

C. HAZELTON.
EXERCISER.

APPLICATION FILED JULY 16, 1910.

980,634.

Patented Jan. 3, 1911.

Fig. 1,

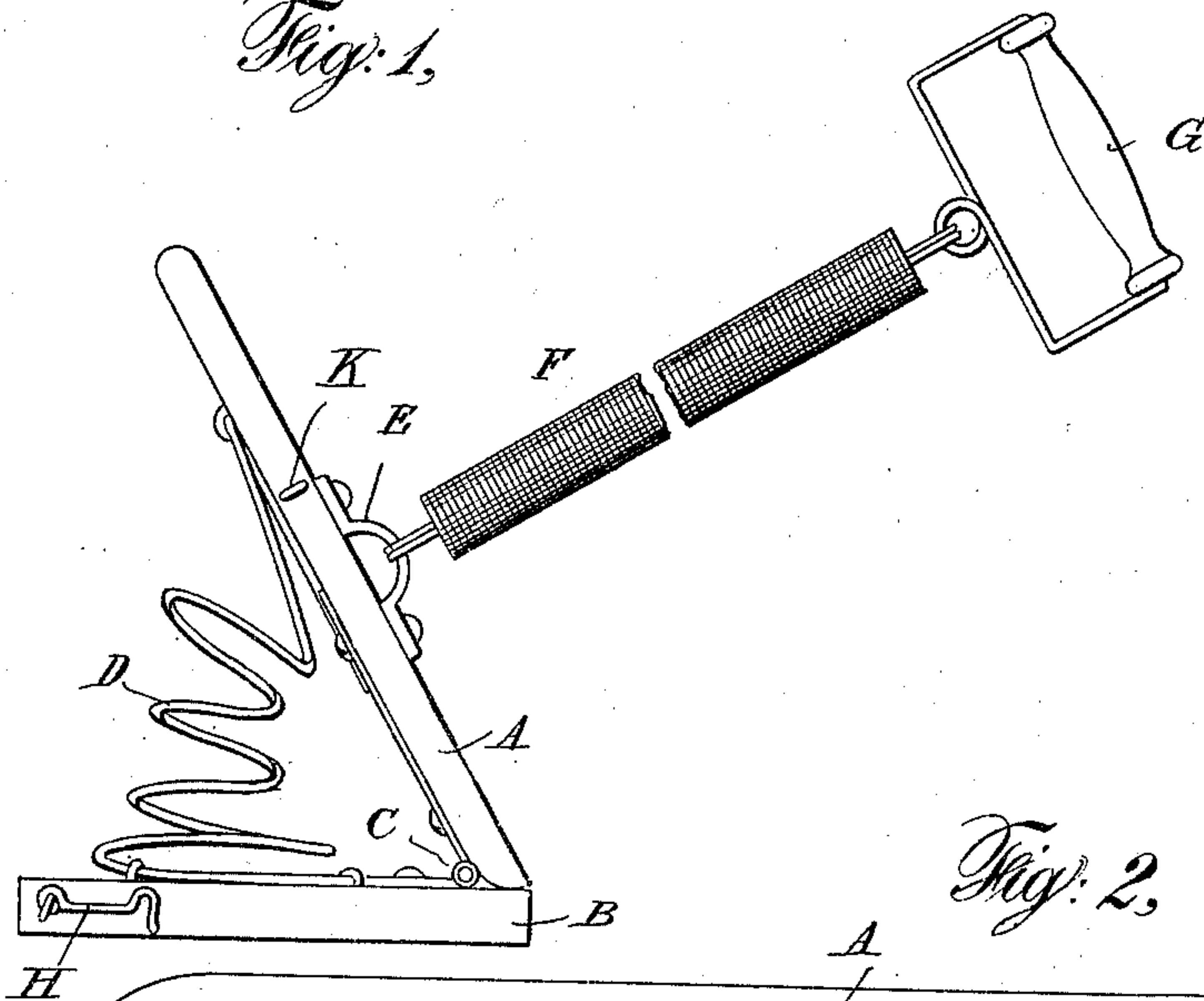


Fig. 2,

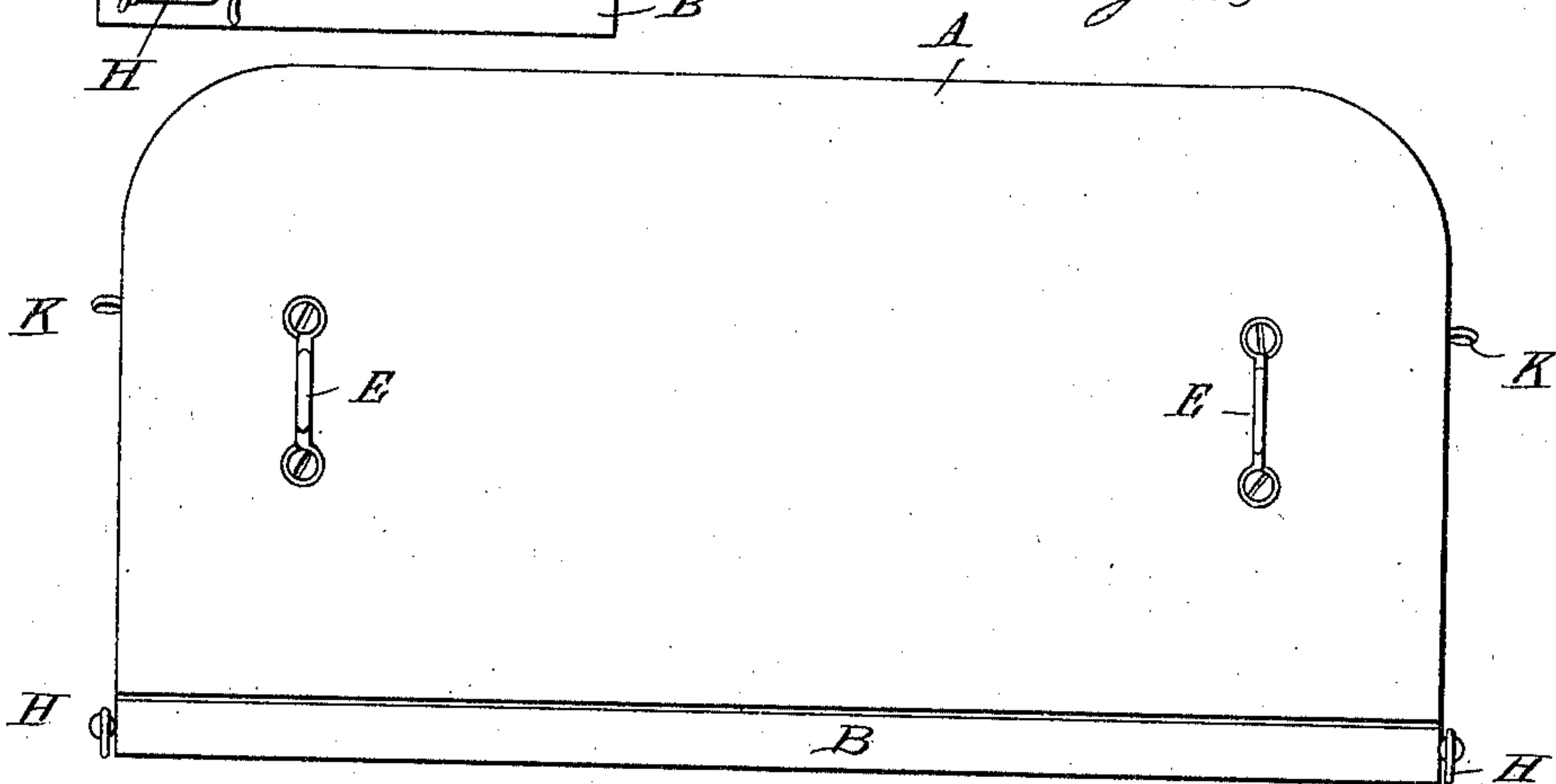
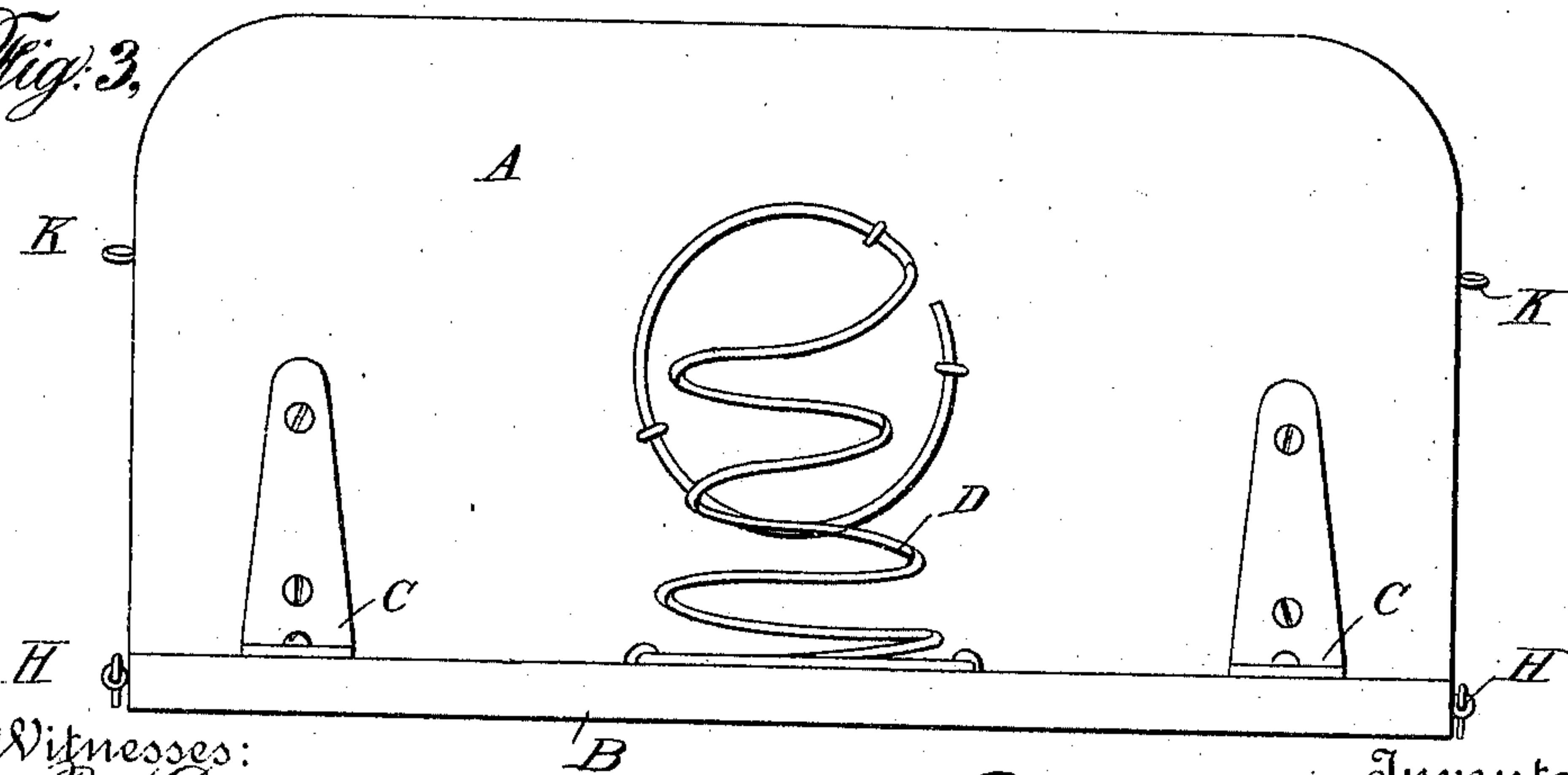


Fig. 3,



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UNITED STATES PATENT OFFICE.

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EXERCISER.

980,634.

Specification of Letters Patent.

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To all whom it may concern:

Be it known that I, CHARLOTTE HAZELTON, a citizen of the United States, and a resident of New York, in the county of New York and State of New York, have invented certain new and useful Improvements in Exercisers, of which the following is a specification.

This invention relates to exercisers and the objects of the invention are to make an exerciser of simple construction that can be used for exercising not only the arms and body, but also the legs.

To the accomplishment of the above objects, and to such others as may hereinafter appear, the invention comprises two members hinged together and provided with a spring between them, one of said members being also provided with suitable springs or elastics provided with handles.

Referring to the drawings: Figure 1 is an end elevation of an exerciser made in accordance with my invention; Fig. 2 is a front view of the exerciser with the front springs or elastics removed; Fig. 3 is a back view of the exerciser.

In the drawings, A and B designate two members, preferably made of wood or other similar material, the same being hinged together by means of suitable hinges C. The members A and B are normally held apart or in the position shown in Fig. 1, by the action of a coiled spring D, the ends of which are secured to the members A and B as shown in Figs. 1 and 3. While only one spring D is shown it is to be understood, however, that more than one spring can be used, it is also to be noted that the same results can be obtained by any other suitable form of spring although the form shown is the preferred construction. The member A is also provided with suitable securing devices or fastening means E one on each side of the member A to which are movably secured suitable elastics or helical springs F, the free ends of which are provided with suitable handles G movably secured thereto.

The exerciser as above described is preferably used as follows: The member B is placed flat on the floor in front of the person

using the same, who is preferably seated upon a stool or chair, and holds the handles G one in each hand, the feet being placed upon the member A preferably between the fastening means E with the heels resting upon the floor. In this position the person using the apparatus can exercise the muscles of the arms, legs and body. The arms are used to pull on the handles G whereas the body can be swung back and forth as in rowing, the feet being used to press downward upon the member A to exercise the muscles of the legs and feet.

The device can also be used in a variety of other ways to exercise the different muscles of the body.

The device when not in use can be closed against the action of the spring D and held in that position through the action of the hooks H, suitable eye screws K being provided for engagement therewith so as to hold the two members A and B close together.

While the invention has been described with particular reference to the details of construction it is not to be considered as limited thereto as many changes may be made and still fall within the scope of the following claim.

What I claim is:—

An exerciser for exercising the muscles of the legs, arms and body, comprising in combination two hinged members, one of which is arranged to rest upon the floor and the other to form a rest for the feet, spring acting means between said members for normally pressing one of said members against the floor and the other of said members against the feet, elastics secured to said member which is pressed against the feet, and handles secured to said elastics as and for the purposes set forth.

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

CHARLOTTE HAZELTON.

Witnesses:

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