No. 822,329. PATENTED JUNE 5, 1906.

M. A. WILCOX.

PHYSICAL CULTURE APPLIANCE.

APPLICATION FILED MAY 1, 1905.

Fig. 1.

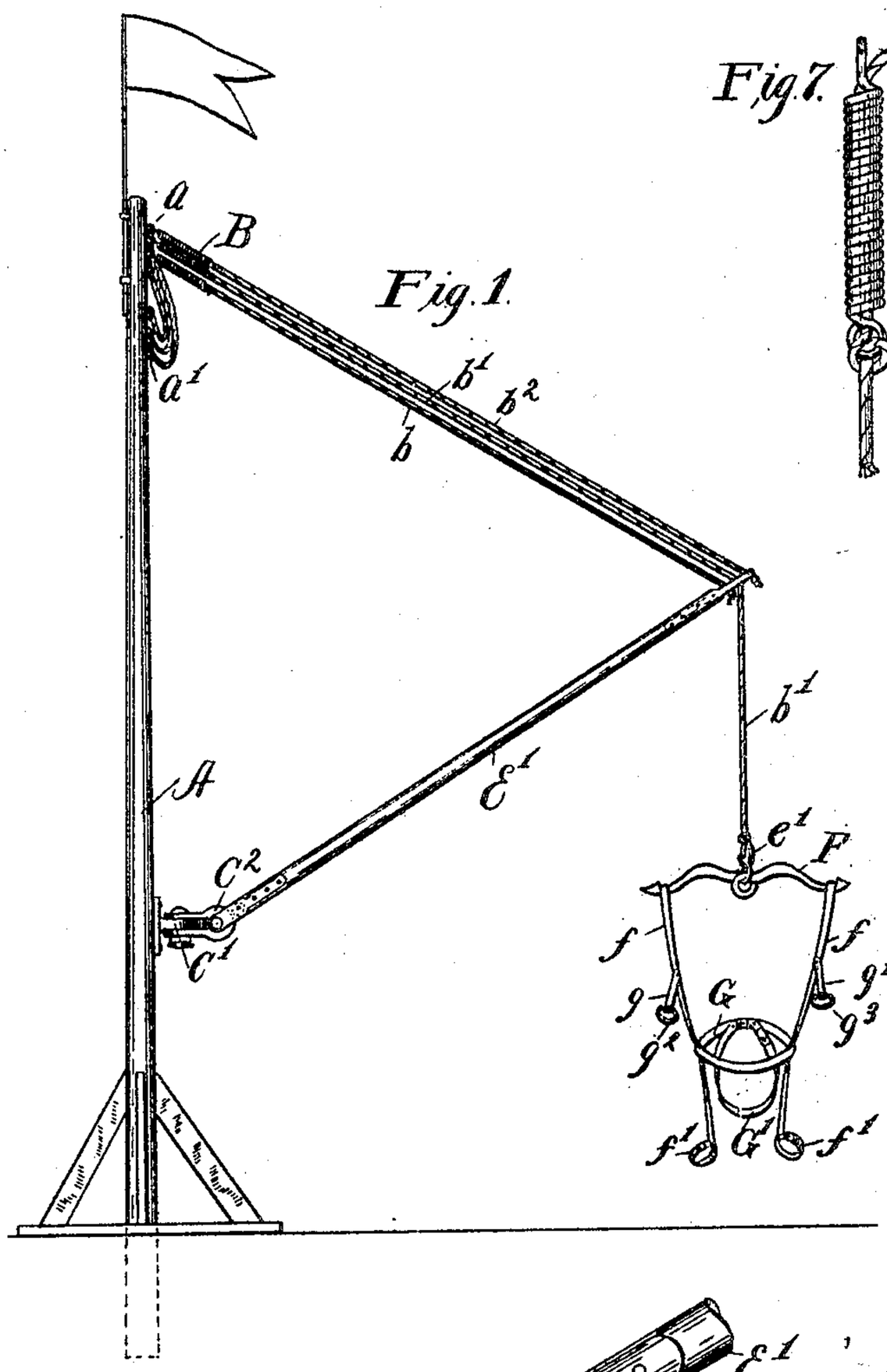


Fig. 7.

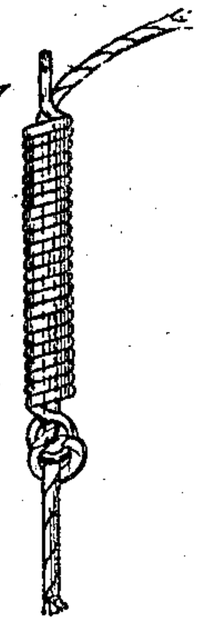


Fig. 5.

Fig. 6.

Fig. 4.

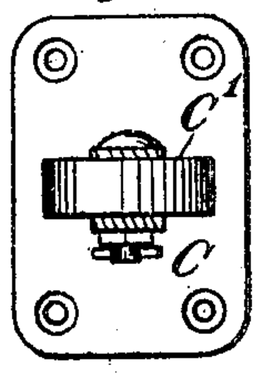


Fig. 2.

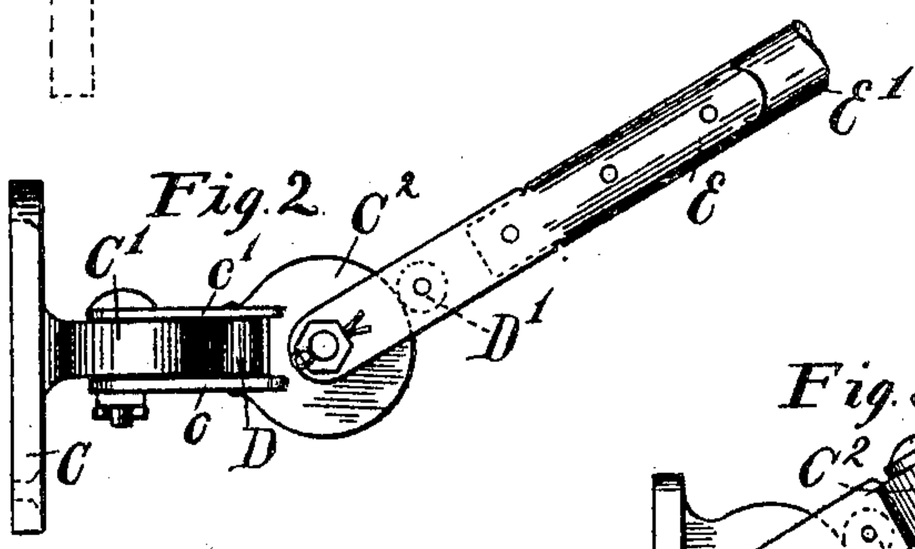
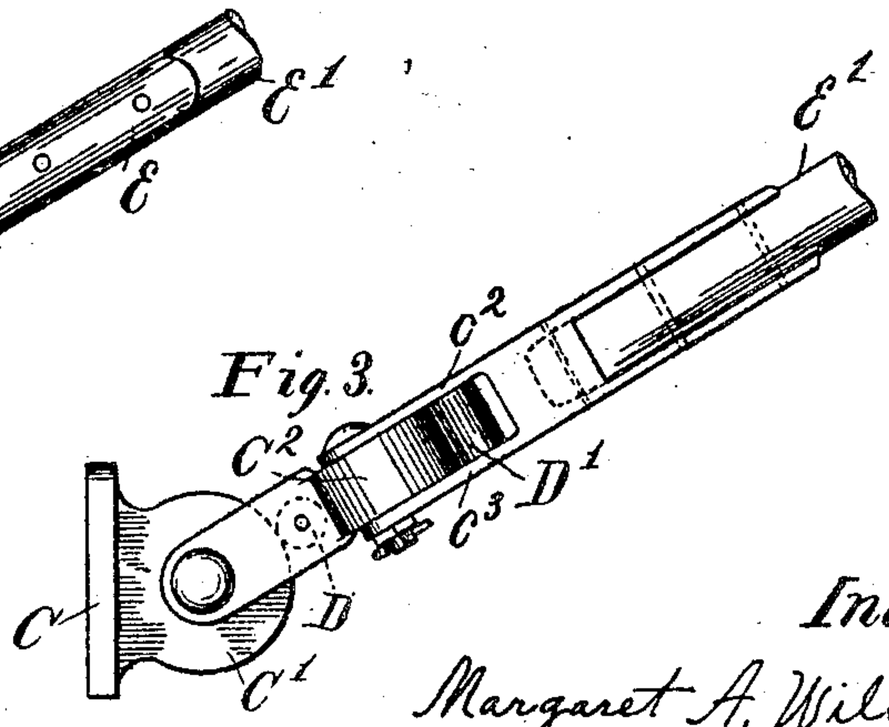


Fig. 3.



Witnesses:

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MARGARET A. WILCOX, OF CHICAGO, ILLINOIS.

PHYSICAL-CULTURE APPLIANCE.

No. 822,329. Specification of Letters Patent. Patented June 5, 1906.

Application filed May 1, 1905. Serial No. 258,206.

To all whom it may concern:

Be it known that I, MARGARET A. WILCOX, 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 Physical-Culture Appliances, of which the following, taken in connection with the drawings, is a description.

My invention has for its object the production of a physical-culture appliance or apparatus adapted to be used by children or grown people and by means of which the muscles of the body may be exercised, while combining the exercise with pleasure, as the device is so arranged that it may be used as a swing or jumper.

I have illustrated my device in preferred form in the accompanying drawings, in which—

Fgure 1 is a side elevation of my invention. Figs. 2 and 3 are respectively a side and plan view of the hinge connecting the arbor to the standard. Fig. 4 is a detail of the hinge-plate. Figs. 5 and 6 are details of the outer end of the arbor, and Fig. 7 is a detail of the spring and rope secured thereto.

Like reference-letters indicate like or corresponding parts in the different views.

In carrying out my invention A is a suitable standard, represented in this instance as a pole, to which the apparatus is secured. Near the top of said pole are secured a number of hooks or fastening devices a, each of which engages a coiled spring B. Ropes b b' b^2 are secured to these coiled springs and passing therethrough are fastened to the pole A by hooks a' or in any other desired manner.

Secured to the pole A beneath the fastenings a and a' is a hinge-plate C, which supports a hinge or joint C C′, which I will term a "double ginglymus." By means of this double joint the apparatus is given either a horizontal or a vertical movement, as desired, the two joints being so disposed that they operate at right angles to each other.

Supported between the bifurcations c c' and c^2 c^3 of each section of this double joint is a small friction-roller D D′, which facilitates the turning or raising and lowering of the apparatus. The frame E, projecting from the hinge, supports an arbor E′, which may be of any desired length—for ordinary purposes about twelve feet. A bifurcated metallic end piece E^2 is secured to the outer end of the arbor E′. The metallic end piece E^2 is provided with apertures e, through which are passed the ropes b b' b^2, the two outer ones b b^2 being secured at this point, the middle rope b' being extended through the middle aperture and provided at its end with a snap or hook e'. Suspended from this snap is a swinging frame into which the person using the appliance is secured. A resilient top cross-piece F is supported by the aforesaid rope b' and snap e', from which cross-piece depends supporting-straps f f', which may be adjustable as to length. Said supporting-straps are provided with loops f' f', which are adapted to be buckled or otherwise secured around the limbs of the wearer below the knees or to slip over the foot and rest under the instep of the wearer.

A belt G is secured to the supporting-straps at a point coincident with the waist of the wearer and is provided with a buckle or other fastening device which will permit it to be adjusted to persons of different sizes. An abdominal strap G′ is attached to the belt in any desired manner, said strap G′ being also provided with a buckle or other fastening device permitting it to be adjusted to fit persons of different size. Hand-straps g' g are secured to the supporting-straps upon each side of the appliance, each of said straps supporting a loop or handpiece g^2 g^3.

The apparatus is adjusted for operation as follows: The different straps are adjusted to fit the individual, who steps inside the swinging frame, the feet passing inside the loops f' f', and the belt and abdominal straps are secured in position, the individual grasping the handles g^2 g^3 being now ready for a running, jumping, springing, or swinging exercise.

The device is constructed to allow the individual to travel over the circumference of a semicircle, the distance being regulated by the length of the arbor E′. The resilience of the springs B and the movement of the double joint C′ C^2 permit the apparatus to be readily and quickly moved in any direction at the will of the individual.

By extending the length of the arbor E′ and adjusting it to a suitable height it makes a very desirable attachment for swinging a hammock. As will be obvious, the ropes and arbor might be secured to a tree, to the side of a building, or any other place sufficiently strong to maintain it, thus providing practically a portable appliance.

I claim—

1. In a device of the class described, the

combination of a standard, an arbor, a double ginglymoid joint secured to said standard and to the arbor whereby the outer end of the arbor is allowed to swing on the arc of a circle or be moved vertically, springs secured to the standard above the arbor, ropes or the like secured to the free end of the arbor and to the springs, and a swinging frame suspended by a rope or the like from the top of the standard, said rope passing through an aperture in the end of the arbor, substantially as described.

2. In a physical-culture apparatus, a standard supporting an arbor hinged thereto, coiled springs secured to the standard above the arbor, ropes secured to said coiled springs and to the free end of the arbor, in combination with a cross-arm depending from one of the aforesaid ropes, side-supporting straps depending from said cross-arm, a belt secured to said supporting-straps, an abdominal strap secured to said belt, and hand-straps attached to said supporting-straps, substantially as described.

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