

O. L. SAMUELSON.
EXERCISING APPARATUS.
APPLICATION FILED MAY 26, 1919.

1,386,206.

Patented Aug. 2, 1921.

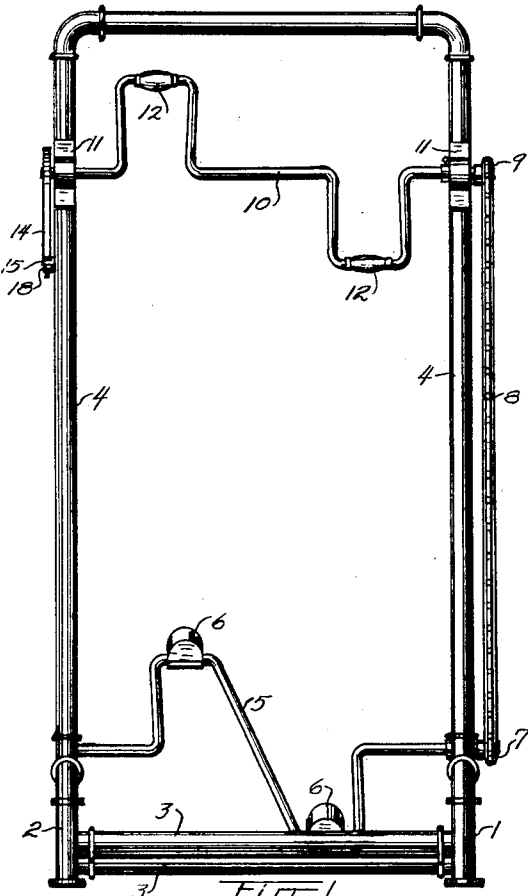


Fig. 1.

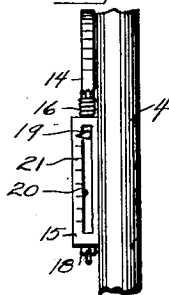


Fig. 3.

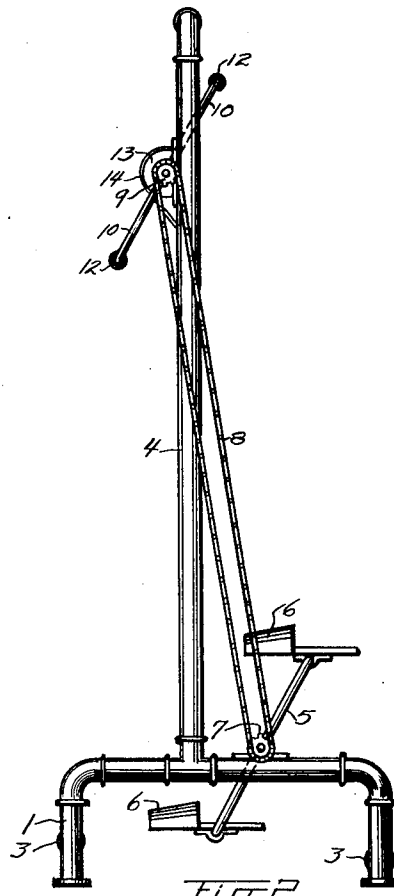


Fig. 2.

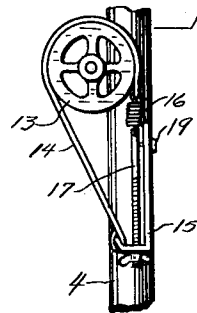


Fig. 4.

Witnesses
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UNITED STATES PATENT OFFICE.

OTTO LUDVIG SAMUELSON, OF CHICAGO, ILLINOIS.

EXERCISING APPARATUS.

1,386,206.

Specification of Letters Patent.

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To all whom it may concern:

Be it known that I, OTTO LUDVIG SAMUELSON, a citizen of the United States, residing at Chicago, in the county of Cook and State of Illinois, have invented certain new and useful Improvements in Exercising Apparatus, of which the following is a specification.

This invention relates to improvements in exercising apparatus and its object is to provide mechanical means such as will enable a person to take light or heavy exercise, the device being adjustable to suit persons of more or less strength. A further object is to provide exercising apparatus that will be conducive to deep breathing. With the foregoing and other objects in view the invention consists in the combination and arrangement of parts to be hereinafter fully described, pointed out in the appended claim and illustrated in the accompanying drawing which forms a part of this specification and in which—

Figure 1 is a view of my invention in front elevation.

Fig. 2 is a side view of Fig. 1.

Figs. 3 and 4 are enlarged fragmentary views illustrating the tension apparatus.

Like reference characters denote corresponding parts throughout the several views.

My exercising apparatus comprises the inverted U-shaped side pieces 1, 2 connected by the braces 3 and carrying the frame 4 likewise of inverted U-shaped formation. Upon the said side pieces 1, 2 the rotary crank shaft 5 is arranged provided with the pedals 6, one end of said crank shaft being projected beyond the side pieces 1 and provided with the sprocket wheel 7 that is connected by sprocket chain 8 to another sprocket wheel 9 fast upon one end of a second crank shaft 10 which shaft is journaled in bearings 11 secured to the frame 4, said crank shaft 10 being provided with the hand grips 12, the supports of said shaft 10 being arranged upon the opposite side of the frame 4 with relation to the bearings of shaft 5 so that the operator in using the device will stand in an upright and natural position which will be conducive to deep breathing thus affording the maximum

beneficial effect from the use of the device. The chain 8 connecting the shafts 5, 10 causes uniform movement of the same.

To one end of the shaft 10 a grooved wheel 13 is made fast and a belt 14 engages the same, one end of said belt being secured to a gage bracket 15 secured to one side of the frame 4 and the other end being secured to a contractile spring 16 connected to a tension screw 17 which extends through a perforation in the lower end of the gage bracket and is provided with the adjusting nut 18 whereby it may be raised or lowered with relation to said bracket, said tension screw carrying an indicator 19 that operates in the elongated slot 20 of said gage bracket and passes over the graduations 21, in pounds, marked upon said bracket. By adjusting the screw 17 downwardly rotation of the wheel 13 and shaft 10 is frictionally retarded thus making the operation of the device more difficult and calling forth greater strength on the part of the operator thus gradually developing his muscular power.

What is claimed is:—

In an exercising apparatus, connected frame supports, an upright frame carried thereby, a crank shaft arranged upon said frame supports and spaced away from said frame, one end of said crank shaft being extended beyond the adjacent side of the frame, pedals for said crank shaft, a second crank shaft carried by said frame and disposed upon the opposite side thereof with relation to the said first crank shaft, the ends of said second crank shaft being extended beyond the sides of the frame, chain connection between the extended ends of said crank shafts at one side of said frame, means connecting said frame and an extended end of said second crank shaft at the opposite side of said frame for frictionally retarding rotation of the latter shaft, and an indicator associated with said means.

In testimony that I claim the foregoing as my own I have hereto affixed my signature in the presence of two subscribing witnesses.

OTTO LUDVIG SAMUELSON.

Witnesses:

GEO. LINDEGREN,
JOHN W. JOHNSON.