

No. 775,309.

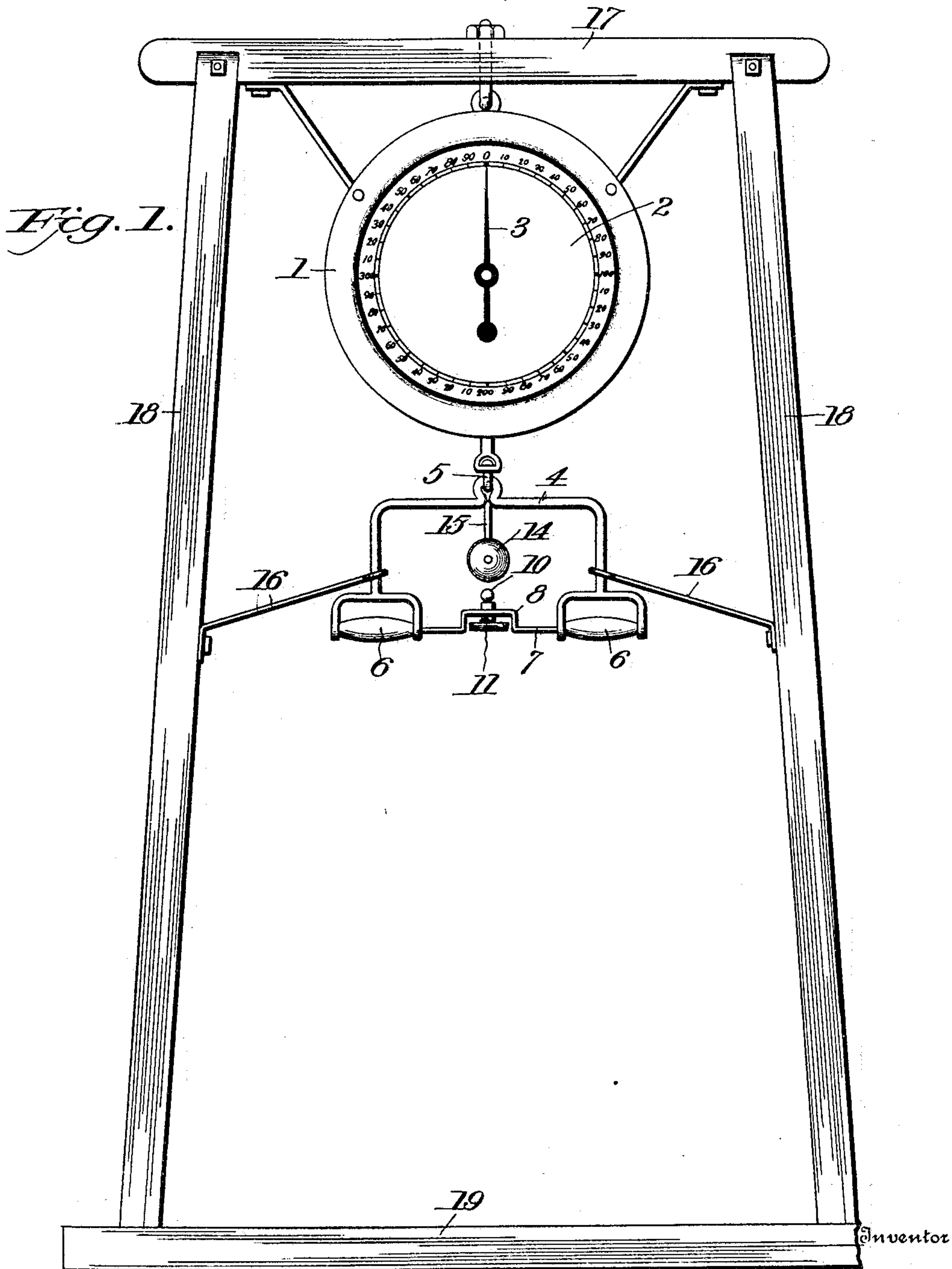
PATENTED NOV. 22, 1904.

R. PATTERSON.  
EXERCISING DEVICE.

APPLICATION FILED AUG. 25, 1904.

NO MODEL.

2 SHEETS—SHEET 1.



Witnesses

*C. H. Walker.*  
*L. L. Morrill*

*Robert Patterson.*

By

*Shepherd & Parker*  
Attorneys

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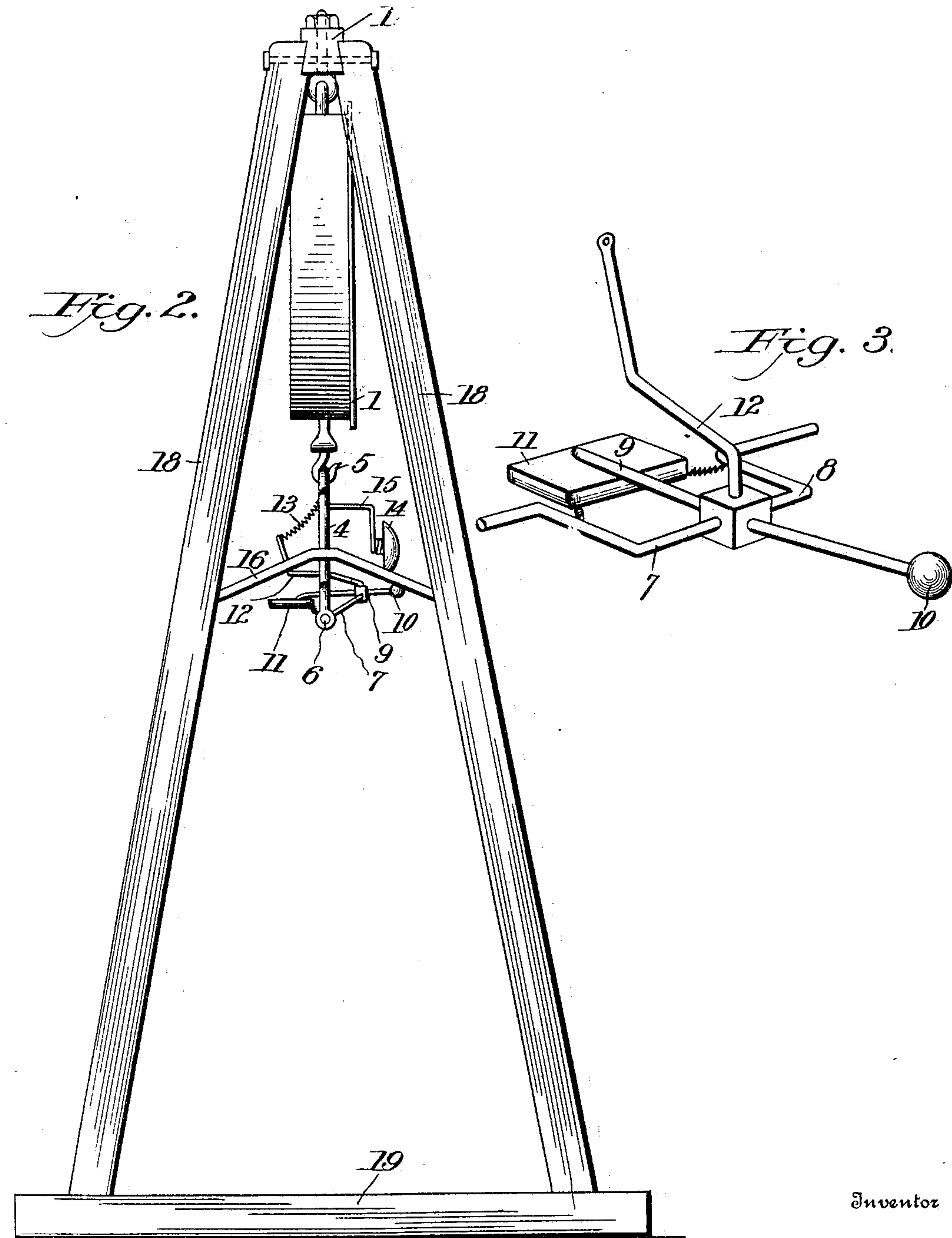
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Inventor

Robert Patterson.

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Witnesses

C. M. Walker.  
L. L. Morrill



# UNITED STATES PATENT OFFICE.

ROBERT PATTERSON, OF FISHKILL LANDING, NEW YORK.

## EXERCISING DEVICE.

SPECIFICATION forming part of Letters Patent No. 775,309, dated November 22, 1904.

Application filed August 25, 1904. Serial No. 222,084. (No model.)

*To all whom it may concern:*

Be it known that I, ROBERT PATTERSON, a citizen of the United States, residing at Fishkill Landing, in the county of Dutchess and State of New York, have invented new and useful Improvements in Exercising Devices, of which the following is a specification.

My invention relates to exercising devices, and especially to that class of exercising devices adapted for exercising and strengthening the muscles of the arms and back.

The object of my invention is to provide a device wherein handholds are grasped and the body of the user is drawn up by the arm-muscles until the chin is at a height equal to the hands and which is provided with a weighing-scale, so that the weight of the user, as indicated by the scale, multiplied by the number of times the body can be drawn up, as described, will indicate in pounds the strength of the user.

With this and other objects in view the present invention consists in the combination and arrangement of parts, as will be hereinafter more fully described, shown in the accompanying drawings, and particularly pointed out in the appended claims, it being understood that changes in the form, proportion, size, and minor details may be made within the scope of the claims without departing from the spirit or sacrificing any of the advantages of the invention.

In the drawings, Figure 1 is a view in front elevation of my improved exercising device. Fig. 2 is a view of the exercising device in end elevation; and Fig. 3 is a perspective view of the hammer and its connection as mounted upon my exercising device and shown in Figs. 1 and 2.

Like characters of reference designate corresponding parts throughout the several views.

In the preferred embodiment of my invention I suspend a weighing-scale 1 of the spring type, provided with the usual dial 2 and indicator 3. From the scale 1 I suspend a yoke 4 by means of hook 5. Upon opposite ends of yoke 4 are secured handholds 6. Between the handholds 6 a rod 7 is pivoted to the yoke 4 and provided with an offset portion 8. Upon

the offset portion 8 and intermediate of the ends is secured a bar 9, carrying upon one end thereof a hammer 10 and upon its opposite end a plate 11. The bar 9 is secured pivotally upon the offset portion 8 and held normally transverse thereto by means of a lever 12, rigidly secured to the bar 9, and a spring 13, secured to the yoke 4 and bearing upon the lever 12. The spring 13 is adapted to return the bar 9 to normal position and upon such return movement to cause the hammer 10 to contact with the bell 14, secured to the yoke 4 by the bracket 15. Guide-braces 16 are provided with a ring adapted to slidably embrace yoke 4 to prevent the displacement thereof. The device, as described, may be suspended from any convenient stationary structure, as the bar 17, carried upon the framework 18 and resting upon the base 19.

The operation of my improved exercising device is as follows: With the device so suspended that the handholds 6 may be reached by the user with the arms reaching upward to the greatest height possible the holds are grasped and the body drawn upward until the chin contacts with the plate 11. The contact of the chin with plate 11 will displace the bar 9 and the hammer 10 against the tension of the spring 13. The lowering of the body will relieve the pressure upon plate 11, and the spring 13, bearing against lever 12, will throw the bar 9 so that the hammer 10, carried thereon, will contact with the bell 14. It will thus be seen that the bell 14 will be sounded once for each time the body is drawn to such a height that the chin is even with the hands. When the body is drawn upward, the scale 1 will indicate the weight of the user, and multiplying such indicated weight by the number of times the bell is sounded will indicate in pounds the strength of the user.

While I have shown the plate 11 and hammer 10 secured to a rod 7, connecting the opposite ends of the yoke 4, it is obvious that such plate and hammer might be otherwise secured and that other minor changes of construction may be made without departing from the spirit of my invention or the scope of the claims.

Having thus described my invention, what I claim as novel, and desire to secure by Letters Patent, is—

5 1. In an exercising device, holds adapted to be grasped by the hands, and means whereby, when the chin is raised to a height equaling that of the hands, a signal is sounded.

2. An exercising device comprising a supporting-frame, a yoke suspended therefrom,  
10 handholds secured upon said yoke, a bell mounted upon said yoke, a spring-retracted hammer adapted to strike the bell and a plate secured to said hammer at a height equal that of the handholds and disposed for contact with  
15 the chin whereby when the chin is raised to the height of the hands, the bell is struck by the hammer.

3. An exercising device comprising a sup-

porting-frame, a weighing-scale suspended from the frame, a yoke suspended from the 20 scale, handholds secured to the ends of the yoke, a bell mounted upon said yoke, a hammer, a spring connected with said hammer adapted to cause the hammer to strike the bell, a plate secured to said hammer at a height 25 equal that of the handholds and disposed for contact with the chin whereby when the chin is raised to the height of the hands the bell is struck by the hammer.

In testimony whereof I affix my signature in 30 presence of two subscribing witnesses.

ROBERT PATTERSON.

Witnesses:

FRANK B. CAMPBELL,  
JOHN HENRY.