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1,676,061

A. C. E. STROM

GYMNASIUM APPARATUS

Filed Aug. 17, 1925

Fig. 1.

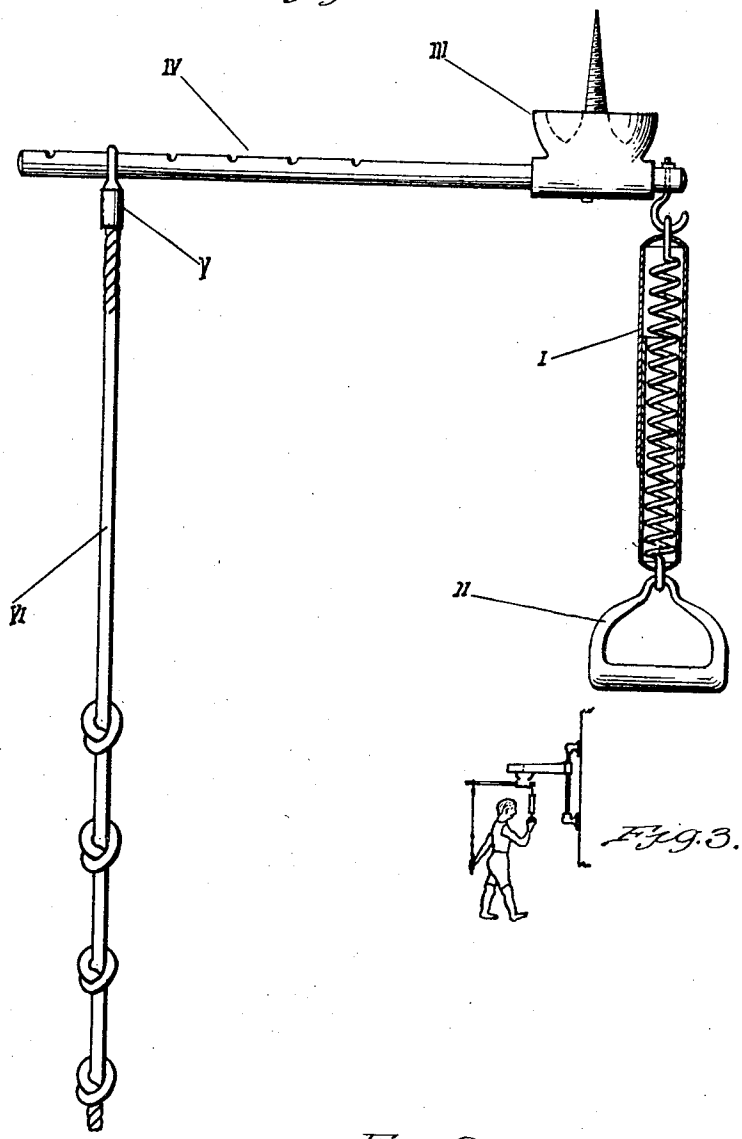


Fig. 3.

Fig. 2.



WITNESSES

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UNITED STATES PATENT OFFICE.

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GYMNASIUM APPARATUS.

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In the accompanying drawing, forming a part hereof, Figure 1 is a side view of the assembled gymnasium apparatus (yet to be mounted on a supporting standard adjustable to various heights). Figure 2 is an enlarged view of member V. Figure 3 shows my device, supporting standard, and a person practicing on same.

Numeral I, in said drawing, is a coil pull spring (although heavy live rubber may be used) encased in a telescoping metal sheath or covering. II is a gripping handle. III is a metal casting with a bolt screw set in top center, and with a hole through laterally to take metal supporting rod, IV, as illustrated; this casting also has a small set screw VII in bottom to keep supporting rod in place. IV, the supporting rod, may be of one-half inch or five-eighths inch material—depending on stiffness; and it is about twenty-eight inches in length, notched near the far end to prevent V from slipping in either direction while rope is being used. V is a circular piece of stamped metal, perforated to fit loosely over supporting rod, and designed to clinch over the end of a three-eighths inch rope about four feet long, VI; the other end of rope is knotted in a number of places as shown.

This invention relates to the training of people to "chin with one hand", and aims at the development of the biceps to their full capacities—that is, to a point of strength which is commonly considered to indicate extreme biceps development—that of "handling one's own bodily weight with one hand (or arm)". In performing on my gymnasium apparatus, one grasps the gripping handle (II) with one hand: then taking hold of a knot on rope (VI) with the other hand and pressing as lightly as possible: one tenses the muscle of the first arm and strives to lift oneself upward. Of course, at the beginning, one must press upon a knot in the rope harder than after one has practiced awhile. But the time comes, sooner or later, when "the enlivening spring" (I) can be taken off—and the gripping handle attached directly to the hook of supporting rod (IV)—when the full dead weight of body will be felt. Soon thereafter even the knotted rope can be dispensed with: when the practitioner will have reached the goal of his muscular efforts.

I claim:—

A chinning apparatus comprising a base-block having a horizontally extending opening therethrough, a rod mounted in said opening, a spring member depending from one end of said rod, said spring member being provided with a hand grip, and a flexible cable (or rope or chain) depending from the other end of said rod.

In testimony whereof I affix my signature.

ARTHUR C. E. STROM.