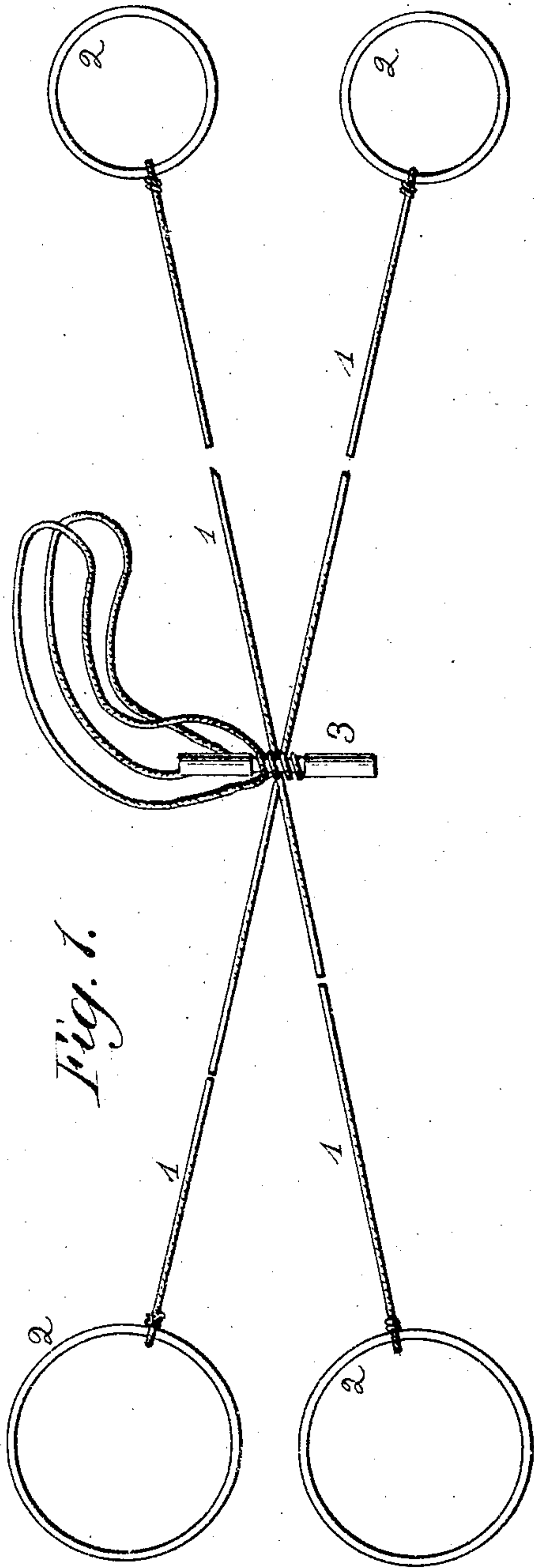


No. 774,738.

PATENTED NOV. 15, 1904.

J. B. CHAVEZ,  
GYMNASTIC APPARATUS.  
APPLICATION FILED APR. 6, 1904.

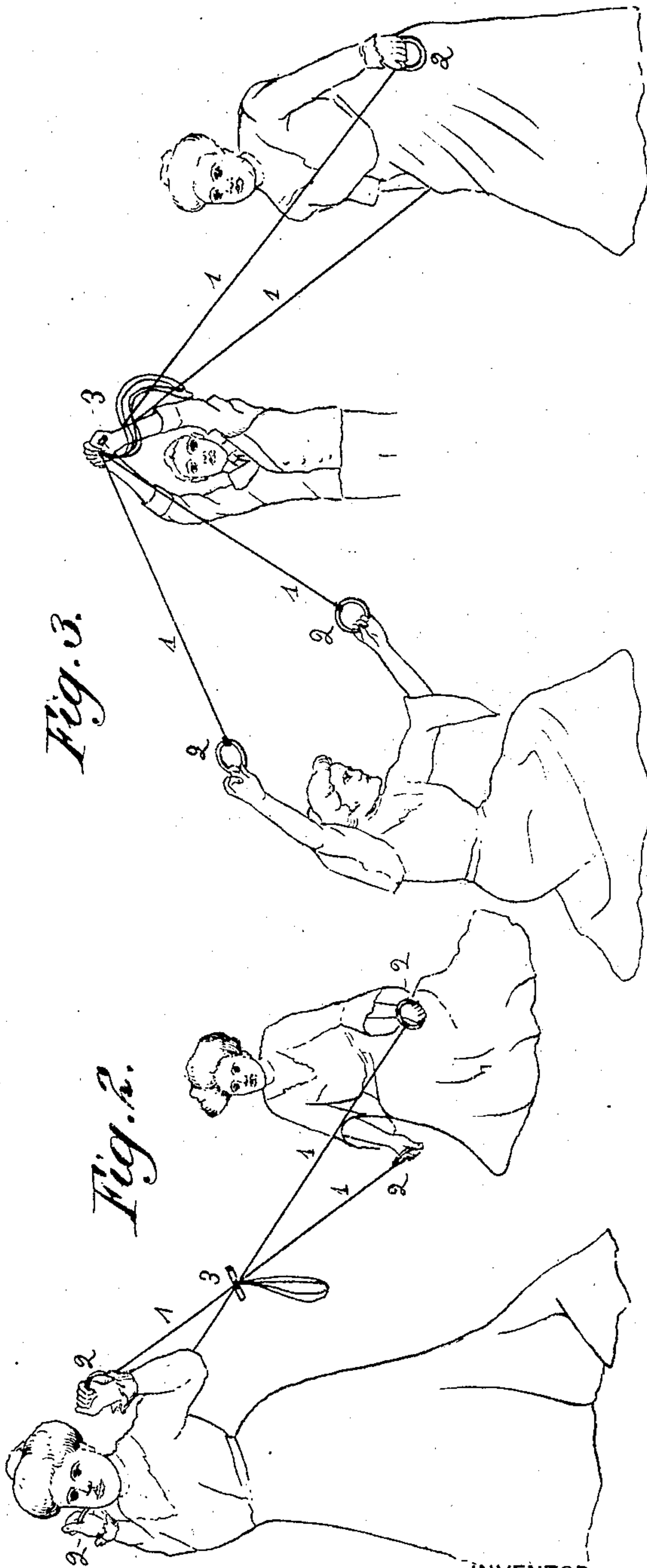
NO MODEL.



*Fig. 1.*

WITNESSES:

*B. A. Pierce.*  
*C. H. Fogg.*



*Fig. 2.*

*Fig. 3.*

INVENTOR

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ATTORNEY.

# UNITED STATES PATENT OFFICE.

JUAN B. CHAVEZ, OF MEXICO, MEXICO, ASSIGNOR TO JULES R. WAHL,  
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## GYMNASTIC APPARATUS.

SPECIFICATION forming part of Letters Patent No. 774,738, dated November 15, 1904.

Application filed April 6, 1904. Serial No. 201,926. (No model.)

*To all whom it may concern:*

Be it known that I, JUAN B. CHAVEZ, a citizen of the Republic of Mexico, and a resident of the city of Mexico, Republic of Mexico, have invented certain new and useful Improvements in Gymnastic Apparatus, of which the following is a specification.

My invention relates especially to an apparatus which may be simultaneously employed by two or more persons for bringing into play the various muscles of the body, and has for its object the provision of a very cheap, simple, and efficient apparatus of this character.

To attain the desired end, my invention consists, essentially, in a gymnastic apparatus in which are comprised two non-elastic cords provided at their extremity with rings and a stick or handpiece to which the cords are adjustably connected at or near their centers, all of which are hereinafter first fully described and then pointed out in the claim.

In the accompanying drawings, Figure 1 is a plan view of my apparatus. Fig. 2 illustrates a method of use by two persons. Fig. 3 illustrates a method of use by three persons.

Like numerals of reference wherever they occur indicate corresponding parts in all the figures.

1 1 are non-elastic cords, tapes, or the equivalent.

2 2 are rings of any preferred size secured to the ends of the cords.

3 is a stick or handpiece to which the cords are connected at their centers.

When this apparatus is used by one person, the cords 1 are gathered and tied around the stick 3, so as to adjust the length of said cords properly, and by placing the feet in two of the rings the cords may be carried round the body in any direction, the other rings being

grasped by the hands. The body, arms, or legs are then bent or swayed in such direction as to bring into play the various muscles.

One method of use of the apparatus by two persons is illustrated in Fig. 2 of the drawings and by three persons in Fig. 3; but it is obvious that the cords may be manipulated in an infinite variety of ways and directions in order to exercise and bring into use every muscle of the body.

The apparatus is adapted to the use of persons of all ages and to special pathological conditions, especially when it is desired to gradually develop the muscular power. It differs materially from that class of gymnastic apparatus wherein springs or the equivalent are used, such apparatus being useless for young children, while mine may be employed by children of five or six years of age as well as the adult, and where springs, weights, &c., are used the adaptability of such apparatus is very limited in the number of movements which can be made.

In my apparatus the force applied can always be in accordance with the resistance, a feature not found in the class above referred to.

Having now fully described my invention, what I claim as new therein, and desire to secure by Letters Patent, is—

A gymnastic apparatus in which are comprised two non-elastic cords provided at their extremities with rings, and at their centers with a stick or handpiece to which said cords are adjustably secured, substantially as shown and described.

Signed at the city of Mexico, Mexico, this 27th day of January, 1904.

JUAN B. CHAVEZ.

Witnesses:

J. BUERMISTER,  
T. FRILLO.