

No. 773,170.

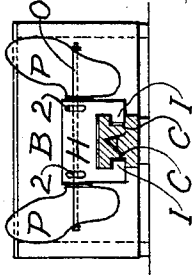
PATENTED OCT. 25, 1904.

E. J. TAYLOR.
ROWING MACHINE.

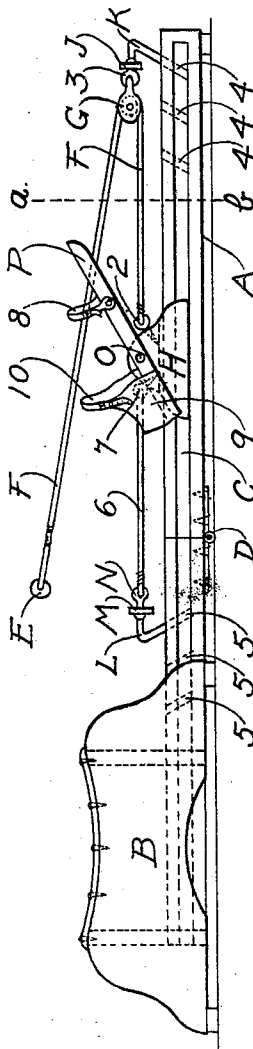
APPLICATION FILED FEB. 16, 1904.

NO MODEL.

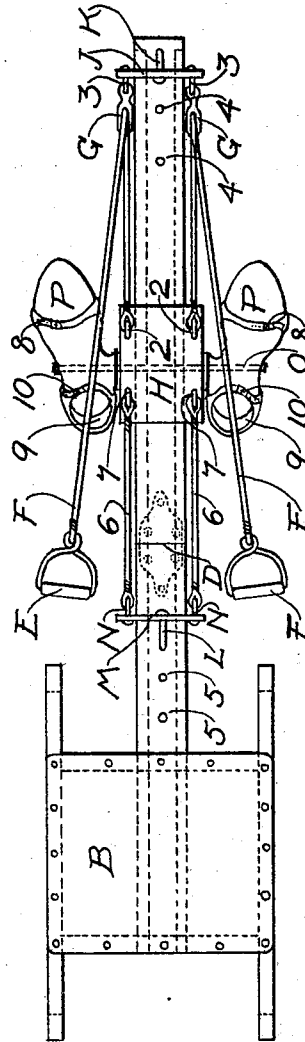
-FIG-2-



-FIG-1-



-FIG-3-



WITNESSES
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UNITED STATES PATENT OFFICE.

ERNEST J. TAYLOR, OF NEEDHAM, MASSACHUSETTS.

ROWING-MACHINE.

SPECIFICATION forming part of Letters Patent No. 773,170, dated October 25, 1904.

Application filed February 16, 1904. Serial No. 193,918. (No model.)

To all whom it may concern:

Be it known that I, ERNEST J. TAYLOR, a citizen of the United States, residing in the town of Needham, in the county of Norfolk and State of Massachusetts, have invented certain new and useful Improvements in Rowing-Machines, of which the following is a specification.

My invention relates to rowing-machines for providing the same exercise and physical development of the muscles as obtained in the actual rowing of a boat on the water.

The object of my invention is to provide a machine of this description which may be folded up into a small compass when not required for use or for convenience of transportation and which shall possess the advantages of simplicity, cheapness of construction, and freedom from liability to get out of order, combined with strength, durability, and ease of adjustment for persons of different stature.

With this end in view my invention consists in the novel construction and combination of the several parts, as will be hereinafter fully set forth, and pointed out in the claim.

In the accompanying drawings, Figure 1 is a side elevation of a rowing-machine constructed in accordance with my invention. Fig. 2 is a cross-sectional view on the line *a b* as shown in the accompanying drawings. Fig. 3 is a plan view of a rowing-machine constructed in accordance with my invention.

In the said drawings, A represents a long wooden bar, which forms the base or main portion of the machine and is adapted to be placed on the floor. This bar is provided at its rear end with a seat B of any suitable construction and has grooves C C on its sides from the seat B to its opposite end and is hinged at D, which is the center of the entire length of the machine, so that the machine may be folded into a small compass when it is not required for use or is to be packed for transportation.

E E are two handles adapted to be grasped by the occupant of the seat B, and to these handles are secured stout elastic cords F F, which pass around pulleys G G, which are attached to the front end of the bar A, thence returning to and being securely fastened to

the screw-eyes 2 2, which are screwed into the upper part of the block H, said block having tongues I I adapted to fit in the grooves C C. The pulleys G G are fastened, by means of eye-bolts 3 3, to a short cross-bar J, provided at its center with a curved stud K, adapted to fit into the holes 4 4 4, which are bored into the base-bar A at an angle of sixty degrees. In front of the seat B in the base-bar A are holes 5 5 5, also bored at an angle of sixty degrees, projecting from one of which is another curved stud, L, fastened in the center of a short cross-bar M, to the ends of which are fastened eye-bolts N N, to which are attached two elastic cords 6 6, the opposite ends of which are fastened to screw-eyes 7 7 in the block H.

Passing horizontally through the upper part of the block H at right angles to the base-bar A is a round rod or axle O, the opposite ends of which pass horizontally through the foot-rests P P near the heel. The said rod acting as an axle allows the foot-rests P P to have a rocking or tilting motion in a vertical plane, permitting of a corresponding movement of the feet as they are thrust forward and drawn backward in the operation of the machine. The foot-rests P P are provided with toe-straps 8 8, heel-pieces 9 9, and heel-straps 10 10, which prevents the foot from slipping off. As the block H is not fastened to the base-bar A, it will be seen that it is free to slide along the longitudinal grooves C C, carrying with it the foot-rests P P.

In using the machine the occupant of the seat places his feet on the foot-rests P P with his knees somewhat raised and grasps the handles E E, drawing them back, at the same time pushing forward with his feet. This action, combined with the force exerted by the cords F F, causes the block H, with the foot-rests and the feet thereon, to slide forward, guided by the grooves C C, against the resistance of the elastic cords 6 6 until the legs are fully straightened out, after which the elasticity of the cords F F will permit of a further backward movement of the arms, the amount of movement of the latter being necessarily greater than that of the feet. On the return movement the elastic cords 6 6 carry

the block, with the feet on the foot-rests P P, back to its original starting position ready for a repetition of the movement. The holes 4 4 4 and 5 5 5 are to vary the positions of the
5 elastic cords as may be required for persons of different stature. It is obvious said elastic cords 6 6 may be replaced by a single elastic cord or by a spring or springs of other suitable construction.

10 By the employment of the foot-rests and sliding block, to which are attached the elastic cords, a movement of the legs similar to that which occurs in a boat provided with a sliding seat, while the elastic cords F F pro-
15 duce a resistance to the backward movement of the arms simulating that produced in handling a pair of oars in a boat, thus providing indoors the desired exercise and physical development of the muscles.

20 The above-described machine has no projecting oars or outriggers to take up space in a room, and when closed up by folding the two parts of the base-bar A back on each other it will occupy very little space and can be easily
25 placed in a closet out of the way or packed in a very small compass for transportation.

What I claim as my invention, and desire to secure by Letters Patent, is—

In a rowing-machine the combination with a longitudinal base-bar, grooved on its sides 30 almost its entire length, composed of two portions hinged together, adapted to be folded one upon the other and provided with a seat at its rear end, a block having tongues adapted to fit in grooves in said base-bar and having 35 foot-rests attached to the opposite sides of the said block, said block extending over base-bar; a pair of pulleys attached to a fixture at the front end of said base-bar, elastic cords passing over said pulleys and having their 40 free ends provided with handles and their opposite ends secured to said block and a spring resisting device composed of elastic cord or springs connected with said block and attached to a fixture on the base-bar at the rear of the 45 said block.

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

ERNEST J. TAYLOR.

Witnesses:

GEORGE W. TAYLOR,
JOHN W. TAYLOR.