

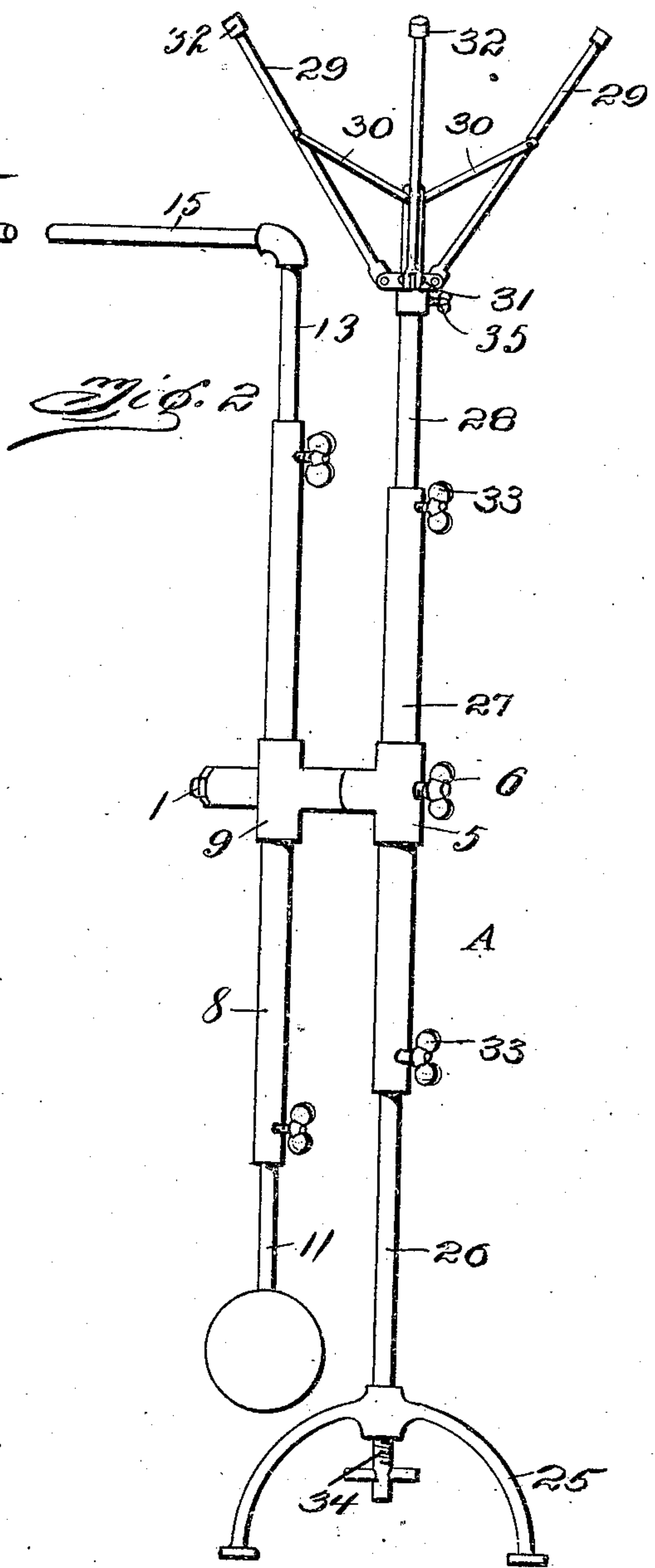
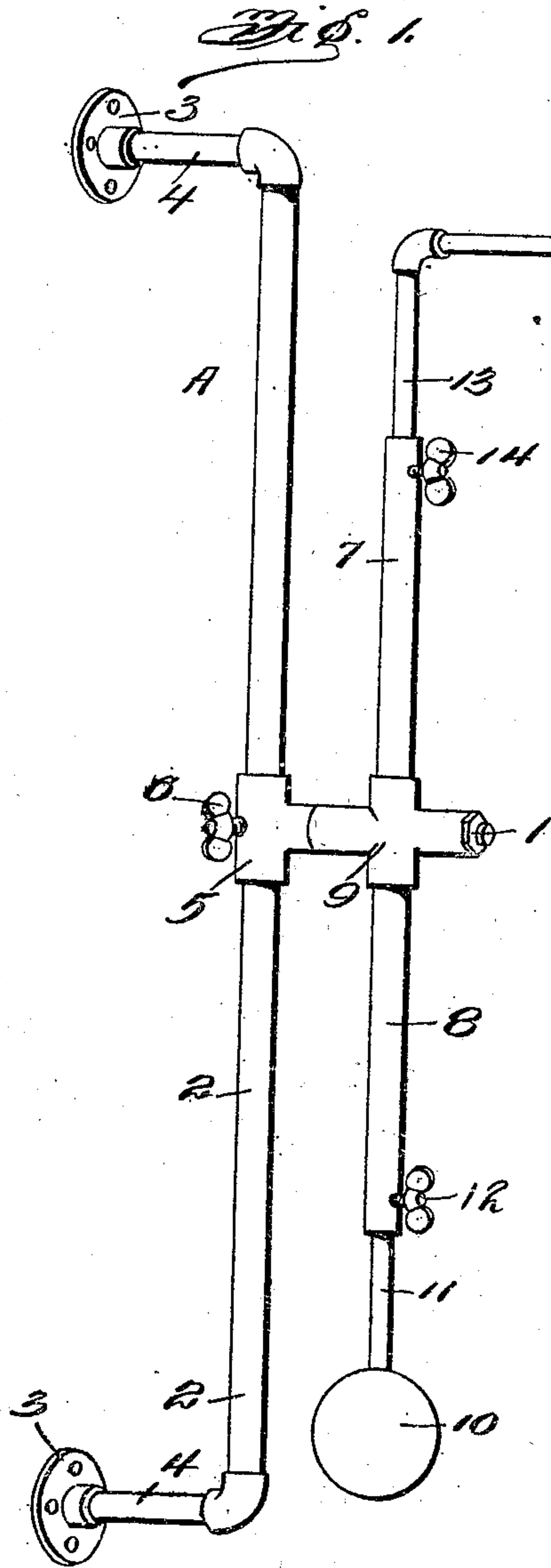
B. F. BAILEY.

EXERCISER.

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956,264.

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EXERCISER.

956,264.

Specification of Letters Patent.

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To all whom it may concern:

Be it known that I, BENJAMIN F. BAILEY, a citizen of the United States, residing at Escanaba, in the county of Delta and State of Michigan, have invented new and useful Improvements in Exercisers, of which the following is a specification.

This invention provides a device for developing the muscles and other parts of the body which is capable of a variety of adjustments as to weight, height, and angular position to suit the person exercising and according to the result to be effected.

The improvement is a gravity exerciser, comprising a support, an arm pivotally mounted and a weight, the weight being adjustable toward and from the center about which the arm turns, thereby adapting the device to existing conditions.

The invention consists of the novel features, details of construction, and combinations of parts, which hereinafter will be more particularly set forth, illustrated and finally claimed.

The drawings illustrate two forms of the invention but it is to be understood that other forms within the scope of the invention are contemplated and may be resorted to without departing from the nature of the invention.

Referring to the drawings forming a part of the specifications: Figure 1 is a perspective view of one embodiment of the invention adapted for attachment to a vertical support. Fig. 2 is a perspective view of a modification adapted to be secured between the floor and ceiling of a room.

Corresponding and like parts are referred to in the following description and indicated in all the views of the drawings by the same reference characters.

The reference letter A indicates a support upon which the axle 1 is mounted. As shown in Fig. 1, the support consists of a vertical rod or bar 2, base plates 3 and arms 4 connecting the base plates with the supporting rod or bar. The plates 3 are apertured to receive suitable fastenings for attaching them to a wall, partition, or other supporting structure. The axle 1 is fast to a sleeve 5 which is vertically adjustable upon the rod or bar 2 and adapted to be secured in the adjusted position by means of a set screw 6 fitted into a threaded opening formed in a side of the sleeve. By this means the axle may be adjusted to any height to

suit the convenience of the person exercising, or to meet existing requirements, according to the particular result to be effected. Arms 7 and 8 are mounted upon the axle 1 to turn freely thereon. A fitting 9 of approximately T-form is mounted upon the axle 1, and the arms 7 and 8 are threaded or otherwise secured to the ends thereof. The arms 7 and 8 are tubular and consist preferably of lengths of pipe or tubing. A weight 10 having a stem 11 is adjustably connected with the arm 8 by having the stem 11 telescoped with said arm and secured in the adjusted position by means of a set screw 12 which is threaded into an opening formed in a side of the arm. A handle-bar 13 is adjustably connected with the arm 7, being secured in the adjusted position by means of a set screw 14. The handle-bar 13 is provided with a lateral grip 15 for convenience of operation.

For developing the leg muscles the axle is required to be low or close to the floor, hence, the sleeve 5 may be moved downward upon the rod or bar 2. It is to be understood that the parts may be so arranged as to admit of the weight occupying a position either to the right or to the left of the axle support A. The grip 15 provides convenient means for receiving the foot when operating the exerciser by a pedal movement. For developing the upper part of the body the axle is raised by moving the sleeve 5 upward upon the rod or bar 2. The weight may be oscillated or may be turned in a circle, as will be readily understood.

In the modification illustrated in Fig. 2, the support A comprises a base or stand 25, a rod or bar 26, a rod or bar 27 telescoping with the rod or bar 26, a rod or bar 28 telescoping with the rod or bar 27, a series of arms 29, and a corresponding series of braces 30. The braces 30 are pivoted at their inner lower ends to the rod or bar 28 and at their upper or outer ends to the arms 29. A runner 31 slidable upon the rod or bar 28 has the inner lower ends of the arm 29 pivoted thereto, said runner being slidable upon the rod or bar 28 to effect a folding or a spreading of the arms 29 and adapted to be secured in the adjusted position by means of a set screw 35. The upper ends of the arms 29 are provided with heads 32 which are covered with rubber or other material to prevent injurious contact with the ceiling or over-head protection of a room or apart-

ment. The feet of the base or stand 25 are expanded and likewise covered with rubber or other padding to prevent slipping and injurious contact with a polished floor, tile or the like. The several rods or bars 26, 27 and 28 are telescopically connected to admit of their lengthening or shortening according to the distance between the ceiling and flooring of a room in which the appliance may be located. Set-screws 33 hold the elements 26, 27 and 28 in the located position. The rod or bar 26 fits loosely within a vertical opening formed in the central portion of the base or stand 25 and is adapted to be moved upwardly by means of a set-screw 34 which is threaded into the lower portion of the hub or sleeve provided at the center of the base or stand 25. After the support has been adjusted so as to fit between the ceiling and floor of a room, it is clamped in place by turning the set-screw 34 which forces the part 26 upwardly and the part 25 downwardly thereby clamping the feet of the base 25 upon the floor and the ends of the arms 29 against the ceiling. The devices mounted upon the support are substantially the same as those mounted upon the support illustrated in Fig. 1 and comprise axle 1, arms 7 and 8, weighted stem 11 and handle bar 13, the parts 11 and 13 being adjustable and the arms 7 and 8 being secured to a fitting 9 which is rotatably mounted upon the axle 1 which latter in turn is adjustable upon the element 27 of the support.

The exerciser may be cheaply manufactured by utilizing tubing and ordinary fittings, the same being finished according to the desired cost of the apparatus. After the axle support has once been secured in the required position upon the wall, partition, window, door-frame, or other support, it need not be removed to effect adjustment, as the latter may be accomplished by moving the axle up or down as may be required. By moving the weight nearer to or farther away from the axle the exerciser may be adapted to the person using the same, or, if preferred, weights of different size may be substituted.

From the foregoing it will be understood that the invention supplies an apparatus of the character herein set forth, which may be easily placed in position and readily adapted to the requirements of the person exercising, according as the upper or lower portions of the body are to be developed, to bring into play certain muscles. The device operating by gravity is gradual in effecting the result to be brought about.

Having thus described the invention, what is claimed is—

1. An exercising apparatus comprising an

axle support, an axle adjustable on said support, and a weighted arm mounted upon the axle, and adapted to have a rotary movement imparted thereto. 65

2. An exercising apparatus comprising an axle, a weighted arm mounted upon said axle, and adapted to have a rotary movement imparted thereto and a second arm having connection with the weighted arm and provided with a handle-bar. 70

3. An exercising apparatus comprising an axle, a weighted arm mounted upon the axle and adapted to have a rotary movement imparted thereto to turn freely thereon, a second arm having connection with the weighted arm to move therewith, and a handle-bar adjustably connected with said second arm. 80

4. In exercising apparatus, the combination of an axle, an arm mounted upon the axle to turn freely thereon, a weight having a stem telescoping with said arm, means for securing the weight to the arm in an adjusted position, a second arm connected with the first-mentioned arm to move therewith and a handle-bar telescoping with said second arm and adapted to be secured in an adjusted position. 90

5. In exercising apparatus, the combination of an extensible support comprising a base, and a rod or bar adjustable with reference to said base, a set-screw for moving the rod or bar with reference to the base to clamp the support between the floor and ceiling of an apartment, an axle adjustable upon said support, and a weighted arm mounted upon said axle and adapted to have a rotary movement imparted thereto. 100

6. In exercising apparatus, the combination of a support, a runner mounted upon said support, braces pivotally connected to said support, arms pivotally connected to the outer ends of the braces and to the said runner, means for securing the runner in an adjusted position, an axle mounted upon the support, and a weighted arm mounted upon said axle and adapted to have a rotary movement imparted thereto. 110

7. In exercising apparatus, the combination of extensible rods or bars, a base at one end of said rods, pivoted arms at the opposite end of said rods, means for clamping the base and arms against the floor and ceiling of an apartment, an axle mounted upon the extensible rods, and a weighted arm rotatable with reference to said axle. 115

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

BENJAMIN F. BAILEY.

Witnesses:

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