

No. 679,784.

Patented Aug. 6, 1901.

M. B. RYAN.
EXERCISING MACHINE.

(Application filed Mar. 29, 1900.)

(No Model.)

2 Sheets—Sheet 1.

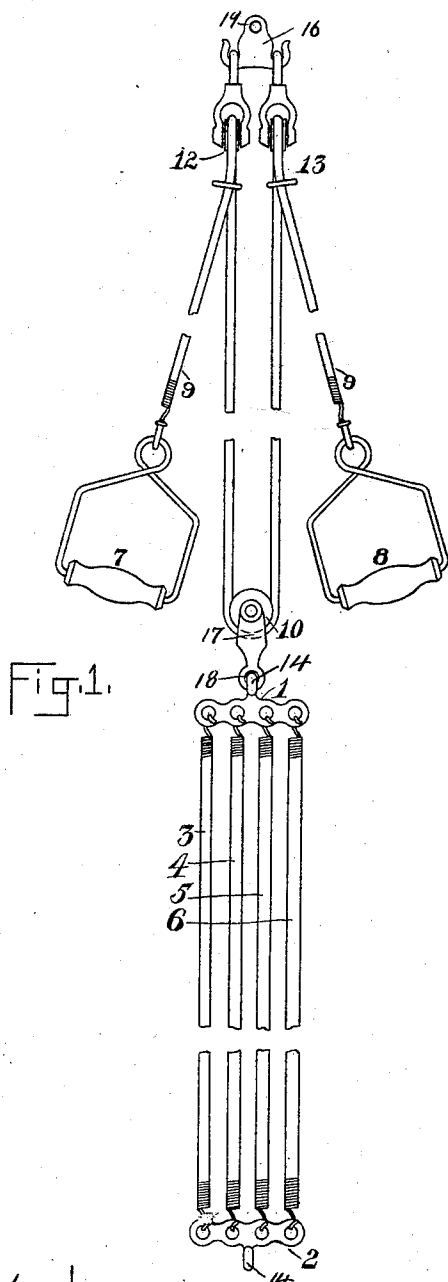


Fig. 1.

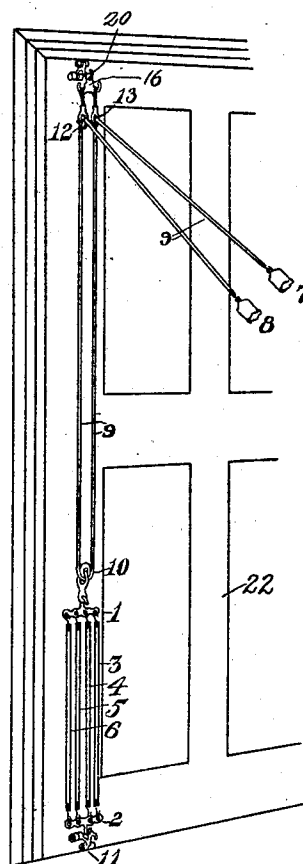


Fig. 2.

WITNESSES=
J. Henry Charles
Samuel E. Taft

INVENTOR=
Michael B. Ryan,
by his Attorney
Charles S. Gooding.

M. B. RYAN.
EXERCISING MACHINE.
(Application filed Mar. 29, 1900.)

(No Model.)

2 Sheets—Sheet 2.

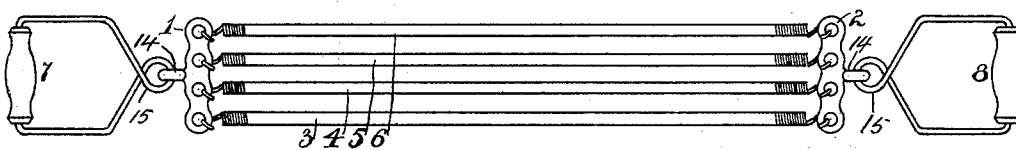
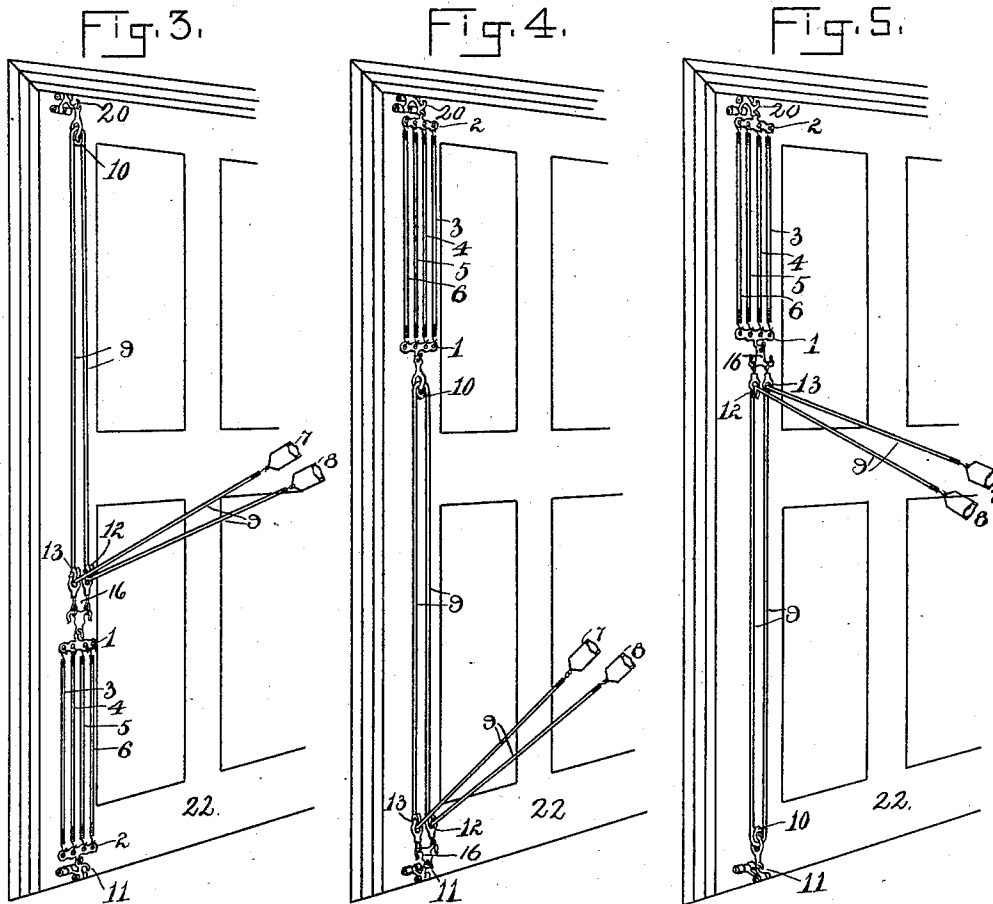


Fig. 6.

WITNESSES=
J. Henry Marsh.
Samuel E. Traft.

INVENTOR=
Michael B. Ryan
by his Attorney
Charles V. Gooding.

UNITED STATES PATENT OFFICE.

MICHAEL B. RYAN, OF LONDON, ENGLAND.

EXERCISING-MACHINE.

SPECIFICATION forming part of Letters Patent No. 679,784, dated August 6, 1901.

Application filed March 29, 1900. Serial No. 10,587. (No model.)

To all whom it may concern:

Be it known that I, MICHAEL B. RYAN, a citizen of the United States, residing at London, S. E., England, have invented new and useful Improvements in Exercising-Machines, of which the following is a specification.

The object of this invention is to produce an exercising-machine which may be readily adjusted by the ordinary user in such a manner that the direction of the pull may be varied to four different heights from the floor, and thus bring the pull in the same relative direction from the shoulder of an adult, a youth, and a child, and also from a point near the floor.

The object of the invention is, further, to produce an exercising-machine which may be adjusted to give more or less resistance.

The object of the invention is, still further, to so construct and arrange the machine that a portion thereof may be readily detached and used as a chest-expander.

The invention consists in the combination and arrangement of parts set forth in the following specification and particularly pointed out in the claims thereof.

Referring to the drawings, Figure 1 is a front elevation of my improved exercising-machine. Figs. 2, 3, 4, and 5 are perspective views of the same, illustrating the different ways in which said machine may be used, according to the nature of the exercises desired. Fig. 6 is an enlarged front elevation of the adjustable portion of the machine, with handles attached thereto, adapted for use as a chest-expander.

Like numerals refer to like parts throughout the several views of the drawings.

In the drawings, 1 and 2 are cross-bars connected together by elastic cords 3, 4, 5, and 6. Said cords may be detached at will from said cross-bars 1 and 2, so that the pull exercised by a person using the apparatus may be varied as desired. The number of cords 3 4 5 6 may be varied as desired from two upward, and it will be readily understood that by removing one or more of the same the power required to pull the two cross-bars 1 and 2 away from each other may be varied to suit particular requirements.

The cross-bars 1 2 are each provided with a hook 14, and when the adjustable part of

the apparatus is used as a chest-expander the handles 7 and 8 are attached thereto by inserting each of said hooks 14 in a ring 15, formed upon each of said handles, as shown in Fig. 6, and the strength or resistance of said expander increased or diminished, as hereinbefore set forth.

In Fig. 1 the handles 7 and 8 are each attached to one end of a cord 9, which runs over pulleys 12 and 13, mounted upon a cross-bar 16, and thence around a pulley 10. The pulley 10 rotates in a pulley-block 17, having a hole 18 therein, in which the hook 14 is inserted, thus attaching said pulley-block 17 to the cross-bar 1. The cross-bar 16 has a hole 19 therein, by which said cross-bar may be suspended from a hook attached to a door or to the wall or by which it may be readily attached to the hook 14 upon the cross-bar 1.

In Fig. 2 the parts of the machine are in the same relative positions as in Fig. 1, the same being represented as attached to a door by hanging the cross-bar 16 upon a hook 20, fast to the top of the door 22, said hook projecting through the hole 19 in the cross-bar 16, the hook 14 being attached to the hook 11, fast to the bottom of said door. In this case the pull upon the handles by the user will be from the top of the door.

In Fig. 4 the parts are in the same relative location to each other as in Fig. 2; but the cross-bar 16 is attached to the hook 11 at the bottom of the door, and the cross-bar 2 is attached by the hook 14 thereon to the hook 20 at the top of the door, thus reversing the apparatus as a whole and bringing the pull on the handles by the user from the bottom of the door.

In Fig. 3 the cross-bar 16 is attached to the cross-bar 1 by inserting the hook 14 on said cross-bar 1 in the hole 19 in said cross-bar 16. The pulley-block 17 is hung upon the hook 20, and the cross-bar 2 is attached to the hook 11 at the bottom of the door 22. The pull in this case is at a point about one-third of the height of the door from the bottom thereof.

In Fig. 5 the relative location of the parts of the apparatus to each other is the same as in Fig. 3; but the pulley 10 is attached to the hook 11 at the bottom of the door and the cross-bar 2 to the hook 20 at the top of the door, thus bringing the pull at a point about

two-thirds of the height of the door from the bottom thereof.

It will thus be seen that the apparatus is so constructed that it may be readily adjusted to varying degrees of resistance and also so arranged by means of attaching the cross-bar 16 to the cross-bar 1 or to a fixed point, as hereinbefore described, that the direction of the pull may be from the top or bottom of the door and from two points between said top and bottom.

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

15 1. An exercising-machine, comprising two cross-bars connected together by two or more elastic connections, a pulley-supporting cross-bar, a pair of pulleys mounted thereon, means for detachably attaching said pulley cross-
20 bar to one of said elastic-connection cross-bars, a single pulley located at a distance from said pair of pulleys, and means for supporting said single pulley, and a cord fitted with handles, said cord running over and
25 connecting said pair of pulleys to said single pulley.

2. An exercising-machine, comprising two cross-bars, connected together by two or more elastic connections, a pulley-supporting cross-
30 bar, a pair of pulleys mounted thereon, a hook on each of said elastic-connection cross-bars, a hole 19 in said pulley-supporting cross-bar adapted to receive one of said hooks, and

thereby detachably attach one of said elastic-connection cross-bars, to said pulley-support- 35 ing cross-bar; a single pulley located at a distance from said pair of pulleys and means for supporting said single pulley, and a cord fitted with handles, said cord running over and connecting said pair of pulleys to said 40 single pulley.

3. An exercising-machine, comprising two cross-bars connected together by two or more elastic connections, a pulley-supporting cross- 45 bar, a pair of pulleys mounted thereon, means for detachably attaching said pulley cross-bar to one of said elastic-connection cross-bars, a single pulley located at a distance from said pair of pulleys, and means for sup- 50 porting said single pulley, and a cord fitted with handles, said cord running over and connecting said pair of pulleys to said single pulley, all so interchangeably arranged and constructed that said pulleys, cord, and pulley- 55 supporting cross-bar, may be detached from said elastic-connection cross-bars, and said handles attached to said elastic-connection cross-bars to form a chest-expander, substantially as described.

In testimony whereof I have hereunto set 60 my hand in presence of two subscribing witnesses.

MICHAEL B. RYAN.

Witnesses:

ALFRED NUTTING,
FREDK. L. RAND.