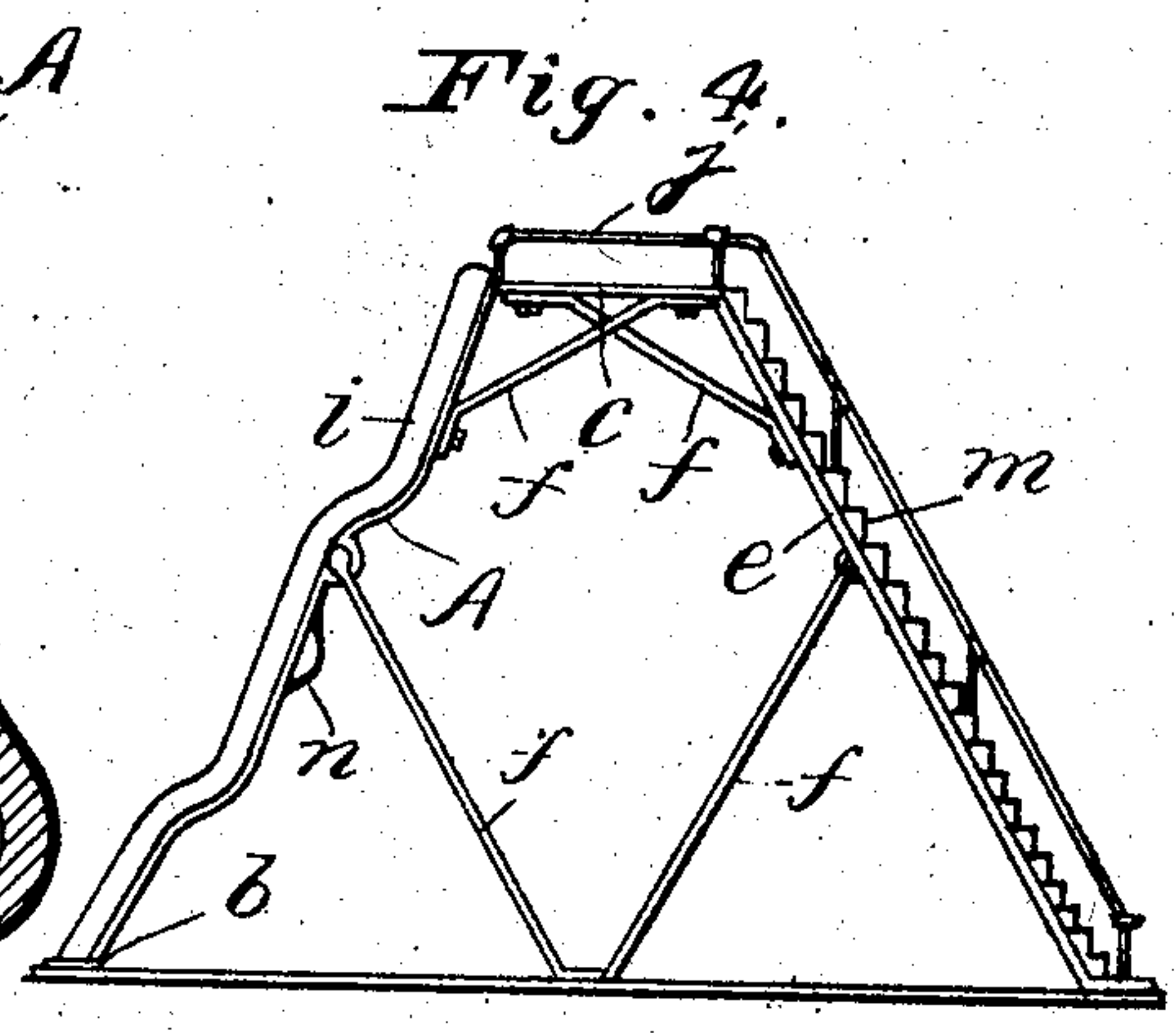
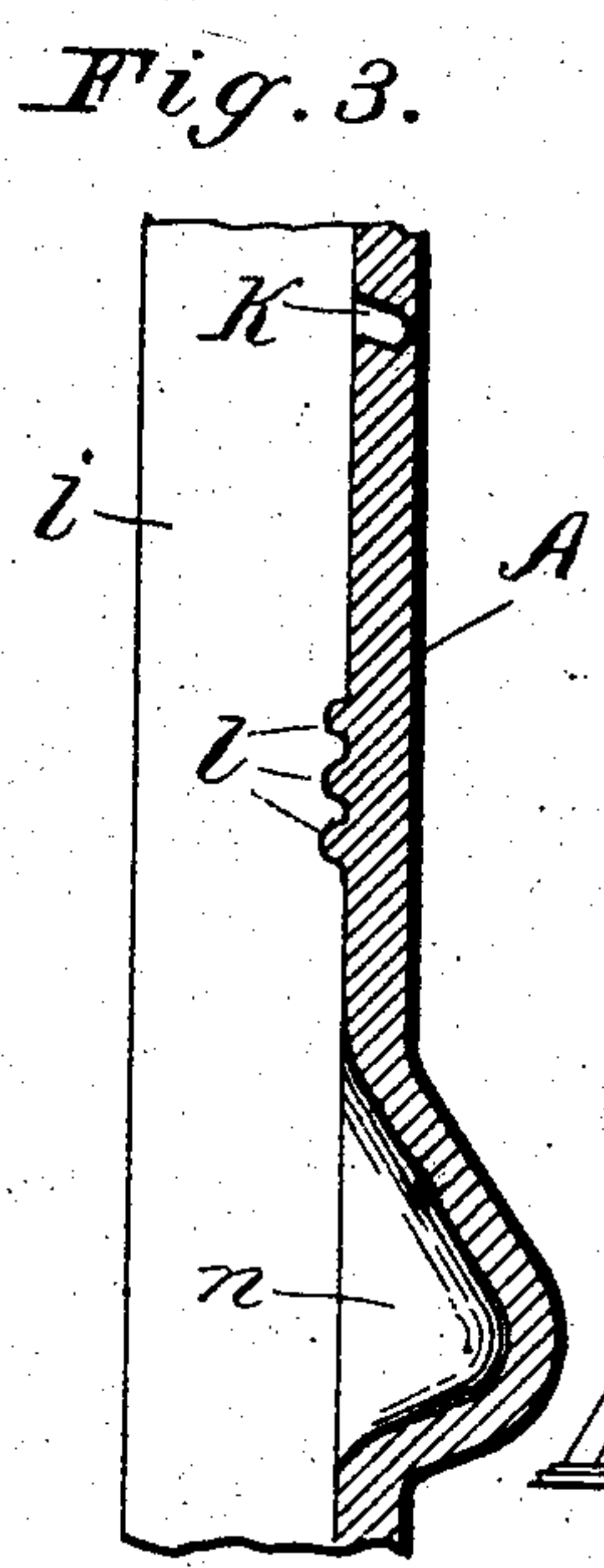
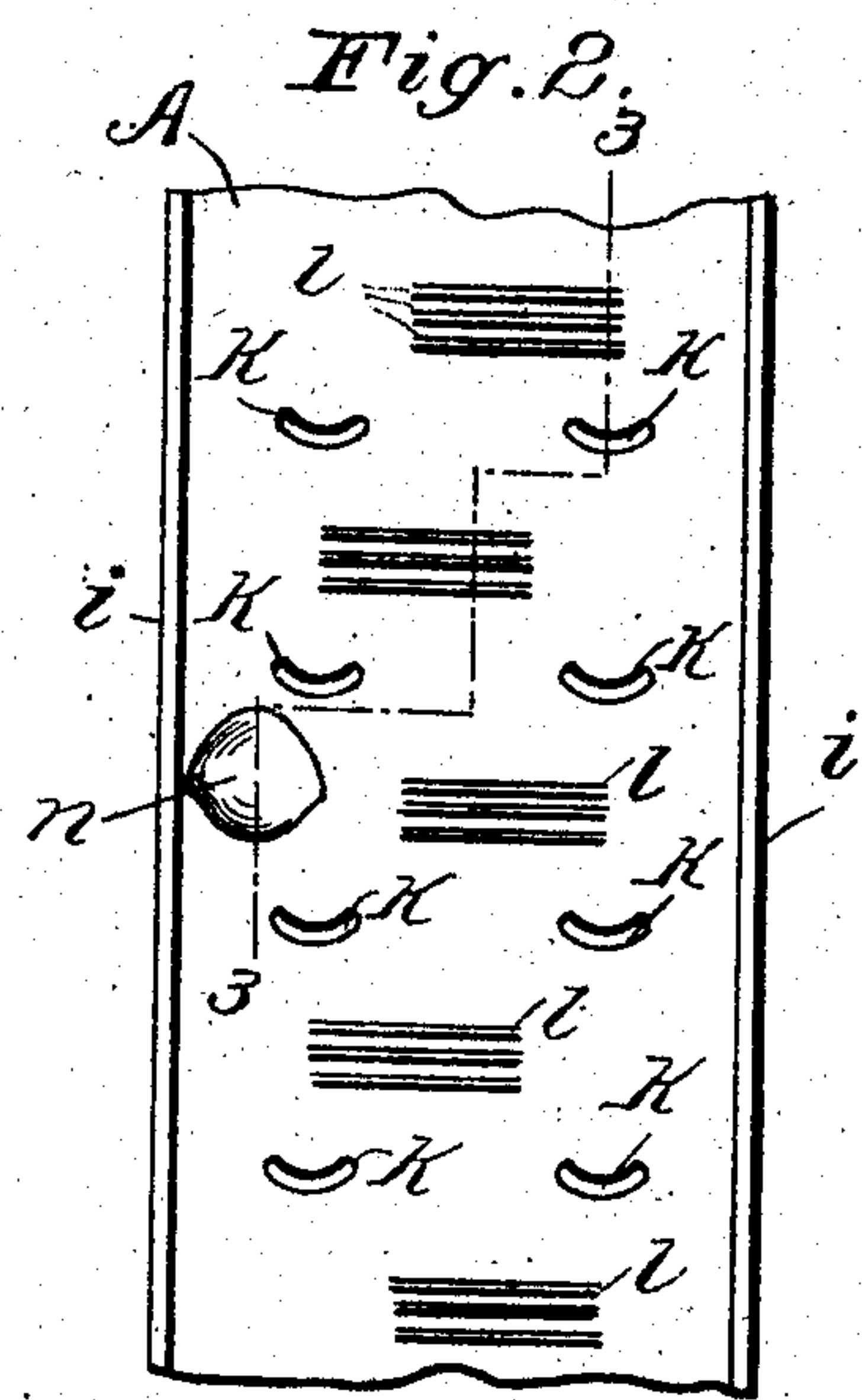
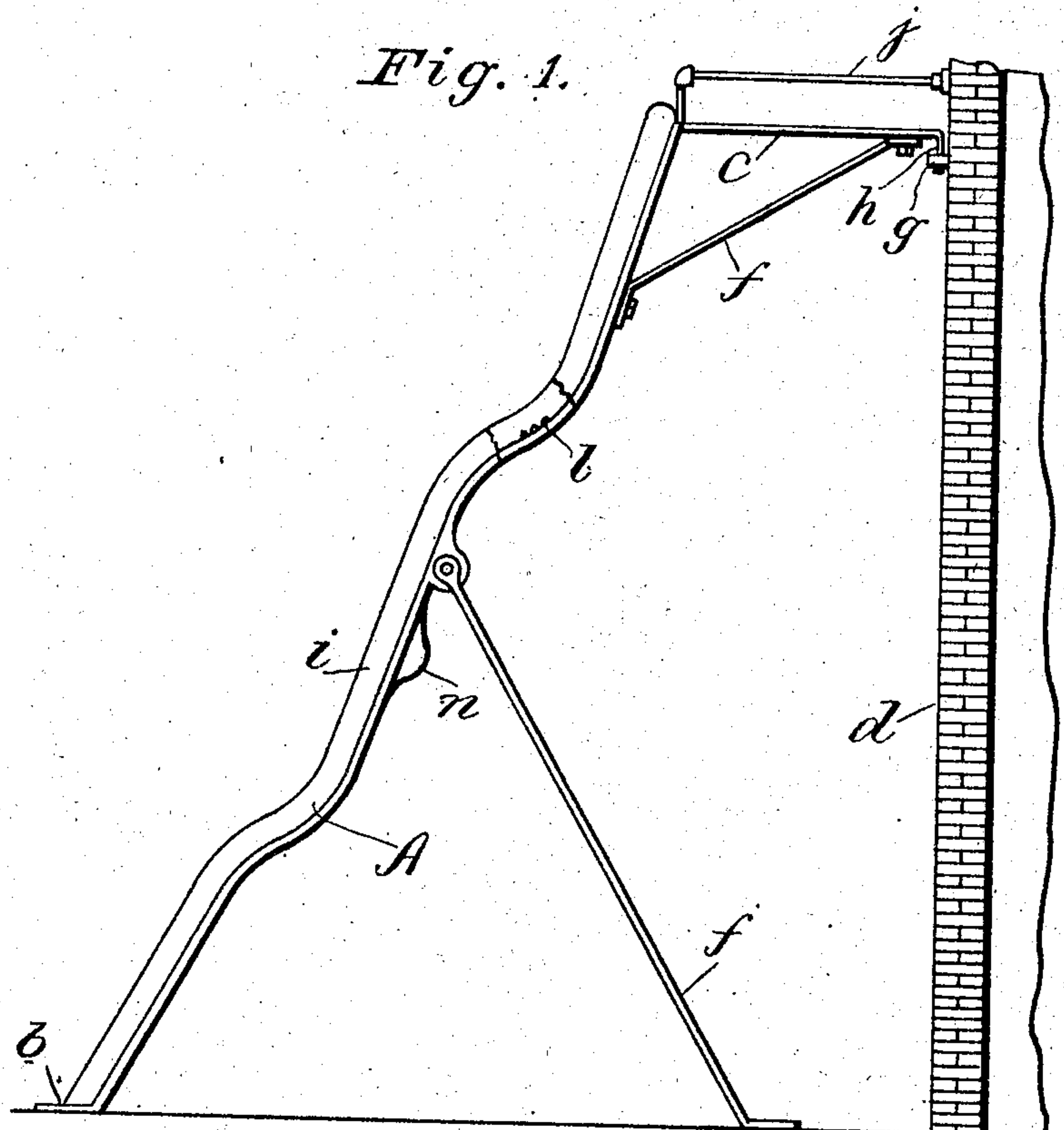


No. 796,159.

PATENTED AUG. 1, 1905.

R. B. SMOLIK.
 APPARATUS FOR PHYSICAL EXERCISE.
 APPLICATION FILED JAN. 7, 1905.



Witnesses
 C. Sedgwick
 J. M. Howard

Rosa B. Smolik Inventor
 By her Attorney A. P. Thayer.

UNITED STATES PATENT OFFICE.

ROSA B. SMOLIK, OF NEW YORK, N. Y.

APPARATUS FOR PHYSICAL EXERCISE.

No. 796,159.

Specification of Letters Patent.

Patented Aug. 1, 1905.

Application filed January 7, 1905. Serial No. 239,993.

To all whom it may concern:

Be it known that I, ROSA B. SMOLIK, a citizen of the United States of America, and a resident of New York city, county and State of New York, have invented certain new and useful Improvements in Apparatus for Physical Exercise, of which the following is a specification.

My invention consists of improved apparatus for physical exercise; and it consists, essentially, of hand and foot hold means in connection with an inclined chute intended for difficult means of ascending the chute by the exercise of strenuous physical effort calculated to cause desirable and healthful development of the organs of the human system, as hereinafter described, reference being made to the accompanying drawings, in which—

Figure 1 is a side elevation with a part broken out of the apparatus as applied to a supporting-wall. Fig. 2 is a detail in front view on an enlarged scale. Fig. 3 is a detail in vertical section on the line 3 3 of Fig. 2. Fig. 4 is a side elevation on a reduced scale, showing a construction for independent support.

The part A is an inclined chute to be constructed either in the wave-line, as shown in the drawings, or in a straight line, as preferred, and having more or less inclination, as may be found best in practice, to be placed with a foot end resting on the floor or ground, as shown at *b*, and an upper end provided with a seat *c* and supported against a wall *d* or a backstay *e*, also resting on the floor or ground, with such other stays or braces *f* as may be necessary, and the upper end may be connected to the wall *d* or backstay *e* by hooks *h* and eyes *g* for being readily detachable when it is desired to remove the apparatus for storage. The chute A may have side guards *i*, and the seat *c* may have side rails *j*. With such a chute on which rapid and exhilarating descent may be made by gliding down I provide grip-holds for the hands consisting of slots *k*, cut in the face of the chute, so as to afford gripping-places for the fingers at suitable intervals along up the chute, but not too easy of use, together with footholds consisting of ribs *l*, whereon the toes or side edges of the shoe-soles or bare feet may cling to some extent, said ribs being also at suitable distances apart

as may be found best in practice, thus providing difficult and exhilarating exercise for mounting to the summit from which to descend by sliding on the chute or by stairway *m*, if desired, which may be provided also. The footholds may be in clusters of two or more.

For more interesting use of the chute I provide one or more seat-pockets, as *n*, in the front face, into which the climbers may swing themselves for temporary rest if too much overcome by the difficulties of the ascent. These seat-pockets and the foothold-ribs *l* will not be materially obstructive to the sliding on the chutes, and the pockets may be avoided altogether in the descent, if desired.

Thus I provide very entertaining amusement and physical-culture apparatus of cheap and portable construction for use either indoors or out and such as may be made in simple form or more elaborate design to suit all tastes and fancies.

What I claim as my invention is—

1. An inclined chute for physical exercise provided with incut hand-grips, and protruding foothold-ribs on the face respectively in successive relation to each other adapted for use in climbing the chute on the hands and feet.

2. An inclined chute for physical exercise provided with incut hand-grips and protruding foothold-ribs on the face and a seat on the top, said hand-grips and foothold-ribs respectively in successive relation to each other adapted for use in climbing the chute on the hands and feet.

3. An inclined chute for physical exercise provided with incut hand-grips, protruding foothold-ribs, and one or more seat-pockets of the front face, said hand-grips and foothold-ribs respectively in successive relation to each other adapted for climbing the chute on the hands and feet and said seat pocket or pockets adapted for the climber to swing thereinto from the said hand-grips and foothold-ribs.

Signed at New York this 27th day of December, 1904.

ROSA B. SMOLIK.

Witnesses:

C. SEDGWICK,
J. M. HOWARD.