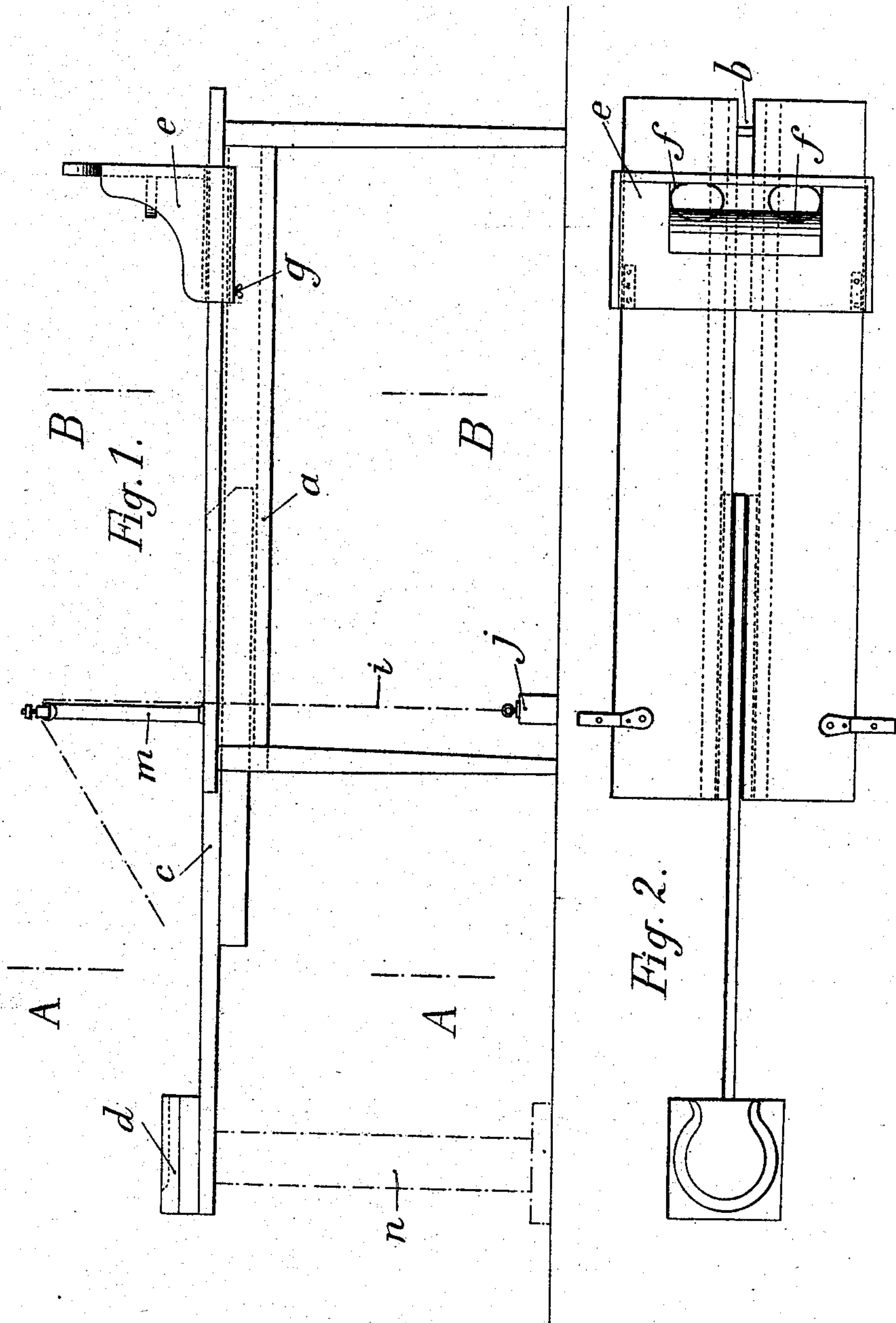


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TABLE FOR FACILITATING GYMNASTIC EXERCISES.
APPLICATION FILED APR. 16, 1908.

905,169.

Patented Dec. 1, 1908.

3 SHEETS—SHEET 1.



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3 SHEETS—SHEET 2.

Fig. 3.

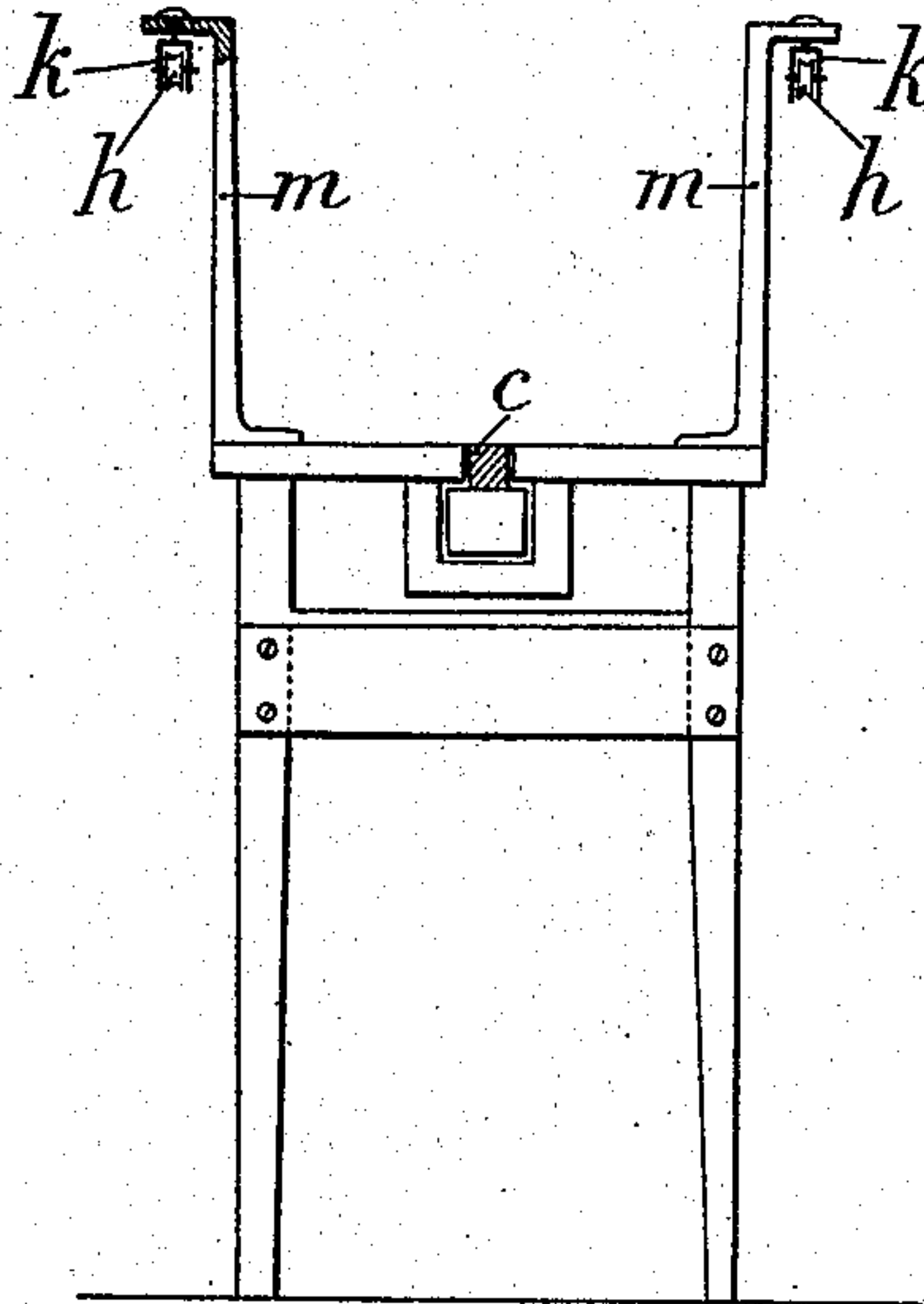
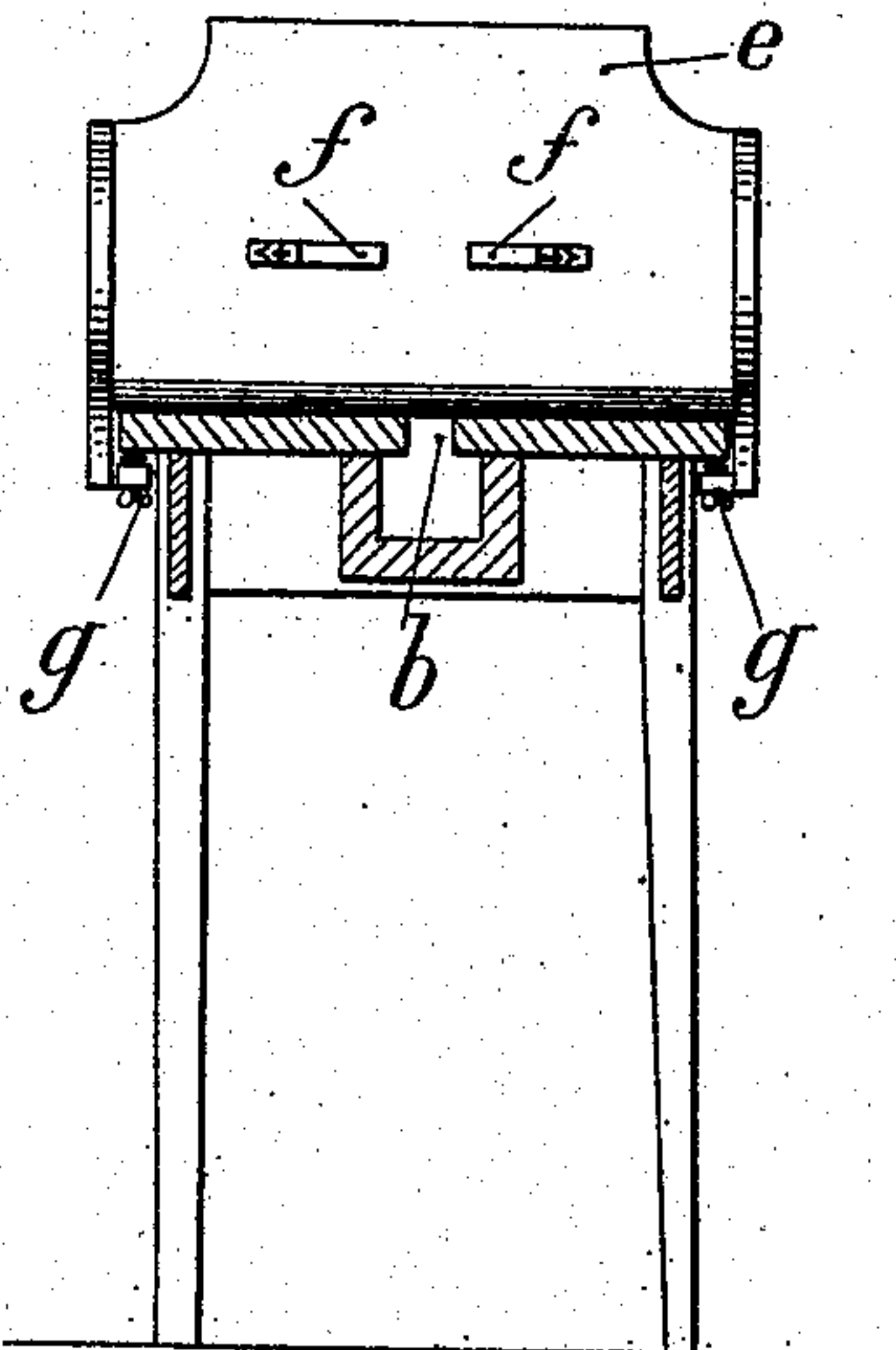


Fig. 4.



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APPLICATION FILED APR. 16, 1908.

Patented Dec. 1, 1908.

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UNITED STATES PATENT OFFICE.

PIERRE GAGEY, OF PARIS, FRANCE.

TABLE FOR FACILITATING GYMNASTIC EXERCISES.

No. 905,169.

Specification of Letters Patent.

Patented Dec. 1, 1908.

Application filed April 16, 1908. Serial No. 427,348.

To all whom it may concern:

Be it known that I, PIERRE GAGEY, a citizen of the French Republic, and residing at 204 Boulevard Raspail, Paris, France, have
5 invented certain new and useful Improvements in Tables for Facilitating Gymnastic Exercises, of which the following is a specification.

This invention has for its object to provide an improved table or platform designed for the purpose of facilitating gymnastic exercises, and more particularly exercises intended to develop the thorax. Such exercises are difficult to carry out on an ordinary
10 table or floor because the downward motions of the arms of the subject are arrested at the plane of the said table or floor whereby the full development of the thorax is impeded. Now this invention provides a remedy for that drawback.

The improved table is provided with a projecting arm of adjustable length, and also if desired, of adjustable inclination. This arm terminates at its free end in a head
25 rest and owing to its reduced length, it serves solely as a support for the spine of the subject. Consequently the arms of the subject will be quite free to move down below the surface of the table to the fullest extent allowed by the shoulder joints.

In the accompanying drawings which illustrate by way of example several forms of the improved table: Figure 1 is a side elevation of one form. Fig. 2 is a plan thereof.
35 Fig. 3 is a cross section on the line A—A of Fig. 1. Fig. 4 is a cross on the line B—B of Fig. 1. Fig. 5 is a side elevation of a second form.

Referring first to Figs. 1 to 4, *a* indicates a rectangular table of suitable length and width. It is formed with an axial guiding device of any suitable form in which an arm, *c*, can slide. This arm, *c*, terminates at its outer end in a head-rest, *d*, which can be
45 moved to a desired distance from the edge of the table. At the other end of the table is a sliding carriage, *e*, provided on one face with rings or straps, *f*, or any other equivalent devices which will allow of the feet of the subject engaging therein. This carriage
50 can slide along the table and be fixed at a desired distance from the edge of the said table by means of set screws, *g*, or any other fixing devices, such as bolts, clips or other means. The table is provided with grooved
55 guide pulleys, *h*, for cords, *i*, that carry a

weight or weights, *j*. These pulleys, *h*, are preferably mounted in adjustable yokes, *k*, mounted on the ends of brackets, *m*, suitably fixed on the table.

The head rest may be fixed to the arm, *c*, as shown or it may be independent of the said arm, and be carried by a support, *n*, indicated in dotted lines in Fig. 1. In the latter case any suitable simple device is provided for hooking or fastening the end of the arm, *c*, to the head rest, or to the support, *n*.

The form of table shown in Fig. 5 is designed for use in cases where it is desired for the execution of certain exercises that the arm, *c*, shall be capable of assuming an inclined position, instead of necessarily a longitudinal horizontal position as in the arrangement just described.

In Fig. 5 the arm, *c*, is movable longitudinally in a guide piece, *b*, pivoted by means of a hinge, *o*, to the edge of the table, *a*. The guide piece carries a sector, *p*, provided with holes which is capable of moving past a hole in a part, *q*, fixed to the table. By means of a pin, *r*, the guide piece can be fixed at any desired inclination. The head rest is pivoted at *s*, on the end of a bar, *t*, that can be raised and lowered and fixed at any desired height in a hollow support, *n'*.

The constructional details of the table, the device for guiding the arm, *c*, the feet holding device, *e*, *f*, *f*, and the means for engaging or fixing these devices at the desired distance, height and inclination, may be varied. The materials, forms and dimensions of the various parts of the table may also be varied. The table may be constructed to fold on any suitable principle.

The manner of using my improved device is as follows:—The foot rest or sliding carriage *e* is moved to the desired position and then secured there by means of the set screws *g* and thereafter the head rest *d* is adjusted, both longitudinally and as to inclination, in respect to the table, and is secured in position; the subject may then lie upon the table and perform the calisthenic exercises for which the table is particularly adapted.

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

1. In a device of the character described, the combination with a table, of a combined spine support and head rest, and means to enable the spine support and head rest to be

moved longitudinally in the table and to be adjusted vertically therein, substantially as described.

2. In a device of the character described, 5 the combination with a table, of a spine support longitudinally movable therein, a head rest and means extraneous to the table for holding the head rest at a predetermined height.

10 3. In a table for supporting the body during the execution of gymnastic exercises, the combination with an oblong table, of an arm for supporting the spine of the subject, capa-

ble of sliding longitudinally in the central vertical plane of said table, a head-rest carried by said arm, brackets on either side of 15 said table, pulleys carried by said brackets, cords passing over said pulleys and weights attached to one end of said cord, as set forth.

In testimony whereof I have signed my 20 name to this specification in the presence of two subscribing witnesses.

PIERRE GAGEY.

Witnesses:

LOUIS GARDET,
H. C. COXE.