No. 878,810. PATENTED FEB. 11, 1908.

E. A. LETZKUS.

EXERCISING APPARATUS.

APPLICATION FILED MAY 31, 1907.

FIG. 1

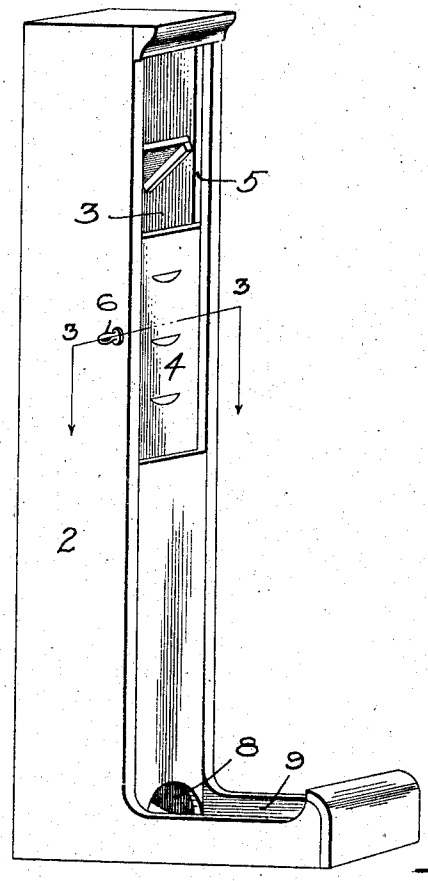


FIG. 2

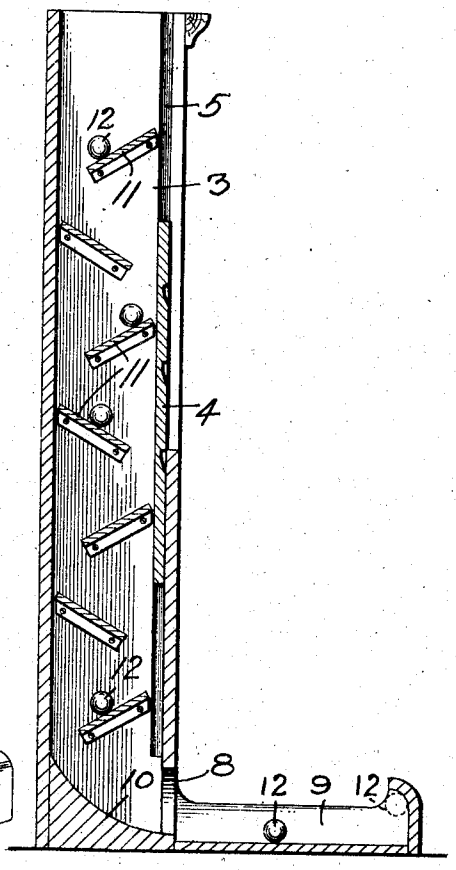


FIG. 3

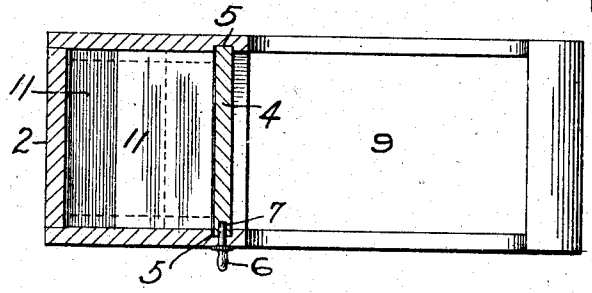
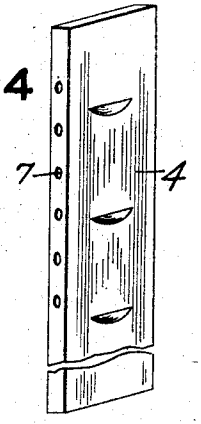


FIG. 4



WITNESSES.

J. R. Keller

Robert C. Totten

INVENTOR.

Edward A. Letzkus

By Kay Totten & Winter

attorneys

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UNITED STATES PATENT OFFICE.

EDWARD A. LETZKUS, OF ALLEGHENY, PENNSYLVANIA.

EXERCISING APPARATUS.

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Application filed May 31, 1907. Serial No. 376,618.

To all whom it may concern:

Be it known that I, EDWARD A. LETZKUS, a resident of Allegheny, in the county of Allegheny and State of Pennsylvania, have invented a new and useful Improvement in Exercising Apparatus; and I do hereby declare the following to be a full, clear, and exact description thereof.

This invention relates to exercising apparatus.

The object of the invention is to provide a simple form of apparatus which may be set up in a room or apartment where it occupies but little space and does not require any fixtures or attachments for connection to the woodwork or walls of the apartment.

The invention comprises, generally stated, a box or chute with upper and lower openings with means for varying the height of the upper opening, whereby the inserting of a ball or like object into the upper opening and the labor of lifting said ball as it emerges from the lower opening, and again inserting it in the upper opening furnishes exercise. Two or more sets of balls may be kept in motion so as to call for increased and more rapid movements on the part of the person exercising.

In the accompanying drawings Figure 1 is a perspective view of my improved apparatus; Fig. 2 is a vertical section; and Fig. 3 is an enlarged cross section on the line 3—3 Fig. 1; and Fig. 4 is a perspective view of the shutter.

In the drawings the numeral 2 indicates a suitable upright box or chute which may be formed of wood or metal, as desired, and so painted or finished as to present a neat and attractive appearance. In the front of said box is the opening 3, the size and height of which is regulated by the sliding shutter 4. This shutter 4 is arranged in guide ways 5 in the box and in order to regulate the height at which said shutter may be adjusted, the sides of the box are provided with pins 6 entering the guide and adapted to enter seats or holes 7 in the shutter 4. In this manner the shutter may be adjusted at different heights for the purpose fully hereinafter set forth. At the lower end of the chute is the opening 8 leading to the receptacle 9. At the bottom of the chute is the curved block 10 which may be formed of a suitable cushioning material to deaden the sound of the falling ball or other object.

Within the box are the baffles 11 extending alternately from the rear wall and from the front, said baffles acting to retard the descent of the ball 12 or like object employed in connection with the apparatus. The front baffles may be secured to the sides of the box so as not to interfere with the movement of the shutter 4.

When my improved apparatus is employed for exercising the shutter 4 is first adjusted at the proper height to suit the height of the party exercising, whereupon the said party takes a ball 12 in each hand and inserts it in the upper opening 3. These balls descend, striking the baffles 11 and rolling from one to the other until they finallly strike the bottom block 10 whence they pass out the lower opening 8 into the receptacle 9. The operator then stops and picks the balls up from the receptacle 9 and again inserts them in the upper opening 3. Two or more sets of balls may be kept going in this manner, the number of sets, of course, increasing the exertions of the party exercising and requiring more rapid movements of the body in inserting the balls in the upper opening before another set of balls is discharged into the receptacle 9.

It will be found by the employment of my improved apparatus that a vigorous and healthful exercise can be obtained, the effect of the same being to strengthen the abdominal muscles as well as to reduce obesity.

What I claim is:

1. In exercising apparatus, the combination of a box or chute with upper and lower openings, and means for varying the height of the upper opening, whereby the inserting of a ball or like object into the upper opening and the labor of lifting said ball as it emerges from the lower opening and again inserting it in the upper opening furnishes exercise.

2. In exercising apparatus, the combination of a box or chute with upper and lower openings, and a vertically movable shutter in said opening, whereby the inserting of a ball or like object into the upper opening and the labor of lifting said ball as it emerges from the lower opening and again inserting it in the upper opening furnishes exercise.

In testimony whereof I the said EDWARD A. LETZKUS have hereunto set my hand.

EDWARD A. LETZKUS.

Witnesses:

ROBERT C. TOTTEN,

ROBT. D. TOTTEN.