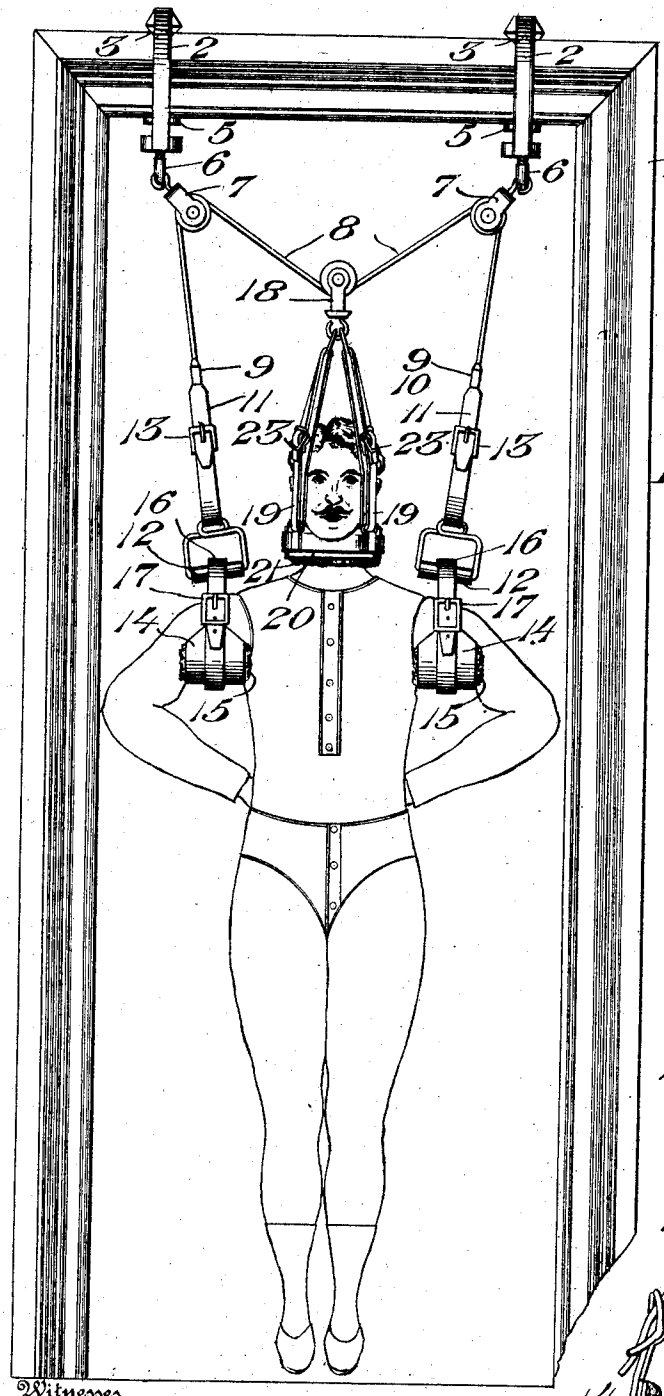
No. 864,188. PATENTED AUG. 27, 1907.

R. E. PATTERSON.

EXERCISING APPARATUS.

APPLICATION FILED OCT. 6, 1906.



Witnesses

Phil. E. Barnes

Fig. 1.

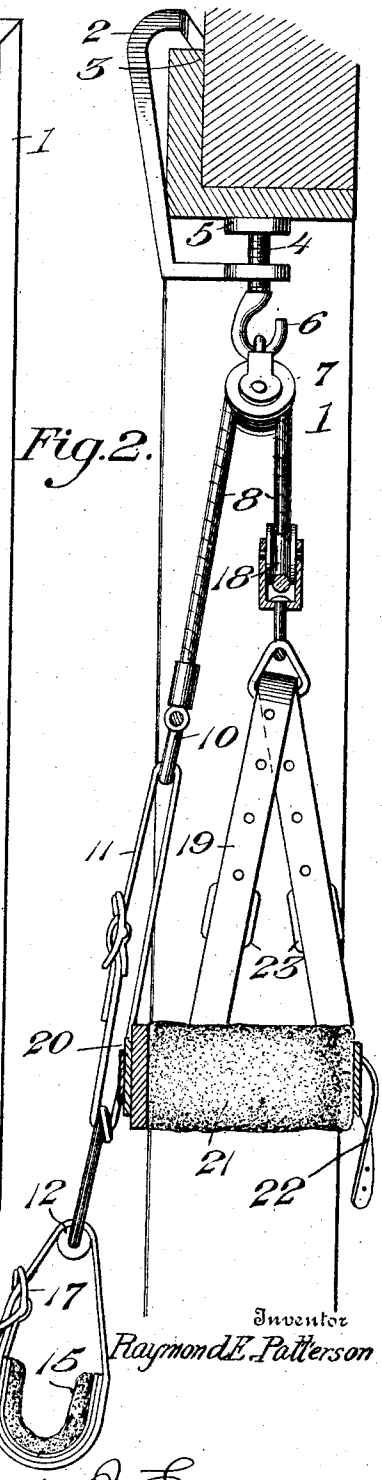


Fig. 2.

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UNITED STATES PATENT OFFICE.

RAYMOND E. PATTERSON, OF ROCHESTER, NEW YORK.

EXERCISING APPARATUS.

No. 864,188. Specification of Letters Patent. Patented Aug. 27, 1907.

Application filed October 6, 1906. Serial No. 337,748.

To all whom it may concern:

Be it known that I, RAYMOND E. PATTERSON, a citizen of the United States, residing at Rochester, in the county of Monroe and State of New York, have invented new and useful Improvements in Exercising Apparatus, of which the following is a specification.

This invention relates to exercising apparatus and one of the principal objects of the same is to provide means for stretching the vertebral column and for exercising the muscles of the arms and back.

Another object of the invention is to provide a simple apparatus which can be readily connected to a support like a door frame for suspending a person by his head and arms to strengthen certain muscles of the body and arms.

Still another object of the invention is to provide an apparatus for suspending a person in position for taking impressions for casts.

The foregoing and other objects may be attained by means of the construction illustrated in the accompanying drawing, in which:

Figure 1 is a front elevation showing an apparatus made in accordance with my invention, in use. Fig. 2 is a central vertical section showing one half of the apparatus.

Referring to the drawing for a more particular description of my invention, the numeral 1 designates a door frame in which my apparatus may be conveniently suspended and 2 are the supporting hooks, said hooks having pointed ends or barbs 3 which penetrate the wood sufficiently to hold the apparatus in operative position. To the lower portion of the supporting hooks, screws 4 are passed, said screws having enlarged ends 5 to bear under the door casing and the lower end of said screws 4 being formed with a hook 6. Connected to each of the hooks 6 is a pulley 7 and passed around said pulleys is a rope or cable 8 provided with loops or hooks 9 at the ends thereof for connection with a ring 10, said ring having straps 11 secured thereto and at the ends of said straps handles 12 are connected, said straps 11 being adjustable by means of buckles 13. Connected to the handles 12 are the arm pads 14 which are lined with sheepskin 15 and provided with a suspending strap 16 which passes through the handle 12 and is adjusted by means of a buckle 17. A pulley 18 is suspended from the rope or cable 8 and connected to said pulley 18 are a pair of straps 19 to the lower ends of which are connected a pad or collar 20, said pad or collar comprising a sheepskin lining 21 and a surrounding strap 22 connected by a buckle. The straps 14 are adjustable by means of buckles 23.

My apparatus may be used when applied as shown in Fig. 1 by moving the arms up or down to extend the vertebral column and to exercise the muscles of the back, shoulders and arms.

The apparatus can be readily adjusted for persons of differing heights and the handles 12 may be manipulated for raising or lowering the person for exercising the muscles of the forearm.

The device can be quickly suspended from a door frame or other support, can be readily taken down and packed within a small compass and will be found very efficient for its purpose.

It will be noted that the weight upon the spine and upon the arms is equalized by my arrangement of pulleys and ropes so that the motion of the arms will vary this weight momentarily until it is equalized through the pulleys. This arrangement is very advantageous in a device of this character and gives full play to the muscles of the back, arms, spine and body of the user.

Having thus described the invention, what I claim is:

1. An exercising apparatus comprising pulleys, means to support said pulleys, a rope or cable passing around said pulleys and connected to rings, straps suspended from said rings and provided with handles, arm pads connected to said handles, and a neck pad suspended from said cable or rope, substantially as described.

2. An exercising apparatus, comprising hooks clamped to a support, pulleys connected to said hooks, a rope passing around said pulleys, handle straps connected to said rope and provided with arm pit pads, and a head strap provided with a neck pad suspended from said rope, substantially as described.

3. In an exercising apparatus, arm pit pads, pulleys connected to a support, a rope passing around said pulleys for suspending said arm pit pads, and an independent neck pad connected to oppositely disposed head straps, said straps being connected to a pulley suspended from the rope intermediate the arm pit pads, substantially as described.

In testimony whereof, I affix my signature in presence of two witnesses.

RAYMOND E. PATTERSON.

Witnesses:
J. B. Y. WARNER,
M. M. BUYCK.