J. KOCH.

EXERCISING APPARATUS.

APPLICATION FILED DEC. 18, 1913.

1,098,327. Patented May 26, 1914.

Fig. 1.

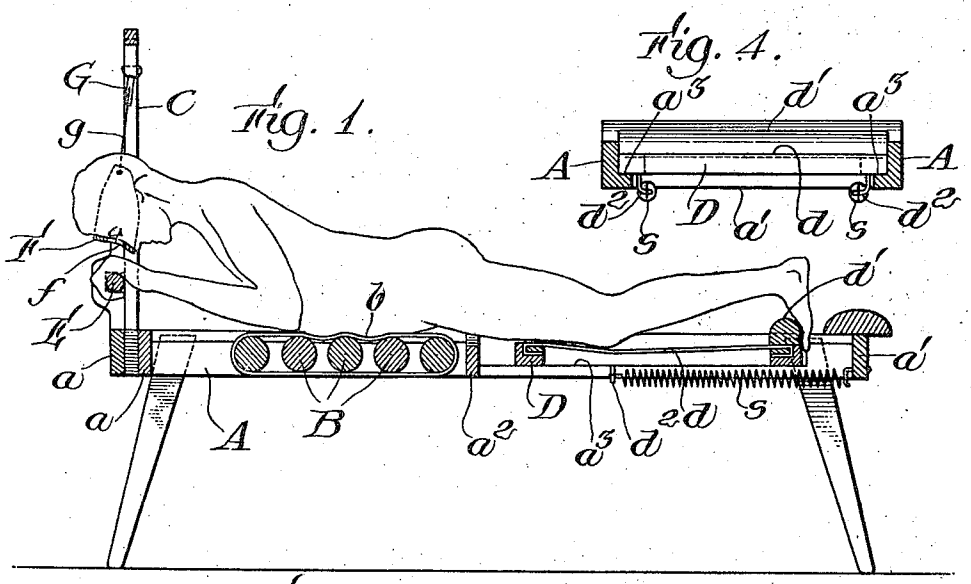


Fig. 4.

Fig. 2.

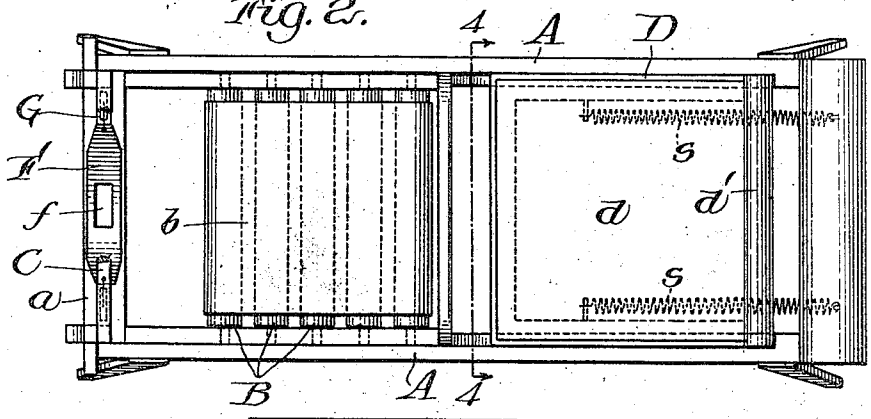


Fig. 3.

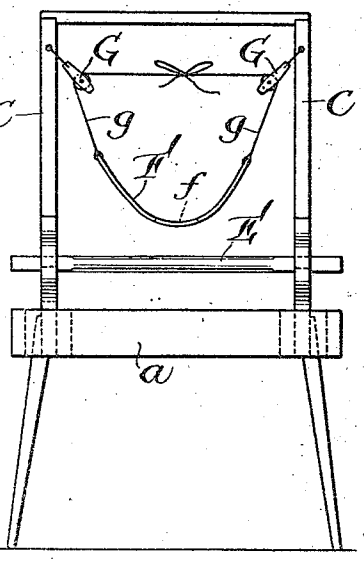
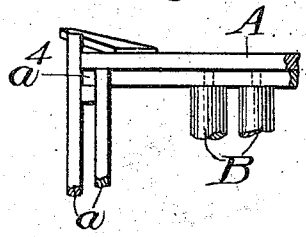


Fig. 5.



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UNITED STATES PATENT OFFICE.

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EXERCISING APPARATUS.

1,098,327. Specification of Letters Patent. Patented May 26, 1914.

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To all whom it may concern:

Be it known that I, JOHN KOCH, a citizen of the United States, and resident of Brookline, in the county of Norfolk and State of Massachusetts, have invented new and useful Improvements in Exercising Apparatus, of which the following is a specification.

This invention relates to an exercising apparatus and consists in the novel device hereinafter described and particularly pointed out in the claims.

In the accompanying drawings which illustrate an embodiment of the invention,—Figure 1 is a longitudinal section of the device, indicating the position assumed by the user; Fig. 2 is a plan view of said device; Fig. 3 is an end elevation of the device, viewed from the left of Figs. 1 and 2; Fig. 4 is a cross section on line 4—4 of Fig. 2; and Fig. 5 is a detail plan view of a corner of the device with the head frame removed.

Referring to the drawings, A, A, represent the two side bars of the main frame of the apparatus, supported on legs in a manner similar to an ordinary cot bed. The frame is provided further with two cross bars a, a, at the head, a cross bar a' at the foot, and a middle cross bar a^2. A series of rollers B extending transversely of the main frame and journaled between the side bars A, A, and are covered by a belt or apron b, and constitute a roller body support. At the other end of the main frame is a sliding frame D, resting on ledges or ways a^3 on the side bars A, A. A support d of fabric or other suitable material, is stretched between the end members of the sliding frame D, and a rounded bead or foot bar d' is provided at the lower end of the sliding frame, with which the tops of the user's feet engage. A pair of coil springs s, s, are connected at one end to the cross bar a' and at the other end to pins d^2, d^2, on the under side of the sliding frame D, normally urging the sliding frame toward the foot of the apparatus.

At the head of the device is an upright head frame C, the lower ends of which are removably supported in sockets a^4 formed between the cross bars a, a. A hand rail E is supported across the lower part of frame C, and from the upper part of frame C is suspended a mask-like head support F of flexible material, made with an aperture f for the eyes of the user, and supported by a cord g, passing over pulleys G and connected to the ends of the head support F.

The user assumes the position shown in Fig. 1, face downward on the apparatus, with his abdomen resting on the roller body support, the tops of his feet engaging the foot bar d', his hands grasping the hand rail E, and his head resting in the head support F. In this posture he can move himself over the roller body support, thereby exercising his arms, and kneading and massaging his abdomen on the roller support. At the same time he may exercise his legs and ankles by means of the sliding frame D, and by turning his head from side to side, exercise his neck. The position of the head support may be adjusted by lengthening or shortening the cord g.

I claim:

1. An exercising apparatus comprising a main frame, a roller body support at the upper part of the main frame, a sliding frame at the lower part of the main frame adapted to be actuated by the legs and feet of the user, and means to resist the movement of the sliding frame toward the roller body support.

2. An exercising apparatus comprising a main frame, a roller body support at the upper part of the main frame, a sliding frame at the lower part of the main frame adapted to be actuated by the legs and feet of the user, means to resist the movement of the sliding frame toward the roller body support, and a movable head support suspended above the main frame for exercising the neck.

3. An exercising apparatus comprising a main frame, a roller body support at the upper part of the main frame, a sliding frame at the lower part of the main frame adapted to be actuated by the legs and feet of the user, and springs normally urging the sliding frame toward the foot of the apparatus.

4. An exercising apparatus comprising a main frame, a roller body support at the upper part of the main frame, a sliding frame at the lower part of the main frame adapted to be actuated by the legs and feet of the user, means to resist the movement of the sliding frame toward the roller body support, a head frame mounted at the upper end of the main frame, pulleys on said head frame, and a movable head support suspended from said pulleys above said main frame.

5. An exercising apparatus comprising a main frame, a roller body support at the upper part of the main frame, a sliding frame at the lower part of the main frame adapted to be actuated by the legs and feet of the user, means to resist the movement of the sliding frame toward the roller body support, a head frame mounted at the upper end of the main frame, pulleys on said head frame, a hand rail supported on said head frame, and a movable head support suspended from said pulleys above said main frame.

Signed by me at Boston, Massachusetts, this 11th day of December, 1913.

JOHN KOCH.

Witnesses:
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