

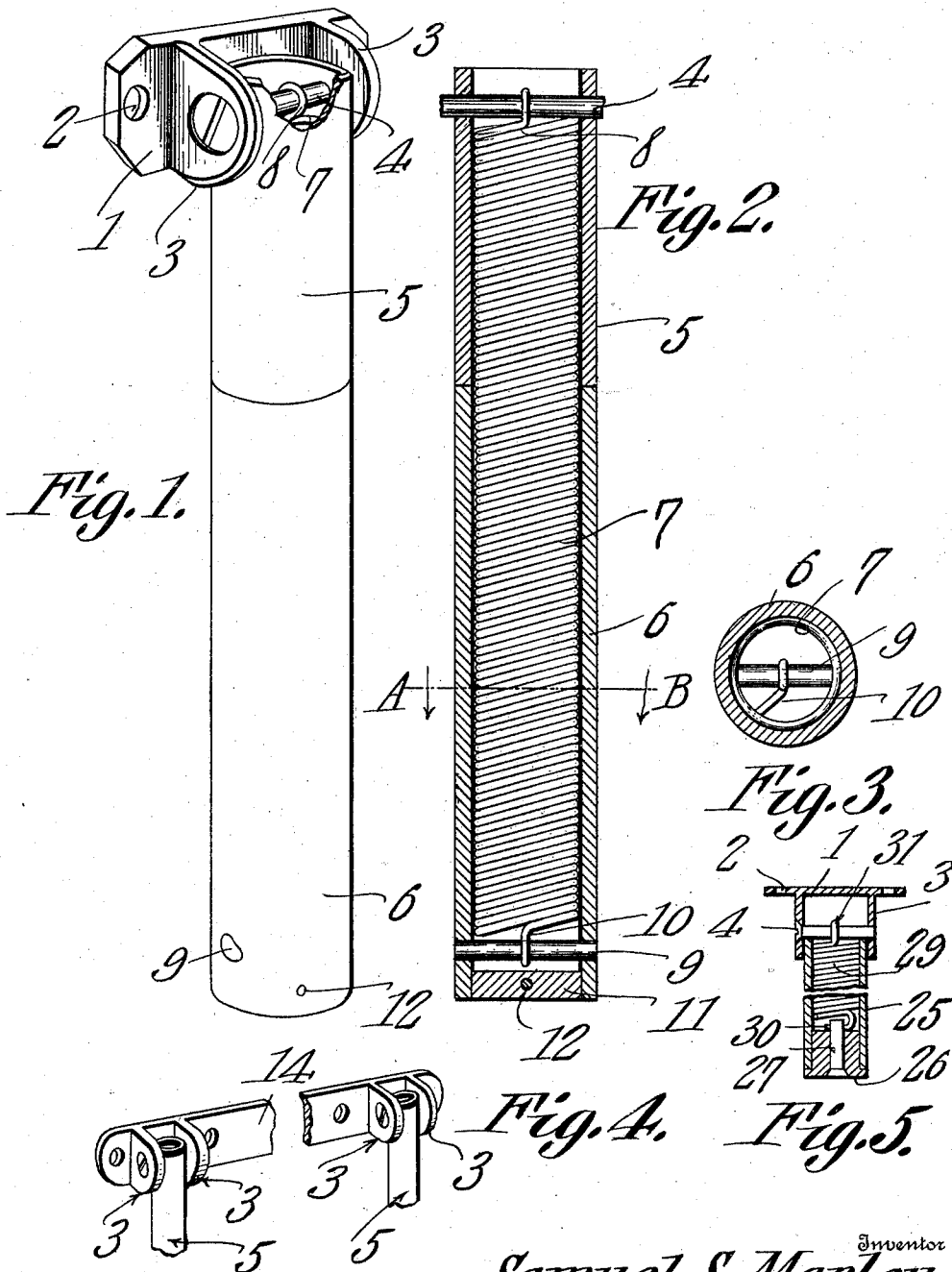
S. S. MARLEY.

EXERCISER.

APPLICATION FILED DEC. 10, 1909.

967,403.

Patented Aug. 16, 1910.



Witnesses

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UNITED STATES PATENT OFFICE.

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EXERCISER.

967,403.

Specification of Letters Patent. Patented Aug. 16, 1910.

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To all whom it may concern:

Be it known that I, SAMUEL S. MARLEY, a citizen of the United States, residing at Wilmington, in the county of Newcastle and State of Delaware, have invented a new and useful Exerciser, of which the following is a specification.

It is the object of this invention to provide an exerciser of small design, adapted so to be mounted upon a supporting element, that, when the occasion for the use of the exerciser has passed, the same will automatically assume the smallest possible compass, and be disposed in an out of the way position, thus to detract nothing from the appearance of the apartment in which the same is used, and to occupy a minimum amount of space.

With these and other objects in view, the invention consists in the novel construction and arrangement of parts hereinafter described, delineated in the accompanying drawings, and specifically claimed, it being understood, that, since the drawings show but one form of the invention, changes, properly falling within the scope of what is claimed, may be made, without departing from the spirit of the invention.

Similar numerals of reference are employed to denote corresponding parts throughout the several figures of the drawings.

In the accompanying drawings,—Figure 1 is a perspective, parts being broken away; Fig. 2 is a longitudinal section, parts being in elevation and broken away; Fig. 3 is a transverse section on the line A—B of Fig. 2; Fig. 4 is a perspective of a modification, parts being broken away; and Fig. 5 is a longitudinal section showing a modified form of the invention.

In carrying out the invention, a base 1 is provided, having openings 2, for the reception of support-engaging means. The base 1 is provided with a pair of spaced, outstanding ears 3, which are united by a transversely disposed pin 4.

An inclosing member is provided, the said inclosing member, in the form shown in Fig. 1 of the drawings, consisting of a pair of tubes 5 and 6. The tube 5 is somewhat shorter than the tube 6, and is retained against lateral movement by the ears 3, the pin 4 passing through the tube 5. The longer tube 6 is adapted to abut terminally against the tube 5, the tubes 5 and 6 having

a common internal diameter. A retractile spring, preferably helical in form, is inserted into the tubes 5 and 6, one end of this spring 7 being attached, as denoted by the numeral 8, to the pin 4, the other end of the spring being secured as shown at 10 to a pin 9 extended transversely through the tube 6, adjacent one end thereof. This spring 7 is adapted to hold the adjacent ends of the tubes 5 and 6, yieldingly, in abutment, and, owing to the fact that the external diameter of the spring 7 is substantially the same as the internal diameters of the tubes, the said spring serves, not only as a means for holding the tubes yieldingly in abutment, but, as well, as a means for alining the tubes, so that when the pull upon the tube 6 ceases, the terminal abutment of the tubes will be assured. The outer end of the tube 6 may be closed by means of a plug 11, held in place by a transverse pin 12, or in any other desired manner.

As shown in Fig. 4 of the drawings, the base may be modified as indicated by the numeral 14, the modification consisting in lengthening the base to any desired extent, so that the structure hereinbefore described, may be mounted in duplicate upon the base. The base 1 instead of being rigidly mounted upon the wall, may be hinged thereto or secured by a ball and socket joint. These matters will readily suggest themselves to any skilled mechanic and I consider a specific showing of a hinge or swivel mounting for the base, to be unnecessary.

The device if desired may consist of a single tube 25, as shown in Fig. 5 of the drawings, the said tube 25 in such instance, constituting the inclosing member. Mounted in one end of the tube 25 is a plug 26, provided with an axial opening for the reception of a spindle 27, the spindle 27 having a laterally extending head adapted to bear against the outer surface of the plug 26, about the opening in which the spindle is mounted. One end of the spring 29 may be extended through the pin as shown at 30, the other end of the spring being wound about the transverse pin 4, as denoted by the numeral 31.

In practical operation, referring to Fig. 1 of the drawing, the tube 6 is grasped and drawn away from the tube 5, the retractile effort of the member 7 serving to strengthen the arms of the user. Moreover, owing to the fact that the tube 6 is smooth upon its

exterior surface, the device will serve as a means for strengthening the prehensile muscles of the hands. The tube 6 may, not only, be pulled straight out away from the support upon which the device is mounted, but, as well, be pulled laterally in either direction and upwardly, thus thoroughly exercising the muscles of the user, the spring 7 serving not only as a means for resisting the pull of the person who is using the device, but, as well, permitting the wide variety of movements in the member 6, hereinbefore pointed out. When the tube 6 is released, the tubes 5 and 6 will move into terminal abutment, under the action of the spring 7, thus inclosing the device in small compass, and preventing the spring 7, which is more or less unsightly, from being visible. Owing to the pivotal mounting of the tube 5 upon the pin 4, as soon as the tube 6 is released, the tubes, in abutting relation, will drop into a depending position, parallel to the wall upon which the device is disposed, and out of the way of passersby.

The form of the device shown in Fig. 5 of the drawings is substantially the same in its operation, as the device shown in Fig. 1. Likewise, the form shown in Fig. 4 is operated similarly, saving for the fact that the construction enables the user to exercise both arms at the same time, the showing of Fig. 4 being an obvious duplication of the showing of Fig. 1.

Owing to the fact, that, in all of the several forms of the invention, the retractile spring is of substantially the same diameter as the interior of the inclosing member, the said spring will have no lateral movement

within the inclosing member. The spring will, therefore, move smoothly in and out of the inclosing member, the convolutions of the spring being prevented from catching upon the end of the inclosing member when the device is in operation.

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

1. A device of the class described comprising a base provided with outstanding ears; a pin connecting the ears; an inclosing member pivotally connected to the base; and a retractile spring arranged to fit closely within the inclosing member, and attached at one end to the end of the inclosing member and at the other end attached to the pin.

2. A device of the class described comprising terminally abutting tubes having a common bore; and a spring secured at its ends to the tubes and fitting closely in the bores thereof to constitute a means for guiding the end faces of the tubes into abutting relation.

3. A device of the class described comprising terminally abutting tubes; and a spring connecting the tubes and fitting closely within the tubes to constitute at once a means for drawing the adjacent end faces of the tubes together and a means for guiding said faces into abutting relation.

In testimony that I claim the foregoing as my own, I have hereto affixed my signature in the presence of two witnesses.

SAMUEL S. MARLEY.

Witnesses:

CHARLES GREEN,
JAMES E. MEGILLIGAN.