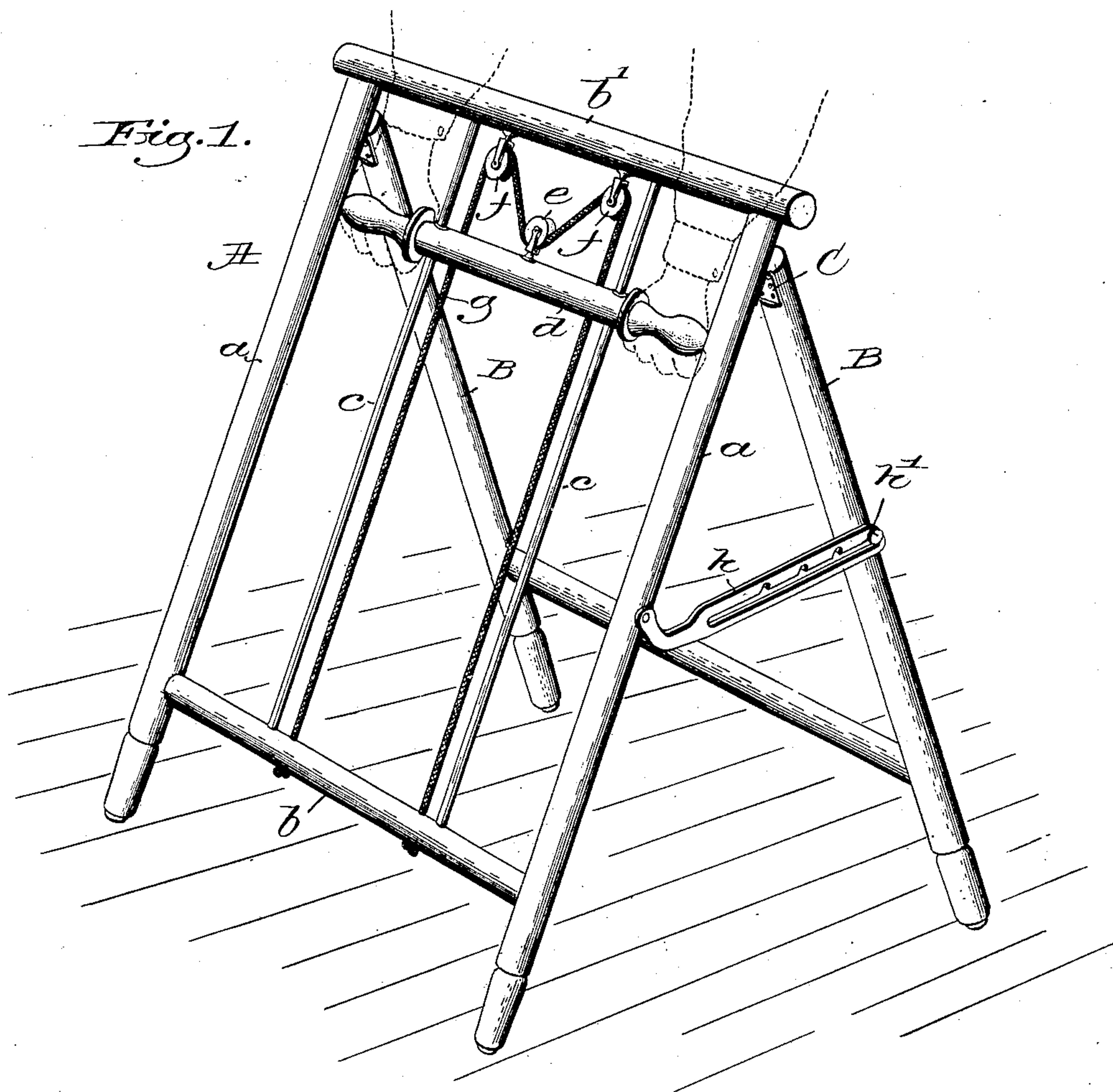


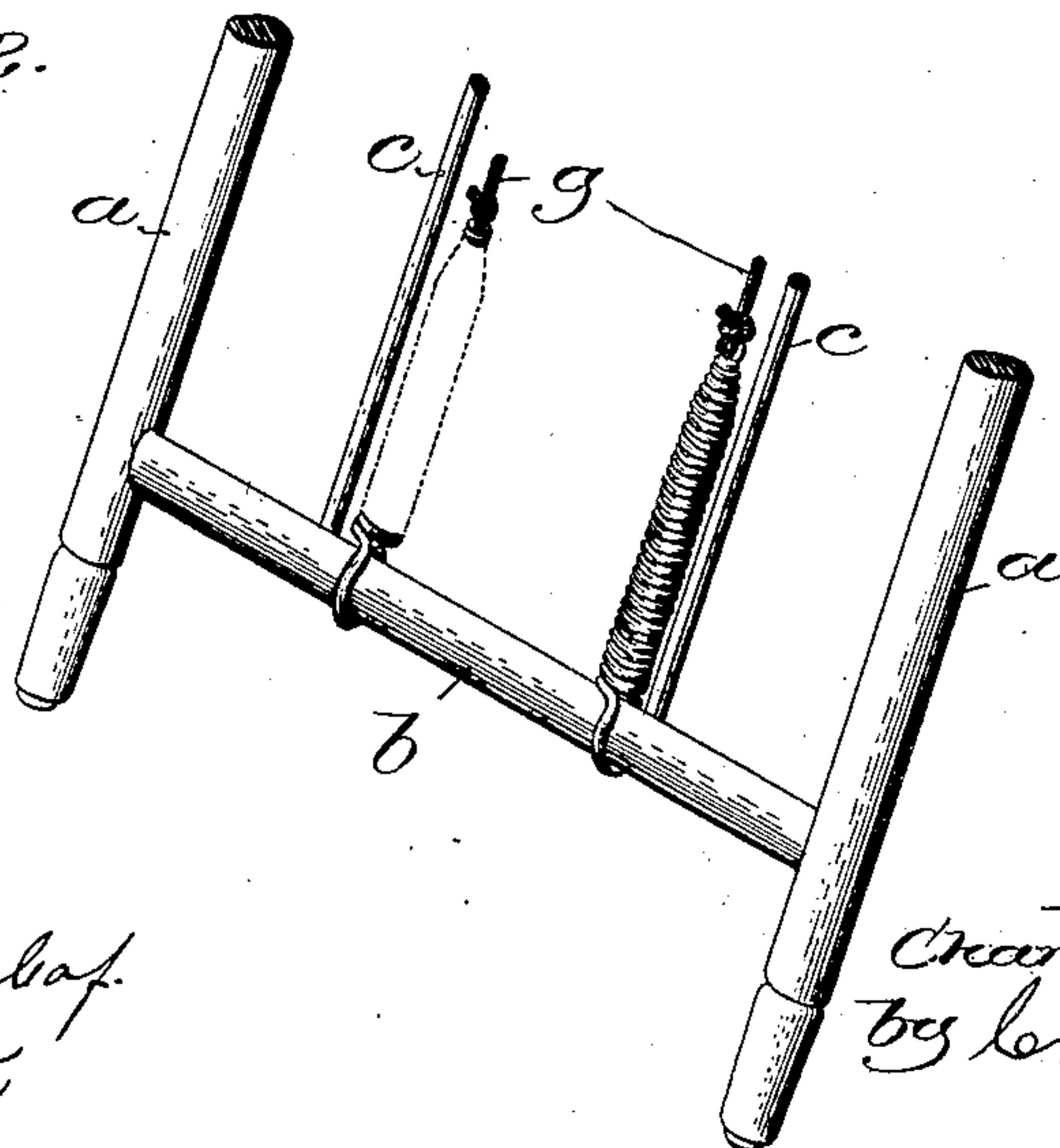
No. 829,754.

PATENTED AUG. 28, 1906.

C. J. BAILEY.  
EXERCISING APPARATUS.  
APPLICATION FILED FEB. 20, 1906.



*Fig. 2.*



*Witnesses:*  
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# UNITED STATES PATENT OFFICE.

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## EXERCISING APPARATUS.

No. 829,754.

Specification of Letters Patent.

Patented Aug. 28, 1906.

Application filed February 20, 1906. Serial No. 302,016.

*To all whom it may concern:*

Be it known that I, CHARLES J. BAILEY, a citizen of the United States, residing in Newton, county of Middlesex, and State of Massachusetts, have invented an Improvement in Exercising Apparatus, of which the following description, in connection with the accompanying drawings, is a specification, like letters on the drawings representing like parts.

10 This invention has for its object the production of a novel exercising apparatus.

My apparatus comprises a hand-bar provided with a sheave that coacts with a flexible member sustained by a plurality of  
15 sheaves. In the manner in which I have exemplified my invention the bar is made movable over suitable guides, and the guides are sustained in a frame shown as portable, which may be tipped more or less out of a perpendicular plane, according to the height of a  
20 person using the apparatus, the frame being shown as having a cross-bar over which a person may bend the body when grasping the hand-bar in using the apparatus.

25 Figure 1, in perspective, shows one of the best forms in which I have embodied my invention, the same being set up for use. Fig. 2 is a modification of the same.

Referring to the drawings, A represents a  
30 longitudinal frame comprising side bars *a* and a bottom bar *b* and a top bar *b'*. Between the top and bottom bars I have located guides *c* and have combined with these guides a hand-bar *d*, the hand-bar being shown as  
35 provided with holes through which the guide-bars are extended. The hand-bar between its ends is provided with a sheave *e*, and the top bar *b'* is provided with a plurality of sheaves *f*. I pass under the sheave *e* a flexible member or spring *g*, leading said member  
40 over the sheaves *f*, thence through holes in the hand-bar, and thence to the bottom bar *b*. This member or spring may be made of any suitable material. It may be either a  
45 wire spring or a piece of rubber or a yielding cord. It may be composed of wire springs and rubber united and covered with any usual braided or other covering. The strength to be exerted by the user of the apparatus grasping the opposite ends of the hand-bar when  
50 the bar is moved downwardly on the guides will be resisted by the flexible or spring member; but my invention would not be departed from if said member were made as a cord

without any elasticity whatever and was connected with metallic springs, as shown in Fig. 2.

The frame A is shown as provided with pivoted legs B, the legs being united to the frame by means of hinges C, and to hold the  
60 free ends of the legs more or less distant from the lower end of the frame I have shown the legs and frame as provided with an adjusting device, represented as a pivoted link *h*, connected with the frame and suitably notched  
65 and engaging studs *h'* on the legs.

Instead of the adjusting device shown I may employ any ordinary adjusting or locking means commonly employed in connection with folding step-ladders. It will be readily  
70 understood that the flexible connection through the springs mentioned may be of greater or less strength to require the exertion of greater or less force to move the hand-bar downwardly from its inoperative position,  
75 Fig. 1.

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

1. Exercising apparatus comprising a  
80 frame, guides, a hand-bar having a sheave, a flexible connection, and means to support said flexible connection as the hand-bar is moved longitudinally of said guides.

2. Exercising apparatus comprising a  
85 frame, guides, a hand-bar having a sheave, a yielding springy flexible connection, means to sustain said connection independently of the hand-bar, said connection yielding as the hand-bar is moved longitudinally of said  
90 guides.

3. Exercising apparatus comprising guides, a hand-bar having a sheave, a yielding member to support the sheave on the hand-bar, and means for supporting the yielding member while the hand-bar is being moved longitudinally of said guides.

4. Exercising apparatus comprising a frame having side and top and bottom bars, a guide, legs to sustain said frame in adjusted  
100 position, a hand-bar movable longitudinally of said guides, a yielding flexible connection, means to sustain said connection and a sheave carried by the hand-bar and sustained by said connection.

5. Exercising apparatus comprising a frame, guides sustained by said frame, a hand-piece having holes to embrace said  
105

guides, and other holes for the passage there-  
through of flexible connection, a sheave sus-  
tained by said hand-bar, a flexible connec-  
tion on which said sheave rests, and means  
5 for sustaining said flexible connection, the  
latter yielding as the hand-bar is moved lon-  
gitudinally of said guides.

In testimony whereof I have signed my  
name to this specification in the presence of  
two subscribing witnesses.

CHARLES J. BAILEY.

Witnesses:

GEO. W. GREGORY,  
MARGARET A. DUNN.