(No Model.) 2 Sheets—Sheet 1.

S. SACHS & H. JAFFE.

EXERCISING APPARATUS.

No. 605,747. Patented June 14, 1898.

FIG. 2.

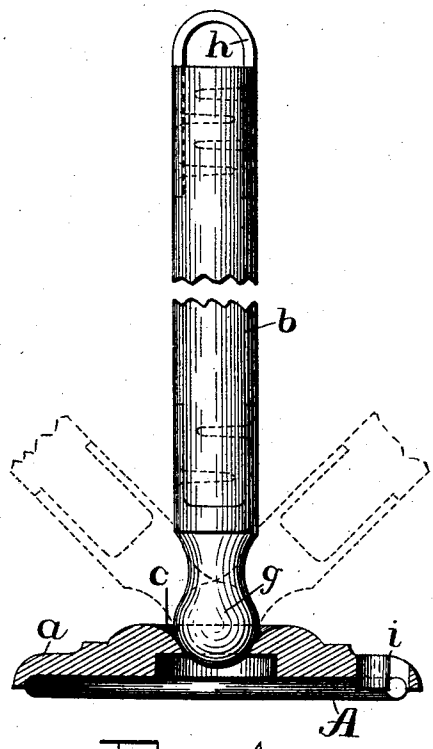


FIG. 3.

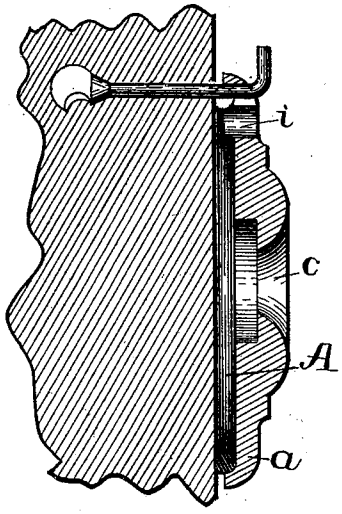


FIG. 5.

FIG. 6.

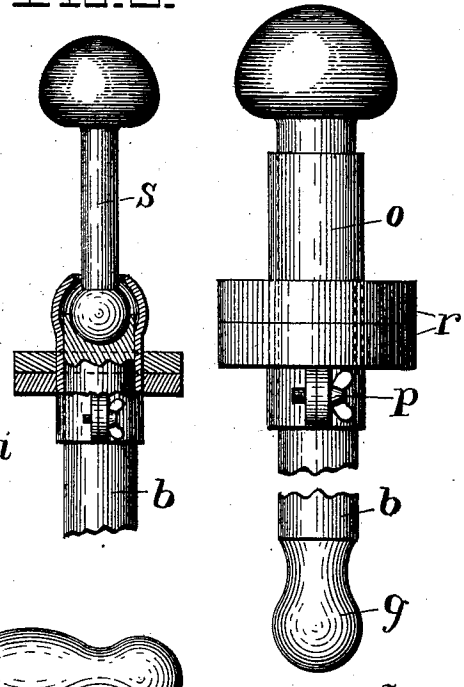
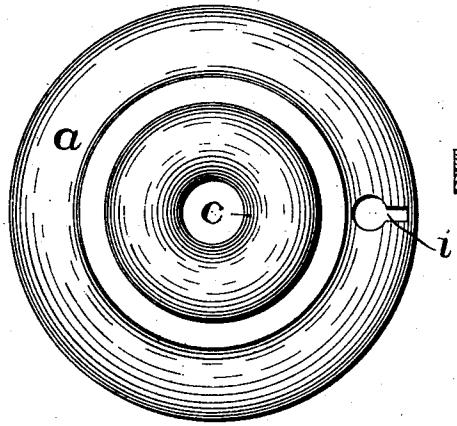


FIG. 1.



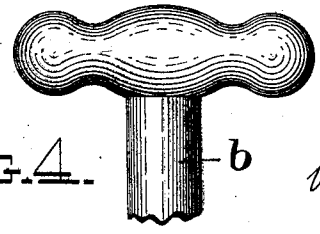


FIG. 4.

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(No Model.)

2 Sheets—Sheet 2.

S. SACHS & H. JAFFE.

EXERCISING APPARATUS.

No. 605,747. Patented June 14, 1898.

FIG. 7

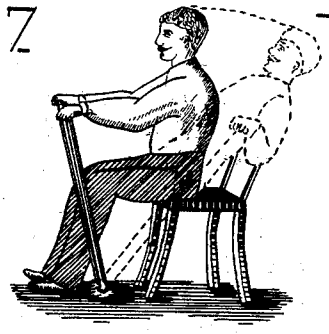
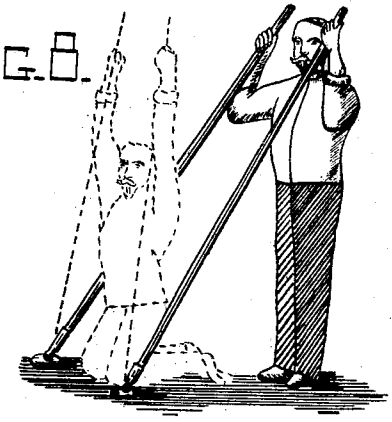


FIG. 8



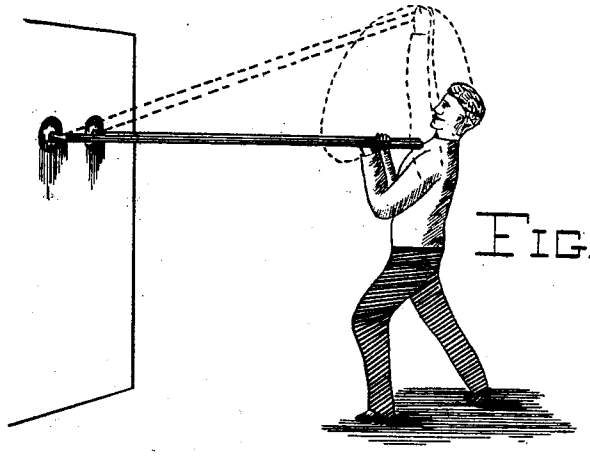


FIG. 9

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UNITED STATES PATENT OFFICE.

STANISLAW SACHS, OF BERLIN, AND HERMANN JAFFE, OF PARCHIM, GERMANY.

EXERCISING APPARATUS.

SPECIFICATION forming part of Letters Patent No. 605,747, dated June 14, 1898.

Application filed October 16, 1897. Serial No. 655,469. (No model.) Patented in Germany December 12, 1896, No. 94,582; in England July 13, 1897, No. 16,657, and in Austria August 26, 1897, No. 47/3,075.

To all whom it may concern:

Be it known that we, STANISLAW SACHS, of Berlin, and HERMANN JAFFE, of Parchim, Germany, have invented a new and useful Improvement in Exercising Apparatus, of which the following is a specification, and which has been patented in Germany, No. 94,582, dated December 12, 1896; in Austria, No. 47/3,075, dated August 26, 1897, and in Great Britain, No. 16,657, dated July 13, 1897.

This invention relates to an improved exercising apparatus by which universal gymnastic movements can be made for developing the muscles and joints in all cases, whether for domestic purposes or for bodily infirmity.

The apparatus is such as to allow all possible movements to the user, whether active, passive, or against resistance, without any particular exertion or fatigue.

Referring to the accompanying drawings, in which corresponding parts are indicated by the same letters throughout the several views, Figure 1 is a top plan view of the base-plate. Fig. 2 is a view showing the base-plate in vertical section and showing a fragmentary view of the pole or stock in position. Fig. 3 is a sectional view of the base-plate as suspended from a hook in the wall. Fig. 4 is a fragmentary side elevation of one form of hand-grip for the said pole or stock. Fig. 5 is a fragmentary side elevation of another form of stock having an adjustable weight thereon. Fig. 6 is a similar view, partly in section, showing still another form of hand-grip for the stock. Fig. 7 is a perspective view showing the use of our exercising device as a "rowing-machine," and Figs. 8 and 9 are similar views illustrating the use in a different manner.

The apparatus consists of a pair of base-plates and stocks or poles, the latter working in conjunction with the former to constitute the apparatus, the poles being the parts manipulated by the person taking exercise. The pole has upon one of its ends a ball formation *g*, and may have upon its other end an eye *h*, the latter for the purpose of hanging the pole when not in use.

The base-plate *a* has upon its top side a flared socket *c* to form a seating for the ball end *g* of the pole *b* and to allow the said pole a universal movement within it as a base or connection. The said base-plate *a* is made of any suitable material, and its under side may be faced with a rubber ring A to make a non-slipping joint with the floor or other plane surface upon which it may rest, an opening or eye *i* being also provided through the said base-plate to admit of its being supported by a hook from a wall for horizontal-exercising purposes, as shown in Fig. 3.

The ball end *g* of the exercising-pole may be formed rigidly therewith or be attachably connected by screws, and instead of the eye or loop *h* being formed upon the inner end of the pole a termination may be used, such as shown in Fig. 5.

The exercising-poles may be loaded or weighted, so as to give a greater resistance to their lifting movement, and for this purpose a casing or carrier *o* (shown in Fig. 5) is connected by a sleeve-clip *p* to the upper part of the exercising-pole *b* for the purpose of carrying rings *r*, which constitute weights. These carriers are adjustable along the pole's length, and the weights or blocks can be removed or attached when required.

In Fig. 6 the hand-grip to the pole is made detachable, its connection being by means of a ball attached to the lower part of the handle *s* and a socket attached to the upper part of the pole *b*. Such an attachment of the hand-grip is for the purpose of giving a semi-universal movement thereto for the purpose of obtaining wrist-exercising movements.

With the above-described apparatus a large number of movements can be got through either in a standing, sitting, or lying position by simply taking hold of the exercising-poles and working them in the sockets of their base-plates. By the aid of feet-pinioning apparatus natural relative movements can be imparted to all parts of the lower extremity of the body by working movements of the arms.

Fig. 7 of Sheet 2 illustrates a rowing movement with the exercising apparatus, Fig. 8, a movement for expanding the chest and making respiration deep, and Fig. 10 a movement for developing the muscles of the arms.

It is preferable to make the ball end of the

exercising-pole detachable for replacing different-length poles, and in some cases the eye for hanging the same up can be formed upon the ball-end fitting and in one piece therewith. A base-plate may be formed comprehending two flared sockets rigidly connected.

Having now particularly described and ascertained the nature of the said invention and in what manner the same is to be performed, we declare that what we claim is—

1. An exercising apparatus, comprising a heavy base-plate having a flat under side, and provided with a central circular opening therethrough, having a thickened rounded mouth upon its upper side; of a pole or stock having a spherical knob at one end adapted to rest in the mouth of said opening, and have a universal movement therein, the weight of said pole or stock or the pressure imparted thereto by the operator, serving to hold said knob in said opening, substantially as and for the purposes described.

2. An exercising apparatus comprising a heavy base-plate, having a flat under side, and a soft annular ring partially embedded in said flat under side; and provided with a central circular opening therethrough having a thickened rounded mouth upon its upper side; of a pole or stock having a spherical knob at one end adapted to rest in the mouth of said opening, and have a universal movement therein, the weight of said pole or stock or the pressure imparted thereto by the operator, serving to hold said knob in said opening, substantially as and for the purposes described.

3. An exercising apparatus comprising a heavy base-plate having a flat side, and an opening therethrough near its periphery for suspending said plate from a hook or the like in some upright; and provided with a central circular opening having a thickened rounded mouth upon its other side; of a pole or stock having a spherical knob at one end adapted to rest in the mouth of said opening and have a universal movement therein while being used by the operator, substantially as described.

4. An exercising apparatus comprising a heavy base-plate having a flat under side, and provided with a central circular opening therethrough having a thickened rounded mouth, upon its upper side; of a pole or stock having a spherical knob at one end adapted to rest in the mouth of said opening, and have a universal movement therein, the weight of said pole or stock or the pressure imparted thereto by the operator, serving to hold said knob in said opening, and a jointed hand-grip upon the other end of said pole or stock, substantially as and for the purposes described.

5. An exercising apparatus comprising a heavy base-plate having a flat under side, and provided with a central circular opening therethrough having a thickened rounded mouth upon its upper side; of a pole or stock having a jointed hand-grip at one end and a spherical knob at the other end adapted to rest in the mouth of said opening, and have a universal movement therein, and an adjustable weight mounted upon said pole or stock, substantially as and for the purposes described.

In testimony whereof we have signed our names to this specification in the presence of two subscribing witnesses.

STANISLAW SACHS.
HERMANN JAFFE.

Witnesses:
WALDEMAR HAUPT,
HENRY HASPER.