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EXERCISER SWING

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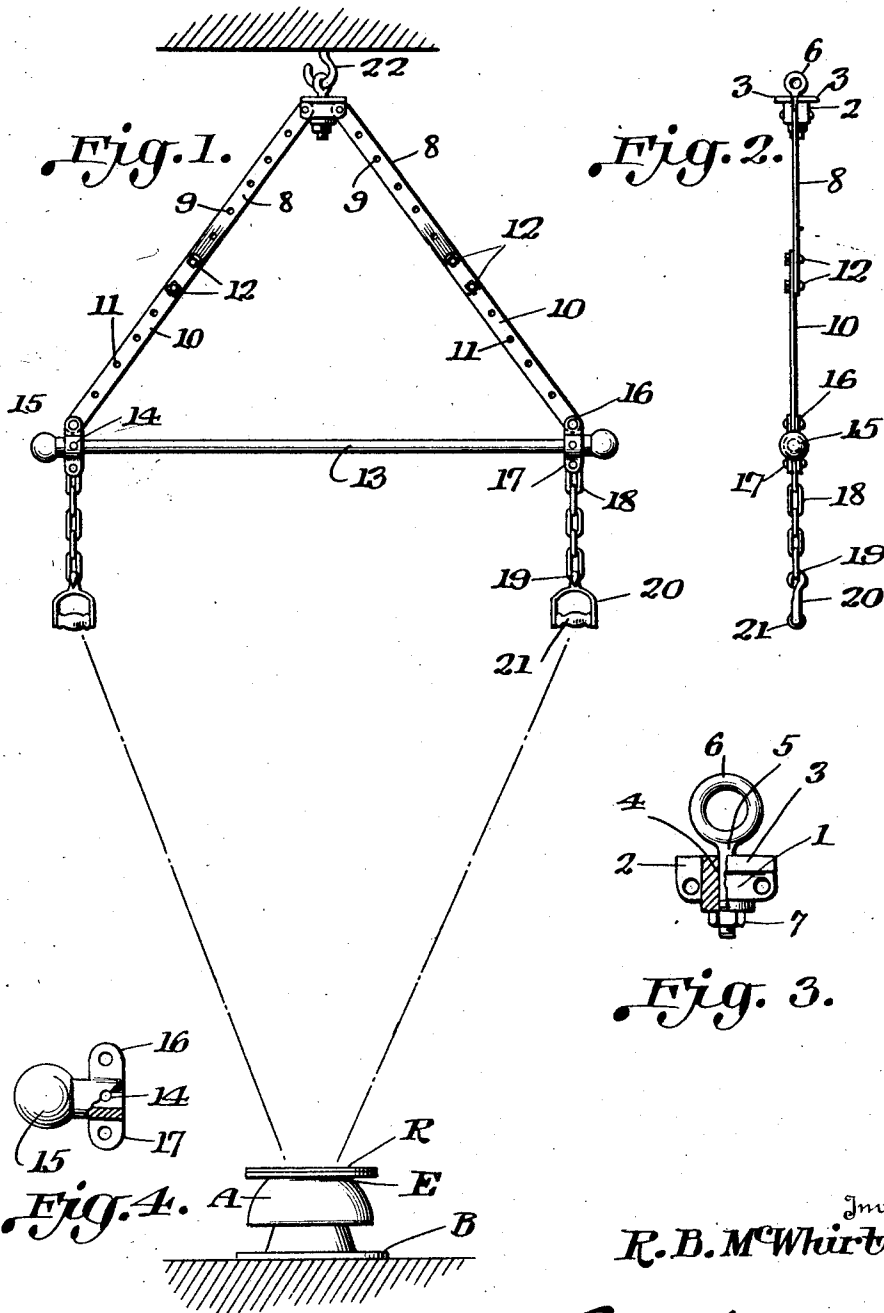


Fig. 3.

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# UNITED STATES PATENT OFFICE.

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## EXERCISER SWING.

Application filed December 24, 1925. Serial No. 77,495.

This invention relates to an exerciser swing designed primarily for use in connection with an exerciser of that type disclosed in my Patent No. 1,565,484, dated December 15, 1925.

One of the objects of the invention is to provide a swing which can be suspended readily above the point of use and can be adjusted to the height of the person who is to use the device.

A further object is to provide an exerciser swing capable of swinging in any direction and also of rotating freely about its point of connection.

With the foregoing and other objects in view which will appear as the description proceeds, the invention resides in the combination and arrangement of parts and in the details of construction hereinafter described and claimed, it being understood that changes in the precise embodiment of the invention herein disclosed may be made within the scope of what is claimed without departing from the spirit of the invention.

In the accompanying drawings the preferred form of the invention has been shown.

In said drawings,

Figure 1 is an elevation of the swing exerciser supported above a platform exerciser with which it can be used.

Figure 2 is a side elevation of the swing exerciser.

Figure 3 is a view partly in elevation and partly in section of the swivel eye and the block thereon.

Figure 4 is a view partly in elevation and partly in section of one of the end sleeves of the handle bar.

Referring to the figures by characters of reference 1 designates a block having oppositely extending pairs of ears 2 forming a slot therebetween, there being laterally extending flanges 3 at the sides of the block. A bore 4 is extended through the block at the center thereof and mounted therein is the stem 5 of an eye 6. This stem is held against withdrawal from the bore 4 by one or more nuts 7 engaging the threaded end of the stem.

Pivotally mounted between the ears of each pair are the upper members 8 of supporting strips, these members being provided with longitudinal series of apertures 9. The members 8 lap the upper end portions of additional members 10 likewise provided with longitudinal series of apertures

11 and bolts 12 are designed to extend through registering apertures within the two members 8 and 10 so as to hold said members fixed relative to each other. Obviously with this construction the supports formed by the members 8 and 10 can be lengthened or shortened as desired.

A handle bar 13 has each of its ends extended into a sleeve 14 terminating in a knob 15 or the like. Extending upwardly from each of these sleeves are ears 16 arranged in pairs and the lower ends of the members 10 are pivotally mounted between the ears of these pairs. Downwardly extending ears 17 are formed on the sleeves and are arranged in pairs, and extending between and secured to these ears 17 are the upper links of chains 18. Any one of the links of each of these chains is adapted to be detachably engaged by a hook 19 extending from a yoke 20 and mounted in the yoke is a grip 21.

The platform exerciser with which this swing is to be used has been indicated generally at E and includes a foot rest R mounted to rock in any direction and also to rotate upon a base B, there being a circular apron A depending from the foot rest for rolling upon the base.

In using the exerciser constituting the present invention a hook 22 is secured in the ceiling or other suitable structure directly above the center of the exerciser E after which the eye 6 is placed in engagement with the hook and thus supports the handle bar 13 as shown. The members 8 and 10 constituting the supports for the handle bars can be lengthened or shortened to meet the requirements and the same is true of the connection between the handle bar and the grip 21. In other words the hooks 19 can be placed in any desired links of the chains 18 so as to bring the grips to desired positions relative to the bar 13. After the parts have been adjusted the user stands upon the tiltable and rotatable rest R and grasps the grips 21. He can then swing the body in any direction, allowing it to sag forwardly, laterally or backwardly. At the same time the body can be caused to rotate with the tiltable and rotatable exerciser E and during this operation the swing will likewise rotate upon the stem or shank 5. It is to be understood, of course, that the swing is free to incline in any direction as well as to swing in any direction and obviously various exercises can thus be carried

on by the use of the apparatus. The grips 21 can be discarded if desired and the operator grasp the bar 13.

It is essential that the swing be adjustable toward and from the eye 6 and that the grips 21 be also adjustable relative to the bar. It is also essential that the swing be capable of swinging in any direction as well as rotating relative to its supporting hook 22.

It is to be understood that instead of a hook 22 for supporting this exerciser an eye or any other suitable means may be used.

It is not essential that the platform exerciser be used in connection with the swing although the use of the two simultaneously is advantageous.

What is claimed is:

1. An exerciser swing including a handle bar, a support engaging swivel eye, sleeves mounted on the ends of the handle bar, longitudinally adjustable connections between the sleeves and the swivel eye for supporting the bar at a predetermined distance from the swivel eye, said bar and connections being mounted to rotate relative to the swivel eye and to swing relative to the support of the swivel eye.

2. An exerciser swing including a handle bar, sleeves on the end portions thereof, a swivel eye for engaging and swinging in any direction relative to a support, a member mounted for rotation on the swivel eye, and

lapping strips adjustably connected and constituting longitudinally adjustable connections between said member and the respective sleeves, said connections diverging toward the sleeves and constituting means for supporting the bar at any desired distance from the swivel eye.

3. The combination with a tiltable and rotatable foot rest, of a swing supported thereabove for use by the occupant of the foot rest, said swing including a handle bar, sleeves on the end portions thereof, a support in vertical alinement with the center of the foot rest, a swivel eye engaging the support and adapted to swing and rotate in any direction relative thereto, connecting members diverging downwardly from the swivel eye, each member including lapping longitudinally adjustable strips normally secured against relative movement, said connections being attached to the respective sleeves and being adjustable to vary the distance between the bar and the foot rest and between the bar and the support, grips, and flexible connections between the grips and the respective sleeves, said grips being quick detachable and adjustable relative to their connections.

In testimony that I claim the foregoing as my own, I have hereto affixed my signature.

ROBERT B. McWHIRTER.