 14'.

Preferably each endless tension-cord is 50 formed with an elastic or spring section 16, although, if so desired, the entire cord may be constructed of elastic material or fabric.

By the construction herein described each endless cord may be operated independent of 55 the opposing cord, and the cords by running freely over the pulleys will give to enable the operator to use the device in any desired position, for whatever position the user may assume the endless cords will move under the 60 strain exerted thereon to place the hand-cords 14 14' in proper position. In other words, the endless cords will shift or move in accordance with a change in the direction of strain placed thereon. 65

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

1. An exercising device, the same comprising an upper pair of pulleys, an opposing pair 70 of lower pulleys, independently-actuated endless tension-cords working respectively over the pairs of pulleys, and handpieces secured to each endless cord.

2. An exercising device consisting of two 75 independently-actuated endless tension-cords, a handpiece secured to each cord, and means for attaching the cords at two points to a support.

3. An exercising device consisting of two 80 pairs of swiveled pulleys, means for securing the pairs a distance apart to a support, an independently-actuated endless tension-cord working over each pair of pulleys, and a hand-  
85 piece secured to each endless tension-cord.

In witness whereof we have hereunto set our hands.

JACKSON F. FRAZEE.  
HORACE V. WHITCOMB.

Witnesses:

N. A. ACKER,  
D. B. RICHARDS.