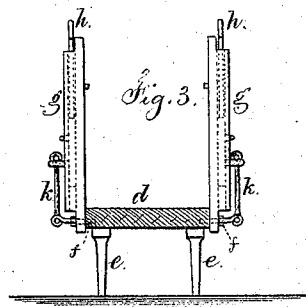
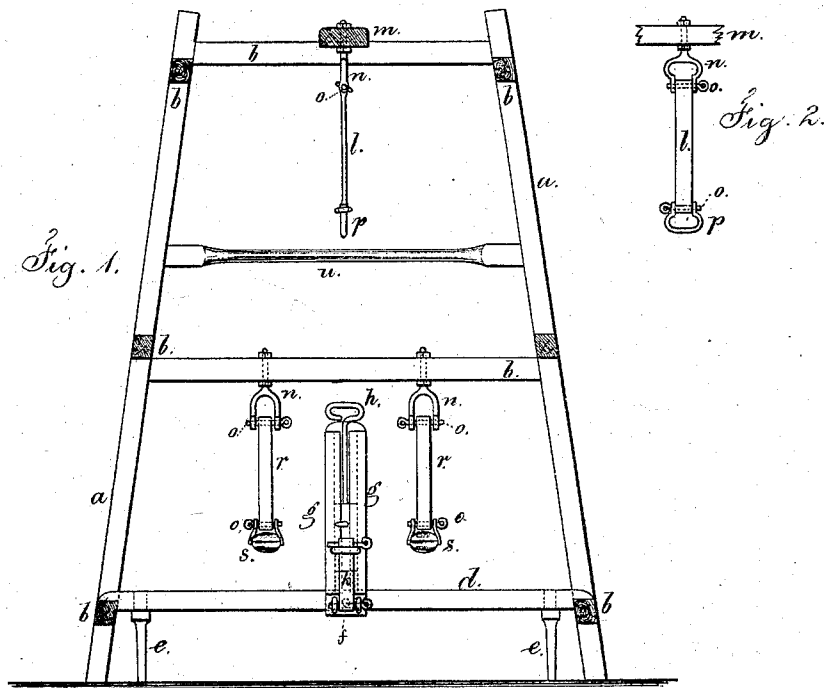


S. M. BARNETT.
Exercising Machines.

No. 137,876.

Patented April 15, 1873.



Witnesses

Chas. A. Smith
Geo. B. Walker.

Inventor

Samuel M. Barnett,
Lemuel W. Ferrell atty.

UNITED STATES PATENT OFFICE.

SAMUEL M. BARNETT, OF NEW YORK, N. Y.

IMPROVEMENT IN EXERCISING-MACHINES.

Specification forming part of Letters Patent No. **137,876**, dated April 15, 1873; application filed February 8, 1873.

To all whom it may concern:

Be it known that I, SAMUEL M. BARNETT, of the city and State of New York, have invented an Improvement in Exercising Apparatus, of which the following is a specification:

This apparatus forms a domestic or parlor gymnasium, and the elastic straps made use of are similar to those shown in my patents numbered 61,702 and 113,384.

I make use of a frame within which the person exercising can stand, and to which frame elastic straps are connected for the exercise of the arms, legs, and body generally.

In the drawing, Figure 1 is an elevation of the exercising apparatus with the frame in section. Fig. 2 is a side view of the hand and arm exercisers, and Fig. 3 is a vertical section of the lift-exerciser.

The frame of the apparatus is in the general form of a truncated pyramid with corner-posts *a* and horizontal rails *b*. The platform *d* is provided with legs *e*, and at each side is a joint-pin, *f*, that connects the scale-bar *g* so that it and the handles *h* may swing, and allow the exerciser to draw directly upon the handles *h* and the rubber band-springs *k* that are connected to the lower ends of the handles and to eyes near the joint-pin *f*. A scale marked upon the bar *g* indicates the amount of force exerted upon the springs to distend them. This part of the apparatus is especially adapted to strengthening the back and other parts of the body. The rods of the handles *h* may be variable in length to suit different persons. Each of the rubber springs *k* is made with a loop at each end, substantially like those in the aforesaid patents. The springs *l* are made in a similar manner, but they are suspended from the cross-bar *m* by the metal loop *n* and cross-pin *o*, which allows for removing the bands when required, and gives

an even bearing for the rubber loop, so that the same is not liable to injury. The handles *p* are attached by a similar cross-pin, *o*. The straps *r* are suspended by the loops *n* and cross-pins *o*, but at the lower end are stirrups *s* into which the feet are placed. The rail or bar *u* gives a hand-hold while exercising the feet and legs by these elastic straps.

This exercising apparatus is light, portable, and cheap; it may be put together by screws and packed for transportation. The whole of the parts of the body can be exercised in this apparatus by using the different portions successively, and the platform *d* may be lifted out of the frame when most convenient for using the other parts.

If desired, the metallic loops, handles, and stirrups may be made sufficiently wide for receiving two of the elastic straps instead of one where greater strength is required, the pins being lengthened according to the number of bands made use of.

I claim as my invention—

1. The truncated pyramidal frame provided with elastic straps *l* and handles, suspended from the cross-bar *m*, as set forth.
2. The elastic straps *r*, stirrups *s*, and hand-rail *u*, as and for the purposes set forth.
3. The metallic loops *n*, stirrups *s*, and cross-pins *o*, in combination with the India-rubber spring-straps having loops at their ends through which the pins *o* pass, as set forth.
4. The scale-bars *g*, handles *h*, and India-rubber springs *k*, connected to the platform *d* by the joint-pins *f*, as set forth.

Signed by me this 4th day of February, A. D. 1873.

SAMUEL M. BARNETT.

Witnesses:

GEO. T. PINCKNEY,
CHAS. H. SMITH.