J. B. NEWBROUGH.

EXERCISING APPARATUS.

No. 169,467. Patented Nov. 2, 1875.

Fig. 1.

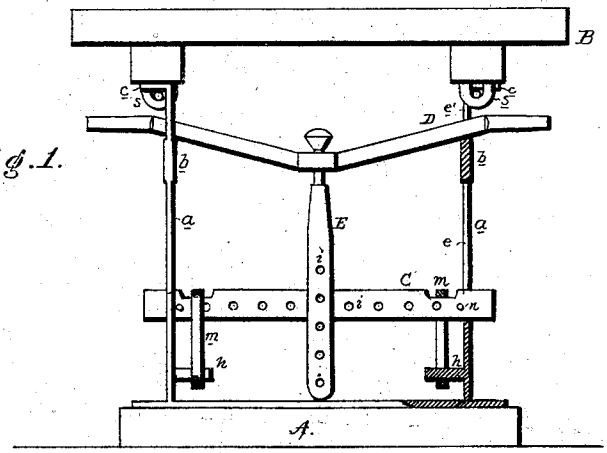


Fig. 3.

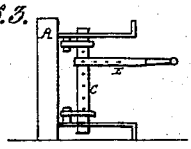


Fig. 2.

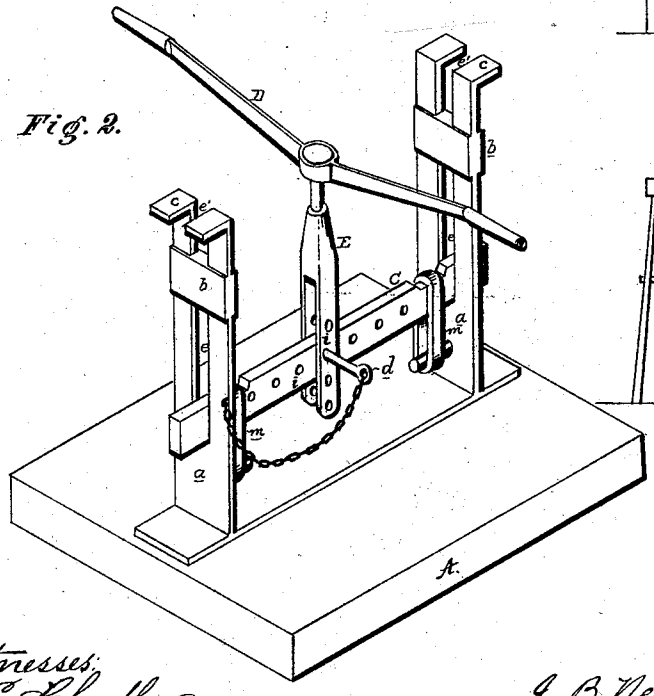
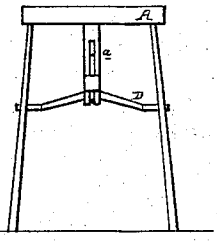


Fig. 4.



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UNITED STATES PATENT OFFICE.

JOHN B. NEWBROUGH, OF NEW YORK, N. Y.

IMPROVEMENT IN EXERCISING APPARATUS.

Specification forming part of Letters Patent No. **169,467**, dated November 2, 1875; application filed September 17, 1875.

To all whom it may concern:

Be it known that I, JOHN B. NEWBROUGH, of the city, county, and State of New York, have invented an Improved Calisthenic Apparatus, of which the following is a specification:

The object of my invention is a compact and inexpensive calisthenic apparatus, easily regulated to suit the capacities of different operators, and convertible into a table when not in use for exercising purposes.

In the accompanying drawing, Figure 1 is a side view of the apparatus, partly in section; Fig. 2, a perspective view, showing the apparatus ready for use; and Figs. 3 and 4, views illustrating different modes of employing the apparatus.

On a base, A, which may be fixed or movable, are erected two standards, *a a*, bent at the upper ends to form horizontal projections *c c*, upon which may rest a flat plate or board, B, constituting the top of a table, of which the standards are the supports. A bar, C, extends through, and is guided vertically in, slots *e e* in the standards; and slots *e'* serve to receive and retain a cross-bar or handle, D, when the apparatus is not in use for exercising purposes. To the cross-bar D is loosely jointed the upper end of a split rod, E, which embraces the bar C; and in the latter, and also in the rod, are openings *i*, through which a pin, *d*, chained to one of the standards, may be passed, to temporarily connect the bar and rod together. From the inner end of each standard extends a pin, *h*, round each of which, and over the bar C, directly above, passes a rubber band or spring, *m*. Projections *n* on the bar C limit its longitudinal movement; and staples *s*, at the under side of the table top, extend through the slots *e'* in the standards, and receive pins, by which the top is securely retained in its position.

When the apparatus is to be used for calisthenic purposes, the pins securing the top are withdrawn, and the top is removed. The handle D is then raised out of the slots *e'*, and turned to the position shown in Fig. 2, and the rod E is connected to the bar C by the pin *d*.

In exercising, the operator grasps the ends of the handle D, and pulls upon the bar C, the springs *m m* resisting the efforts of the operator with a force depending upon the point of connection between the bar C and the rod E. If, for instance, this connection is made at the center of the bar, as shown in Fig. 2, both springs will resist the upward movement of the bar; but, if the connection is made near one end, the adjacent spring alone will resist the pull, the other serving merely to keep the opposite end of the bar upon its bearing, which then constitutes the fulcrum.

The springs may be readily removed, and replaced by others stronger or weaker, and the two springs applied may vary in strength. Thus, by changing the springs, or by adjusting the rod, the tension and resistance may be regulated at pleasure.

A greater variety of exercises may be performed without any alteration of the apparatus by merely changing its position, as, for instance, turning it on one side and securing it in the position shown in Fig. 3, or by supporting it in an inverted position, as shown in Fig. 4.

The utilizing of the apparatus as a table, when not in use for exercising renders it specially adapted to be employed in situations where room is too limited to permit any space to be set apart exclusively for exercising purposes.

Spiral springs may be substituted for rubber bands; and, where greater resistance is required, two bars, C, may be connected together to form a compound lever.

Without confining myself to the precise construction of parts shown and described, I claim as my invention—

1. The combination, in a calisthenic apparatus, of a sliding bar, C, a cross-bar or handle, D, connected thereto, and springs *m m*, applied to the bar near its opposite ends, substantially as set forth.

2. The combination of the bar C, handle D, and rod E, adjustable on the bar, as specified.

3. The combination, in a calisthenic apparatus, of the bar C and springs *m m*, applied to the bar near its opposite ends, and removable, as specified.

4. The guiding-standards *a a*, having slots *e'*, for the reception of the handle D, as described.

5. In a calisthenic apparatus, the detachable plate B and the frame constructed to support the said plate, and form therewith a table, substantially as set forth.

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

J. B. NEWBROUGH.

Witnesses:

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