

No. 866,495.

PATENTED SEPT. 17, 1907.

A. MARKS.
EXERCISING DEVICE.
APPLICATION FILED OCT. 12, 1906.

Fig. 1.

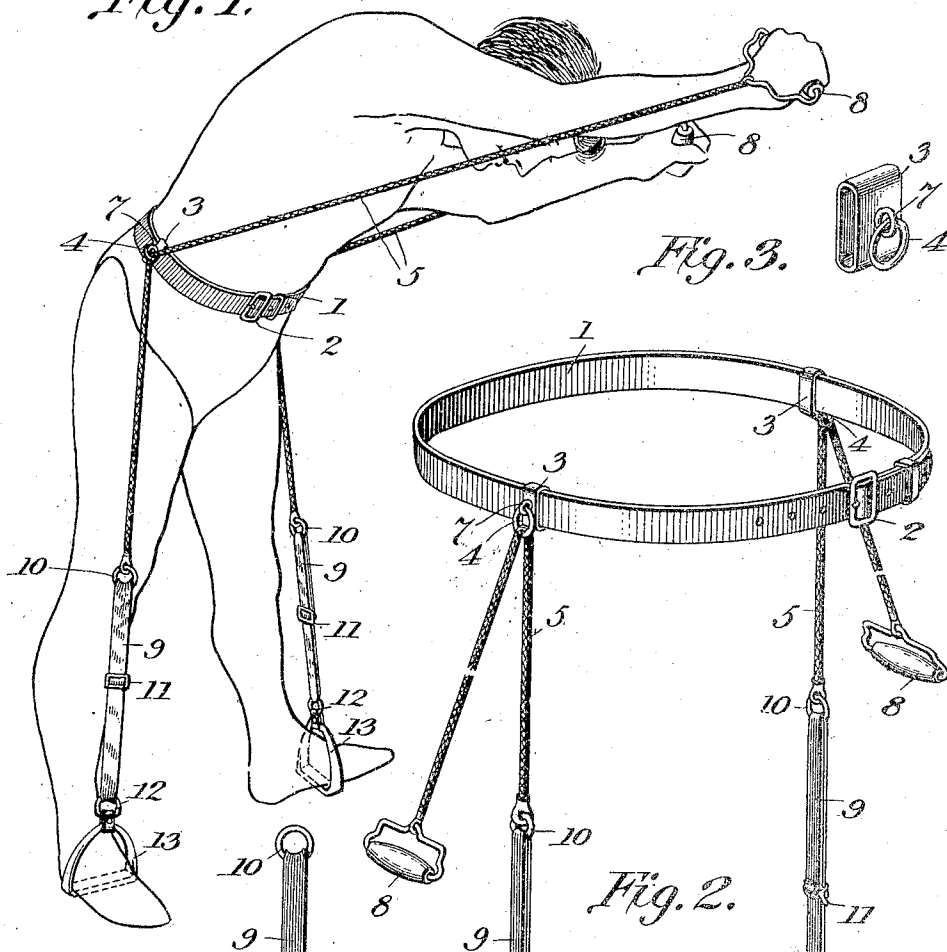


Fig. 3.

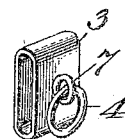


Fig. 2.

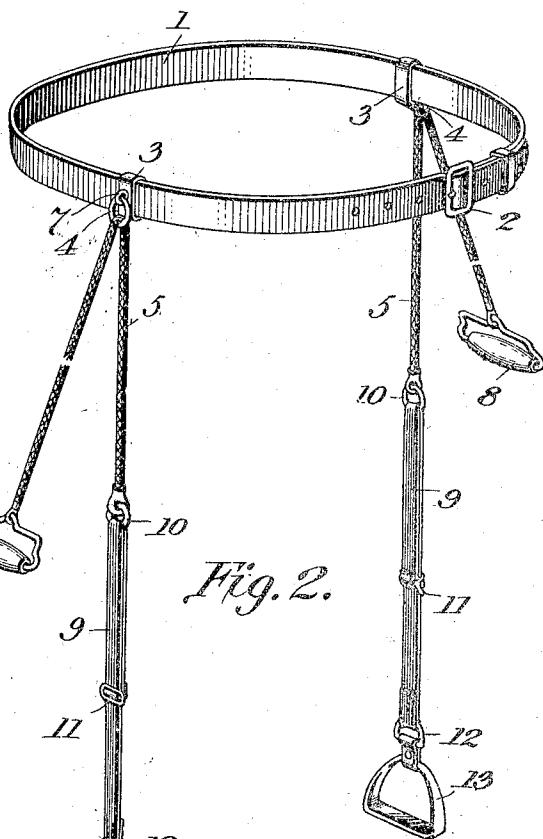
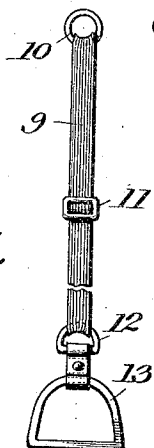


Fig. 4.



Witnesses:
J. M. Stater.
F. S. Hurst.

Inventor,
Abraham Marks.
By *Julius Hochfelder,*
Attorney.

UNITED STATES PATENT OFFICE.

ABRAHAM MARKS, OF NEW YORK, N. Y.

EXERCISING DEVICE.

No. 866,495.

Specification of Letters Patent.

Patented Sept. 17, 1907.

Application filed October 12, 1906. Serial No. 338,593.

To all whom it may concern:

Be it known that I, ABRAHAM MARKS, a citizen of the United States, residing at No. 141 West One Hundred and Tenth street, in the county of New York and State of New York, have invented certain new and useful Improvements in Exercising Devices, of which the following is a specification.

My invention relates to exercising devices and has for its object the provision of an apparatus of that character to be worn by the user, and which shall combine the features of lightness, ease of wear, and durability.

With these ends in view my invention embodies the provision of a belt worn about the body, for guiding elastic cords attached to the hands and feet of the exerciser whereby in the performing of calisthenics the resistance offered thereto will impart muscular development to the limbs and body of the user.

The following specification discloses the preferred structure of my exerciser, the reference numerals therein referring to the accompanying drawings in which:

Figure 1, is a view in perspective showing my device in position and in use upon a body. Fig. 2 is a perspective view of the exerciser. Fig. 3 is an enlarged detailed view of one of the guide means, and Fig. 4 is a view in detail of a stirrup and its adjusting strap.

Referring more particularly to the drawings, reference numeral 1 designates a belt of any preferred material adapted to be worn about the waist of the user to which adjustment it is regulated by the buckle 2. Slidably secured to the belt 1 are two members 3 adapted to carry the guiding rings 4 of the elastic cords 5. Said ring carriers 3 are provided with suitable openings through which is threaded the belt 1. The openings in the members 3 are of a size sufficient to prevent slipping, when placed at the desired positions. The outer faces of the members 3 have eyes 7 adapted to loosely hold rings 4 thus giving them freedom of movement. The guiding rings 4 are preferably of nicked steel as this will give a neater finish to the apparatus, and by its smoothness obviate any chafing of the elastic cords 5 and thus increase their durability. In applying the apparatus to the body the ring supports 3 are first positioned immediately over the hips in which position there will be freedom for movement of the limbs, either to the front, the sides, or rearwardly. Said ring supports 3 may, however, be moved on the belt 1 to any position about the waist of the wearer, and by reason of their being in contact with the body are, by friction therewith, securely held to their set position.

At one end of each elastic cord, which I will here

term the upper ends, are provided handles 8 of the usual make. The opposite or lower ends of said elastic cords 5 carry rings 10 through which run non-elastic straps 9 provided with adjusting means 11, such as slide buckles. The lower ends of straps 9 carry each a ring 12, similar to ring, 10, on which are hung stirrups 13.

By interposing the non-elastic members 9 between stirrups 13 and the elastic cords 5 I am enabled to provide a means for regulating the resistance of the elastic members. Thus in moving the buckle 11 to shorten the strap the resistance is increased, or by lowering the buckle the tension is decreased and consequently decreases the resistance. The straps 9 are further useful in that the apparatus may be fitted to persons of various heights.

The provision of means for engaging the opposite ends of the elastic cords 5 by the hands and feet of the exerciser, coupled with the intermediate connection of said cords with the belt, provides a very simple yet efficient exerciser, whereby, not only the arms or the limbs are exercised and forcibly applied against the cords, but when the arms are moved the limbs resist and the muscles of the limbs as well as the arms come into play and in many movements the muscles of the chest, back, waist and stomach are brought into play as, for instance, when the exerciser assumes the posture shown in Fig. 1 of the drawing.

Having thus described my invention what I claim as new is:

1. An exercising apparatus comprising an adjustable belt having guiding means threaded thereon, said guiding means comprising a sliding piece and a ring, said sliding piece adapted to be set to any position on said belt, an elastic cord passing through said ring and having a handle at one end, a foot piece, a non-elastic piece connecting said foot piece and the elastic cord, and serving to regulate the tension of said cord, as and for the purpose specified.

2. An exercising apparatus comprising a belt having guide members comprising a sliding piece and a ring, said sliding piece adapted to be set to any position on said belt and by frictional contact with the body held in adjusted position, an elastic cord passing through the ring, a handle at one end of said cord, a foot piece, an adjustable non-elastic means between said foot piece and the cord, to adjust the apparatus and regulate the tension of the elastic cord, as and for the purpose specified.

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

ABRAHAM MARKS.

Witnesses:
ARNOLD SAMTER,
DANIEL DRENZO.