

No. 771,938.

PATENTED OCT. 11, 1904.

W. G. RUHL.
EXERCISING DEVICE.
APPLICATION FILED APR. 9, 1904.

NO MODEL.

Fig. 1.

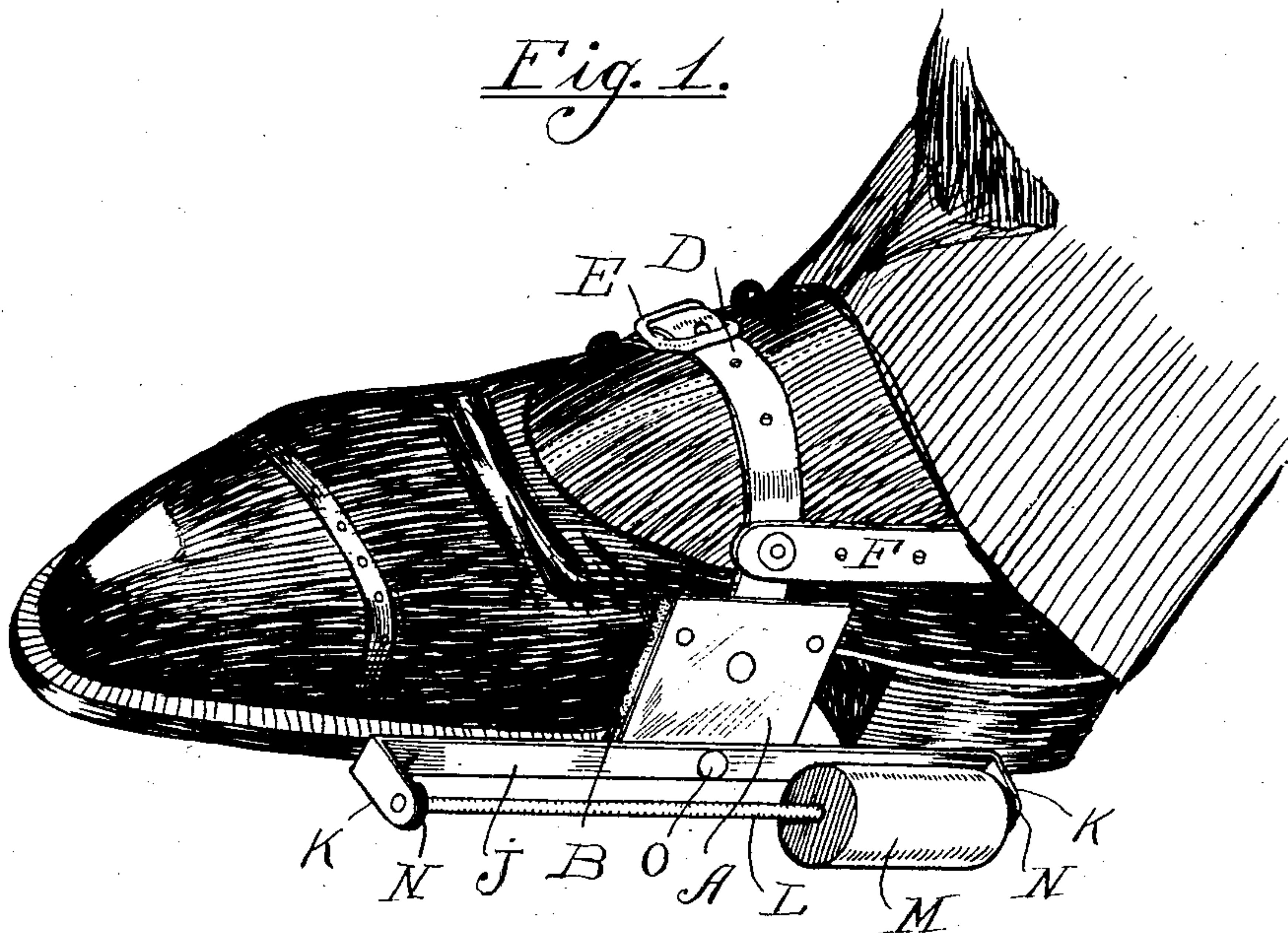
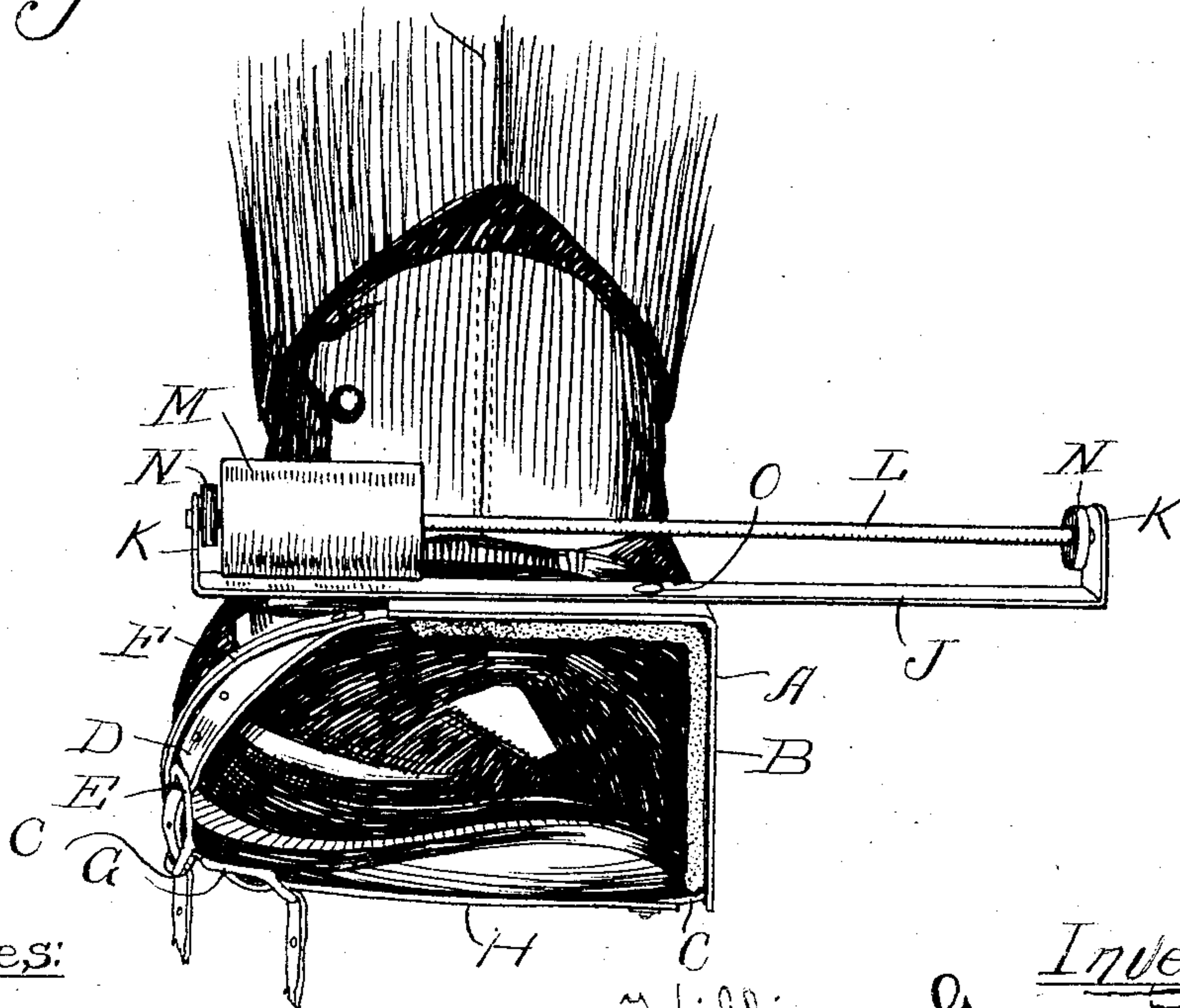


Fig. 2.



Witnesses:

E. F. Wilson
M. E. Mueller

Inventor:

William Guy Ruhl
By *Rudolph K. [Signature]*
Attorney.

UNITED STATES PATENT OFFICE.

WILLIAM GUY RUHL, OF CHICAGO, ILLINOIS, ASSIGNOR TO PHILIP R. KELLAR, HEPBURN RUHL, AND JUDSON S. BLASDEL, OF CHICAGO, ILLINOIS.

EXERCISING DEVICE.

SPECIFICATION forming part of Letters Patent No. 771,938, dated October 11, 1904.

Application filed April 9, 1904. Serial No. 202,288. (No model.)

To all whom it may concern:

Be it known that I, WILLIAM GUY RUHL, a citizen of the United States, residing at Chicago, in the county of Cook and State of Illinois, have invented certain new and useful Improvements in Exercising Devices; 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.

My invention relates to a novel construction in an exercising and muscle-developing device, the object being to provide a device which may be removably attached to the foot or shoe and which will be operated by the movements thereof to shift a weight, thereby exercising the muscles of the leg and jarring and vibrating the foot, ankle, and leg to a certain degree; and it consists in the features of construction and combinations of parts hereinafter fully described and claimed.

In the accompanying drawings, illustrating my invention, Figure 1 is a side elevation of the foot having my exerciser attached thereto, the latter being shown in perspective, mounted upon one side of said shoe. Fig. 2 is a front elevation of the foot, showing my device attached thereto in a different position.

My said device comprises an L-shaped flat plate A, lined on the inner side with a sheet of felt B or similar soft material adapted to lie against the foot or shoe to prevent direct contact of the metal therewith. Secured to the ends of said plate A are straps C and D, said strap C being provided with a buckle E, adapted to receive the end of said strap D, said straps being adapted to pass around the foot to secure said plate A thereto. Secured to said strap D adjacent its connection with said plate A is a strap F, which is adapted to pass around the heel and enter and engage a buckle G on the strap H, secured at its other end to said strap C, said straps F and H being adapted to hold said plate A against longitudinal movement on the foot in one direction when the same is mounted thereon in the position shown in Fig. 1, the arch of the foot

over which said straps C and D pass preventing movement in the opposite direction. Mounted on said plate A adjacent a corner or bend thereof is a plate J, provided with parallel flanges K at its ends, in which a rod L, extending parallel with said plate J, is mounted, said rod serving as a guide for the sliding weight M, which is adapted to move from one end to the other of said rod in accordance with the movements of the foot and is cushioned by means of the flexible washer N, mounted on said rod adjacent its ends. The said plate J is pivotally secured to said plate A by means of a rivet O or other suitable device which will act to hold said plate in any position relatively to said plate A to which it may be turned. The said plate A is secured to the foot so that one flange or leaf thereof projects underneath the arch of the foot and the other leaf thereof bears against the inner side thereof. The position may also be reversed, as will be obvious. When in this position, the said plate J is turned so that it extends substantially parallel with the lower leaf and the said weight is caused to move from one end to the other of said rod by alternately raising and lowering the toe, thereby obviously causing said rod to extend alternately at reverse inclines. The said plate A is also adapted to be mounted on the toe portion of the foot, and when so mounted one leaf thereof to which said plate J is pivoted rests upon the toe portion and the other leaf thereof bears against the inner side of said toe portion, said straps being passed around and buckled in a convenient manner. When in this position, the said plate J is turned so as to extend substantially parallel with the side edges of the leaf of said plate A to which it is secured, and said weight is caused to move from one end to the other of said rod by alternately turning the foot from side to side at the ankle.

My said device is very convenient for use and provides just sufficient resistance to the free movement of the foot, ankle, and leg to exercise the muscles of the leg to the desired extent, and said weight while providing such

resistance simultaneously has the effect of jarring or vibrating the foot, ankle, and leg each time that it reaches either limit of its movement, thereby imparting certain desirable effects.

I claim as my invention—

1. An exerciser comprising a supporting member, means for securing same to the foot and a weight movably mounted thereon and adapted to be actuated by the movements of the foot and leg.

2. An exerciser comprising a supporting member adapted to be mounted on the foot, a guide member mounted thereon, and a weight movably on said guide member.

3. An exerciser comprising a supporting member adapted to be mounted on the foot, a guide member pivotally mounted thereon, and a weight movable on said guide member.

4. An exerciser comprising a supporting member adapted to be mounted on the foot, a guide member pivotally mounted on said supporting member and adjustable thereon, and a weight movable on said guide member.

5. An exerciser comprising an L-shaped supporting-plate, means for mounting same on the foot, a guide member carried thereby, and a weight movable on said guide member.

6. An exerciser comprising an L-shaped supporting-plate, means connected therewith for securing same to the foot, a guide member pivotally mounted thereon and adjustable

relatively thereto, and a weight movable on said guide member.

7. An exerciser comprising a supporting-plate, means for securing same to the foot, a plate pivotally secured between its ends to said supporting-plate and adjustable thereon, flanges at the ends of said plate, a rod secured at its ends in said flanges, and a weight longitudinally movable on said rod.

8. An exerciser comprising an L-shaped supporting-plate, means for securing same to the foot, a plate pivotally secured between its ends to said supporting-plate and adjustable thereon, flanges at the ends of said plate, a rod secured at its ends in said flanges, and a weight longitudinally movable on said rod.

9. An exerciser comprising an L-shaped supporting-plate, means for securing same to the foot, a plate pivotally secured between its ends to said supporting-plate and adjustable thereon, flanges at the ends of said plate, a rod secured at its ends in said flanges, and a weight longitudinally movable on said rod, and cushions interposed between the ends of said weight and the flanges of said plate.

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

WILLIAM GUY RUHL.

Witnesses:

RUDOLPH WM. LOTZ,
F. SCHLOTFELD.