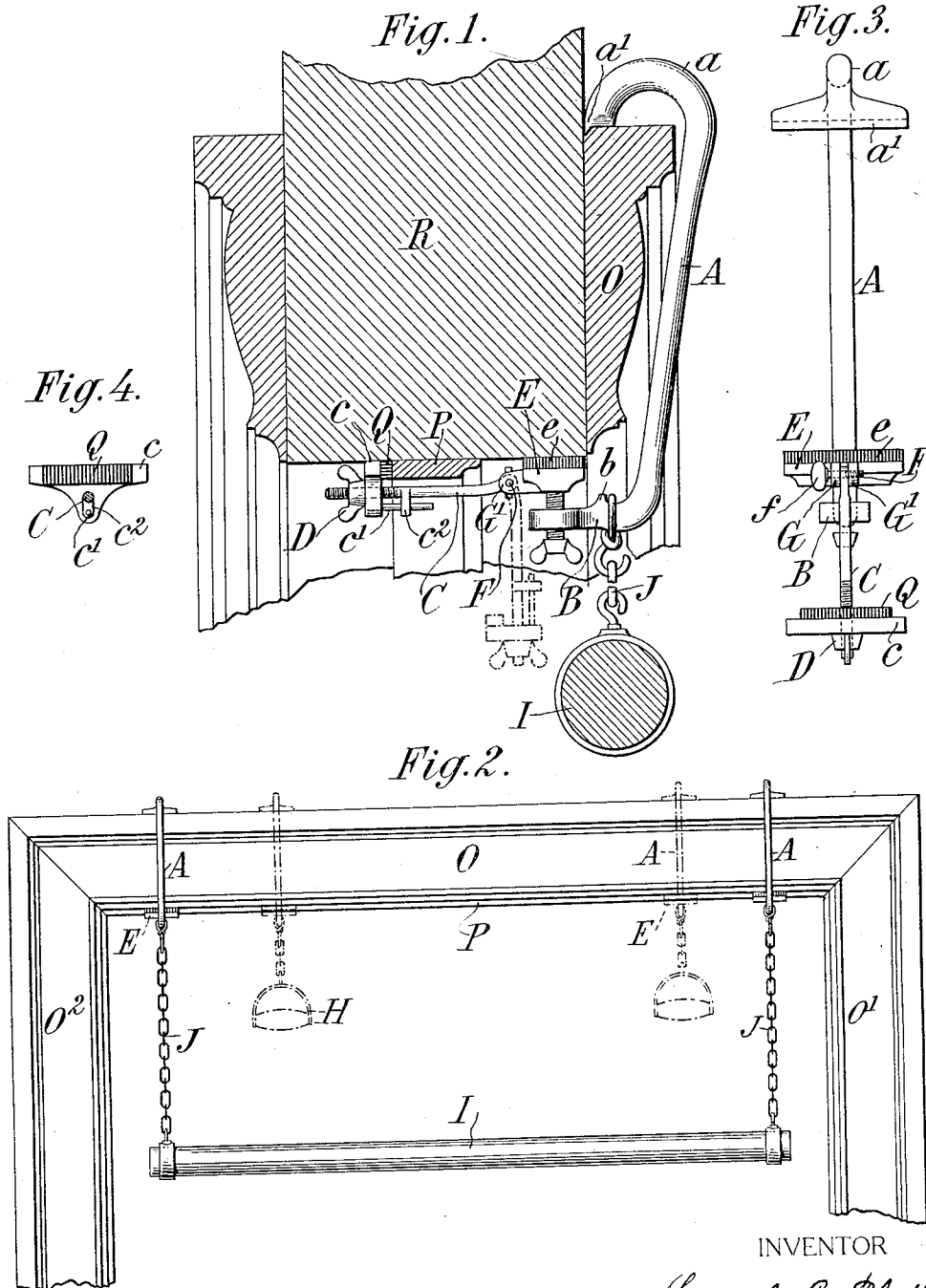


S. L. PLATT.
 PORTABLE GYMNAS TIC APPARATUS.
 APPLICATION FILED OCT. 28, 1914.

1,126,857.

Patented Feb. 2, 1915.
 2 SHEETS—SHEET 1.



WITNESSES:
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Fig. 5.

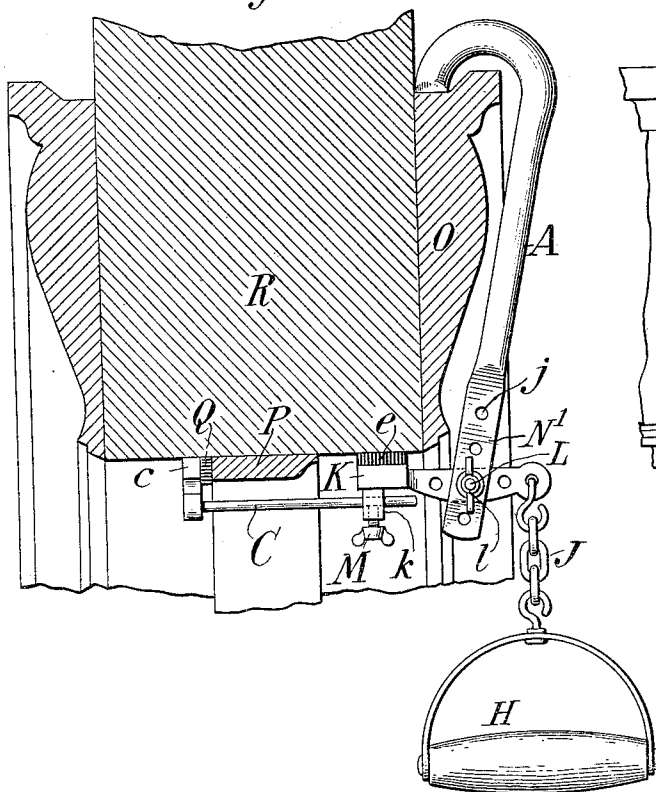


Fig. 6.

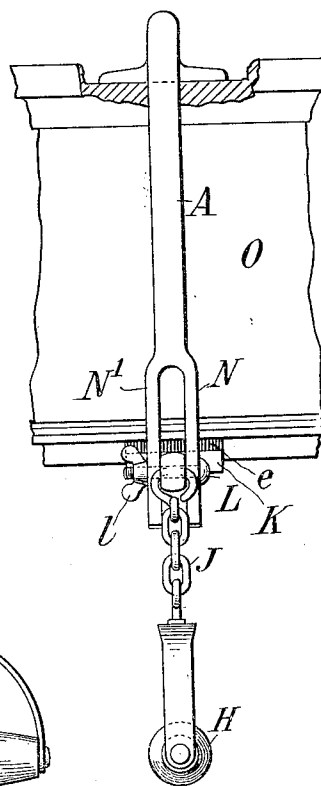
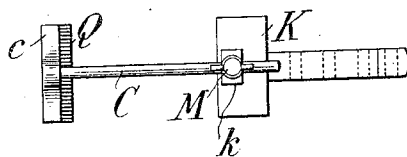


Fig. 7.



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UNITED STATES PATENT OFFICE.

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PORTABLE GYMNASRIC APPARATUS.

1,126,857.

Specification of Letters Patent.

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To all whom it may concern:

Be it known that I, SAMUEL L. PLATT, a citizen of the United States of America, residing in the city, county, and State of New York, have invented certain new and useful Improvements in Portable Gymnastic Apparatus, of which the following is a specification.

My invention relates to portable gymnastic apparatus, and particularly to the means for supporting the exercising part of such apparatus.

It has for its object to provide a support for gymnastic or exercising apparatus that can be attached to a part of the structure of every house, and accordingly that can be used in any home or living room, and it consists in the provision of means for supporting such exercising apparatus from the ordinary part of a house construction, such as a door casing, in such a manner that the same will safely support a weight much greater than it ever will be called upon to support, without marring the woodwork, and furthermore to provide that such apparatus can be quickly and easily secured in position without the use of any tools, and that it can be as quickly and easily removed and put out of the way.

The desirability, from a hygienic point of view, of providing means whereby persons who by reasons of their occupations are prevented from obtaining useful exercise can obtain such exercise in the privacy of their own apartments is apparent to all. Usually the provision of such means requires that special space should be provided therefor, which is usually too expensive for the average person and entails the presence of cumbersome gymnastic apparatus. Accordingly, it has been my aim to provide a gymnastic or exercising apparatus which can be used in many ways and with different kinds of exercising apparatus, and which can be suspended from an ordinary part of the construction of a house, as for instance the casing of a door, in such a manner as to be easily applied and removed, and to require substantially no room.

Desirable forms in which my invention may be embodied are illustrated in the accompanying drawings, wherein:

Figure 1 illustrates a cross-section of a door frame and casing having the preferred form of my apparatus applied thereto; Fig. 2 is an elevation thereof illustrating in full

lines the embodiment of one species of exercising apparatus, and in dotted lines another kind of apparatus; Fig. 3 illustrates in elevation my apparatus detached from its support, for purposes of clearness, looking from the left of Fig. 1; Fig. 4 is a detail view of an adjustable lug; Fig. 5 is a view similar to Fig. 1, illustrating a modified form of apparatus; Fig. 6 is an elevation thereof in position, parts being cut away; and Fig. 7 is a bottom view of the modification Fig. 5.

In the preferred form of my invention I provide a supporting bar A the upper end of which is hook-shaped as at *a* and is preferably provided with an elongated engaging face *a'* the forward edge of which is preferably formed as a penetrating edge and accordingly is made slightly longer than the rear edge and is wedge shaped. This hook is adapted to engage over the top of a door casing and the penetrating end thereof will sink in the top of such door casing and hold the hook in firm position. The lower end of the supporting bar A is preferably formed with an inward extension B, and to this is attached a bar C which has means for engaging against the door stop P to retain the supporting bar A in position, such means being preferably made adjustable. I have illustrated for this purpose a bar C which is attached to the lower end of the support A and carries a lug *c* which is adapted to engage against the door stop P preferably through the interposition of a washer Q. For the purpose of adjusting the lug *c* firmly against the stop and holding it in position, I prefer the thumb-nut D which, as illustrated, is threaded on the bar C. To insure that the lug *c* will always be in position, I prefer to provide means against its turning, and one way of doing this is by the pin *c'* which is attached to the lower part of the lug *c* and passes freely through an opening in a lug *c''* fixed to the bar C.

The lower inwardly turned end B of the supporting bar A is equipped with means which in the ordinary use of the device will be sufficient to maintain the support A in position. Such means, as illustrated, comprise a thumb-screw E which is adapted to engage against the lower side of the door frame R preferably through the interposition of a rubber or other washer *e*. In the use of the device, however, any movement of the support A toward the casing O, if

it is sufficient to overcome the resistance of the thumb-screw E, will simply cause the said support to move into contact with the casing O. This will be of very infrequent occurrence. In fact, I have found in ordinary use that the thumb-screw is sufficient to hold the lower end of the device in position, but any movement toward the casing will be unaccompanied with any dangerous result. A movement of the support A away from the casing may be productive of dangerous results inasmuch as it would tend to pry the casing O away from the frame R and so might cause the user of the apparatus to fall or be thrown. To insure, therefore, against any such possibility I have provided the stop *c* which by engaging against the door stop P effectually prevents such an occurrence.

It is desirable that the bar C should be capable of being thrown down out of the way to permit the door to be closed, and for this purpose I have pivoted the same to the support A so that it shall freely swing out of position when desired. To prevent the said bar from swinging down out of position in case the lower end of the support A may move slightly toward the casing O, I provide means for tightening the pivot of the said bar C so that the same may always be held in operative position when desired. For this purpose I provide the thumb-screw F which is threaded into the far wing G¹ of the pair of wings G G¹ between which the bar is pivoted. These wings are shown as attached to the head of the thumb-screw E and it will be seen that by tightening the nut F its head *f* will draw the wing G toward the wing G¹ and bind the bar C so that the same will remain in position.

My improved supports will usually be employed in pairs, and they will be situated as near the upright casings O¹ O² as convenient considering the nature of the exercising apparatus used, also the width of the door. I have found by actual experience that the strength derived from the means by which the upper casing O is usually fastened to its frame when supplemented by the strength of its mitered connection with the vertical casings O¹ O² is sufficient to support a weight much in excess of that of a person who will use the apparatus. In fact, I have found that a weight of six hundred pounds can safely be supported by a pair of such supports from an ordinary door casing.

The exercising apparatus may be either the hand-grips H shown in dotted lines in Fig. 2, or the trapeze I shown in full lines in the said figure. While I have illustrated both these apparatuses on the same door casing this has been done for the purpose of economizing space and to illustrate that

either form of the apparatus may be used with my supports. Whatever form of apparatus is used, the support from my invention will be afforded by substantially the same means.

I have illustrated a flexible connection in the form of a chain J as being suspended from a suitable part of the inturned lower end B of the said support. To hold the same in position I prefer to provide a small lug or shoulder *b*, at the point where the connection of the said flexible portion to the supporting bar is made so as to hold the exercising apparatus in position. The exercising apparatus might be adjusted in height by the use of various lengths of chains J.

In the modified form of my invention illustrated in Figs. 5, 6 and 7 the support A has a similar shaped upper end, but its lower end is preferably bifurcated as at N N¹ and is provided with openings *j*, of which several are shown, and through these bifurcated ends an inward extension K of the lower end of the supporting bar A is passed. At its inner end this extension K engages against the door frame R preferably through a washer *e*, and at its outer end it supports the chain J of the exercising apparatus. Intermediate these two ends it is supported in the lower bifurcated end N N¹ by means of a bolt L which passes through the said part and has thereon a thumb-nut *l*. In this form of my invention the same means are provided for preventing movement of the support away from the casing. Here the bar C has a lug *c* which engages against the stop P preferably through the washer Q and is adjustable toward and from the support A by passing through a perforation in the lug *l* projecting downwardly from the bar K, and is held in adjustable position by the thumb-screw M. It therefore will be seen that both forms of my invention comprise a supporting bar having a hooked upper end adapted to engage over a door casing and having from its lower end an extension projecting inwardly and carrying a lug adapted to be engaged against a door stop and which lug is adjustable with relation to the support and has means for holding the parts in adjusted position.

While I have described in detail the specific construction illustrated by me, I do not necessarily regard my invention as limited in all particulars to the devices illustrated, as the same may be modified and equivalent devices substituted within the limits of the appended claims.

What is claimed is:—

1. A portable gymnastic or exercising apparatus comprising a bar having a hooked upper end for engaging over a casing, an extension attached to the lower end thereof and projecting inwardly and a lug thereon

adapted to engage against a projection on a frame and adjustable with relation to the bar, and means on one of said parts for supporting exercising devices.

5 2. A portable gymnastic or exercising apparatus comprising a bar having a hooked upper end for engaging over a casing, an inwardly extended lower end and a thumb-screw therein for engaging against a frame, an extension attached to said end and projecting inwardly therefrom, an adjustable 10 lug on said extension adapted to engage against a stop on the frame, and means on said end for supporting exercising devices.

15 3. A portable gymnastic or exercising device comprising a bar having an upper end adapted to engage over a casing and turned inwardly at its lower end, means thereon for supporting exercising devices and a 20 swinging bar pivoted to such lower part and having a lug for engaging behind a stop on a frame and adjustable with relation to said lower end.

25 4. A portable gymnastic or exercising device comprising a bar having an upper end adapted to engage over a casing and turned inwardly at its lower end, a thumb-screw therein for engaging against a frame, means 30 on said bar for supporting exercising devices and a swinging bar pivoted to such lower part and having a lug for engaging behind a stop on a frame and adjustable with relation to said lower end, and means for holding 35 said pivoted bar in its operative position.

5. A portable gymnastic or exercising device comprising a bar having a hooked upper end for engaging over a casing and having its lower end turned inwardly and 40 adapted to support exercising devices, a thumb-screw in said inwardly turned lower

end adapted to engage against a frame, a swinging bar pivoted to such thumb-screw, a lug thereon for engaging against a stop 45 on the frame, and an adjustable thumb-nut on the bar for adjusting said lug against the stop and holding it there.

6. A portable gymnastic or exercising device comprising a bar having a hooked upper end for engaging over a casing and having its lower end turned inwardly and 50 adapted to support exercising devices, a thumb-screw in said inwardly turned lower end adapted to engage against a frame, a swinging bar pivoted to such thumb-screw, 55 a lug thereon for engaging against a stop on the frame, an adjustable thumb-nut on the bar for adjusting said lug against the stop and holding it there, and a bolt constituting the pivot of said swinging bar and threaded 60 in its support and adapted to hold said bar in adjusted position.

7. A portable gymnastic or exercising device comprising a bar having a hooked upper end for engaging over a casing and 65 having its lower end turned inwardly and adapted to support exercising devices, a thumb-screw in said inwardly turned lower end adapted to engage against a frame, a swinging bar pivoted to such thumb-screw, 70 a lug thereon for engaging against a stop on the frame, means for adjusting the lug and holding it in position, and means to prevent turning of the lug.

In witness whereof, I have hereunto 75 signed my name in the presence of two subscribing witnesses.

SAMUEL L. PLATT.

Witnesses:

HENRY M. TURK,
FRED WHITE.

Copies of this patent may be obtained for five cents each, by addressing the "Commissioner of Patents, Washington, D. C."