No. 764,687. PATENTED JULY 12, 1904.

G. D. SHULTZ.

EXERCISING APPARATUS.

APPLICATION FILED SEPT. 14, 1903.

NO MODEL.

Fig. 2.

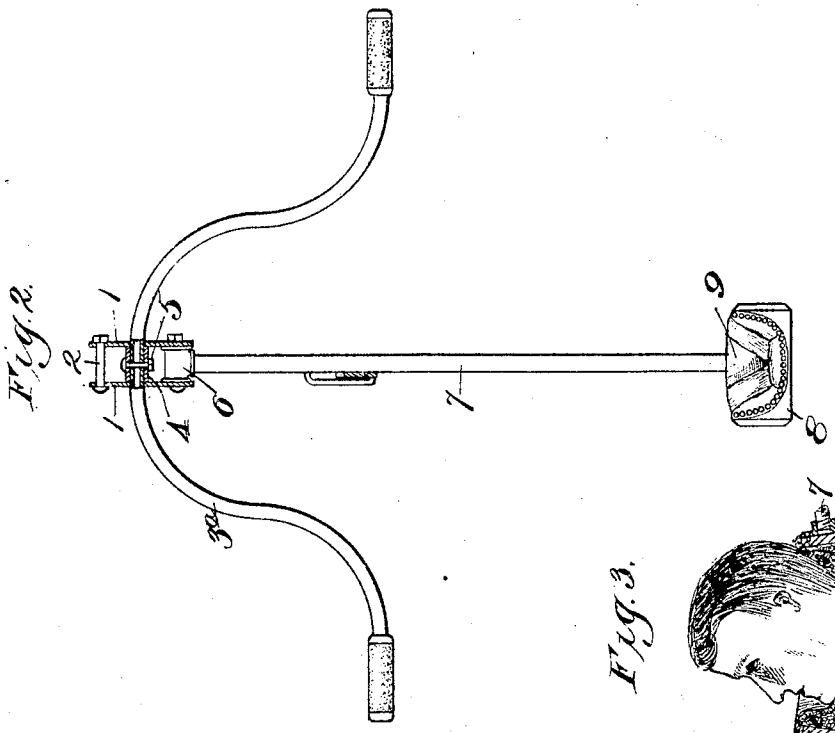
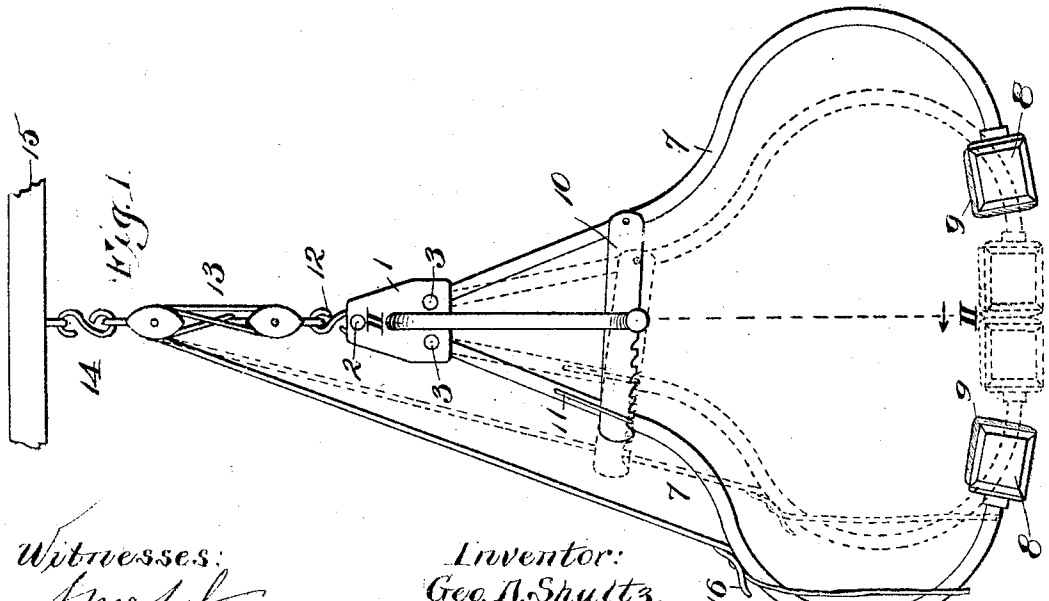


Fig. 3.

Fig. 1.



Witnesses:
A. McArthur
H. C. Rodgers

Inventor:
Geo. D. Shultz.
By Glover & Thorpe
Atty.

No. 764,687. Patented July 12, 1904.

UNITED STATES PATENT OFFICE.

GEORGE D. SHULTZ, OF KANSAS CITY, MISSOURI.

EXERCISING APPARATUS.

SPECIFICATION forming part of Letters Patent No. 764,687, dated July 12, 1904.

Application filed September 14, 1903. Serial No. 173,208. (No model.)

To all whom it may concern:

Be it known that I, GEORGE D. SHULTZ, a citizen of the United States, residing at Kansas City, in the county of Jackson and State of Missouri, have invented certain new and useful Improvements in Exercising Apparatus, of which the following is a specification.

My invention relates to exercising apparatus, and more especially to an apparatus by which one's body and spline can be effectually stretched, so as to stimulate the circulation of the blood through the blood-vessels contiguous to the spine, it being well known that congestion of the blood due to the pressure of the spinal column frequently results in paralysis.

With this general object in view the invention consists in certain novel and peculiar features of construction and organization, as hereinafter described and claimed, and in order that it may be fully understood reference is to be had to the accompanying drawings, in which—

Figure 1 is a side elevation of an exercising apparatus embodying my invention. Fig. 2 is a vertical section on the line II II of Fig. 1. Fig. 3 is a vertical section showing the cushioned blocks by which one is suspended by the head for the purpose of stretching the neck and spinal column particularly.

Referring to the drawings in detail, 1 designates side plates, and 2 3 bolts connecting said plates to form a frame. 3ª designates a handle-bar of substantially the same type used on a bicycle and journaled centrally in said frame, longitudinal movement of the handle-bar being prevented by means of a sleeve-washer 4, fitting between plates 1 and bolted, as at 5, to the handle-bar.

6 designates T-couplings journaled on bolts 3, and 7 swinging arms rigidly secured to and depending from couplings 6, said arms comprising straight upper portions diverging downwardly from each other and outwardly-bowed lower portions, so as to provide a comparatively wide space between them.

8 designates blocks secured to the lower ends of arms 7, said blocks being recessed at their inner or opposing sides to receive the cushions 9, one cushion being adapted to fit against the neck and back portion of the head and the other under the chin of the person exercising, as illustrated by Fig. 3, the arms being afterward locked against further swinging movement by the engagement of the toothed catch 10 with the loop 11, said loop being secured to one arm and the catch pivoted to the other, the catch being adjustable longitudinally, so that any desired tooth can be caused to engage the loop, as shown clearly in Fig. 1.

For the purpose of supporting the apparatus it is provided with a hook 12, loosely engaging bolt 2, this hook being connected by a block and tackle 13 with a hook 14, suspended from an overhead support, such as a beam 15, the rope of the block-and-tackle mechanism extending down to within convenient reach of the person intending to exercise, who, after securing the cushioned blocks under his chin and the back of his head, as explained, grasps the rope and draws upwardly upon it until more or less of his weight is removed from the floor, when he can twist the rope around the hook 16 if he desires to remove the weight from his arms. If the simple stretching process is not exercise enough for him, he can reach up and grasp the handles of the handle-bar and cause the apparatus to swing back and forth to a limited extent, said handle-bars also permitting him to draw himself up slightly if the strain on his neck grows too severe without disengaging the rope from the hook 16. For the purpose of exercising one's shoulders and arms particularly the arms 7 can be secured a sufficient distance apart to admit his body between the cushioned blocks, and thus permit the handle-bar to be used as a support upon which he can draw himself up until his head attains or rises above the level of his hands, which exercise when performed repeatedly and systematically develops the muscles of the arms and shoulders.

From the above description it will be apparent that I have produced an exercising apparatus embodying the features of advantage enumerated as desirable in the statement of invention, and while I have illustrated and described the preferred embodiment of the

same it is to be understood that I do not limit myself to such construction, as various changes falling within the scope of the invention will readily suggest themselves to any one giving the apparatus careful attention and study.

Having thus described the invention, what I claim as new, and desire to secure by Letters Patent, is—

1. An exercising apparatus, comprising a pair of arms suspended for operation toward and from each other, and equipped at their lower ends with blocks, cushions secured to said blocks, and means for securing said arms with the blocks at the desired distance apart.

2. An exercising apparatus, comprising a pair of arms suspended for operation toward and from each other, and equipped at their lower ends with blocks, and a catch secured to one of said arms and adjustably connected to the other.

3. An exercising apparatus, comprising a pair of arms adapted for operation toward and from each other, and equipped at their lower ends with blocks, means for securing said arms with the blocks at the desired distance apart, means for suspending the apparatus from a suitable support, and means whereby the apparatus may be vertically adjusted.

4. An exercising apparatus, comprising a pair of arms adapted for operation toward and from each other, and equipped at their lower ends with blocks, means for securing said arms with the blocks at the desired distance apart, an overhead support, and a block-and-tackle mechanism connecting the apparatus with the overhead support.

5. An exercising apparatus, comprising a suspended frame, a handle-bar mounted therein, arms pivotally suspended from the frame, blocks secured to the lower end of said arms, and means to secure said arms at the desired distance apart.

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

GEORGE D. SHULTZ.

Witnesses:

H. C. RODGERS,

G. Y. THORPE.