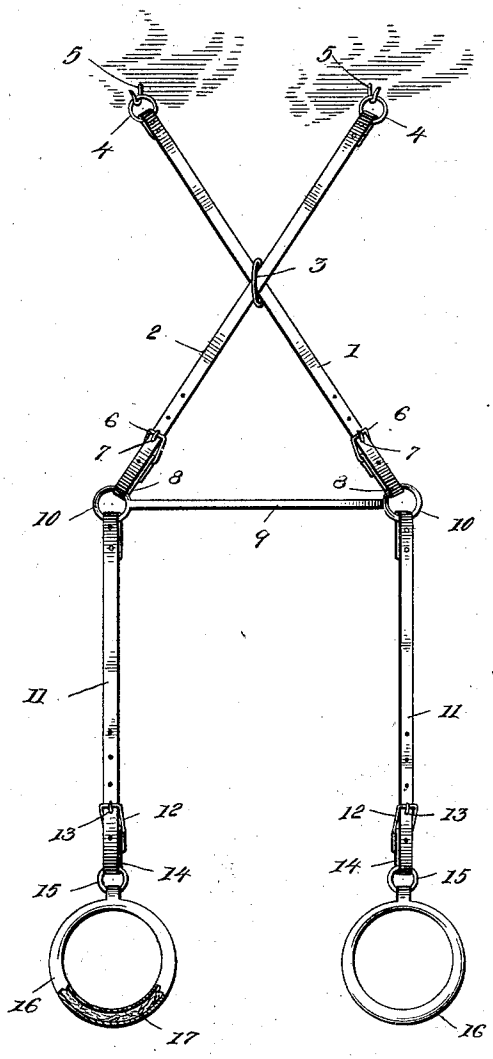
No. 665,990. Patented Jan. 15, 1901.

G. D. BRENNEMAN.

EXERCISING APPARATUS.

(Application filed Mar. 24, 1900.)

(No Model.)



Witnesses.
H. W. Bailey,
Chas. E. Brock.

Inventor
G. D. Brenneman.,
by Munn & Co
Attorneys

THE NORRIS PETERS CO., PHOTO-LITHO., WASHINGTON, D. C.

UNITED STATES PATENT OFFICE.

GEORGE D. BRENNEMAN, OF KIRKSVILLE, MISSOURI.

EXERCISING APPARATUS.

SPECIFICATION forming part of Letters Patent No. 665,990, dated January 15, 1901.

Application filed March 24, 1900. Serial No. 10,066. (No model.)

To all whom it may concern:

Be it known that I, GEORGE D. BRENNEMAN, a citizen of the United States, residing at Kirksville, in the county of Adair and State of Missouri, have invented a new and useful Exercising Apparatus, of which the following is a specification.

This invention relates to improvements in an exercising apparatus to be used for physical culture and development.

One object of the invention is to provide apparatus by means of which the human body may be suspended, and to the accomplishment of which end the apparatus is designed for application to the arms as far as the axillary area, so as to relax and develop the muscles and cartilages of the system, to open up circulation through the whole spinal column, and thus revive the nervous system, to harmonize the functions, and build up the entire body.

A further object of the invention is to provide apparatus adapted to stimulate the large plexus of lymphatics in the axillary space, and thereby increase the action of such lymphatics.

With these and other objects in view, which will appear as the nature of the improvements is better understood, the invention consists, substantially, in the novel construction, combination, and arrangement of parts, as will be hereinafter fully described, illustrated in the accompanying drawing, and pointed out in the appended claims.

In the drawing the figure is a perspective view of the herein-described exercising apparatus.

Referring to the drawing, the numerals 1 and 2 designate a pair of suspensory-straps, which straps are arranged in cross-relation, and for maintaining the straps 1 and 2 in this relation a ring 3 encircles the same at the point of intersecting. The upper ends of the straps 1 and 2 are each provided with an attaching-ring 4, said rings being detachably connected to suspension-hooks 5, secured in the ceiling or other suitable point to provide the requisite suspension. The lower end of each of the straps 1 and 2 is provided with a buckle 6, and said buckle is adapted to engage a series of perforations 7, formed in the body of each of said straps in order to provide an adjustable loop 8.

A cross-bar 9 is arranged between the lower ends of the straps 1 and 2 for holding the same distended, the ends of said bar terminating in rings 10, and connected to said rings 10 are the loops 8 of the straps 1 and 2, through which medium bar 9 is secured to said straps. Depending from the rings 10 is a pair of parallel straps 11, each of said straps being provided at its lower end with a buckle 12, and said buckles engage perforations 13, formed in the body of the straps 11 in order to provide adjustable loops 14 at the lower portions of the straps 11. The loops 14 are connected to rings 15, from each of which rings depends a suspensory-ring 16. The rings 16 are formed of leather and are provided with a filling of hair 17 in order that the leather may readily yield to pressure.

By arranging the straps 1 and 2 in cross-relation to each other each end of the bar 9 can have a vertical movement which can be utilized for inserting one arm at a time through the rings 16, one ring being drawn down for the insertion of the first arm without raising the body and then raising the body for the insertion of the other arm. It also gives a vertical movement when being used for exercise.

The manner of using the herein-described apparatus is as follows: The arms are slipped into the leather rings 16 as far as the axillary area, and thus by suspension said rings are adapted to relax and develop the muscles and cartilages of the system, and hence circulation through the whole spinal column is opened up and the nervous system thereby revived. The functions are also harmonized and the body built up, and in addition to this said rings stimulate the large plexus of lymphatics in the axillary space, with a resultant increased action on the part of such lymphatics. By reason of this increased action of the lymphatics a demand for food to supply the same is created, and hence the appetite thereby becomes increased.

While the invention is primarily designed as an exercising apparatus, the same is not limited to such use, but may also be employed to maintain the body in suspension for the

purpose of adjusting bandages, coatings, and the like when necessary to hold the vertebræ or ribs in place.

Having thus fully described my invention, what I claim as new, and desire to secure by Letters Patent of the United States, is—

1. In an exercising apparatus, the combination, with two crossed straps, the free end of each of which is provided with an adjustable loop, of a ring at the crossed portions of the straps, a bar secured to the looped portions of the straps, and a ring suspended from each end of the bar.

2. In an exercising apparatus, the combination with two crossed straps, of a bar, each end of which is provided with a ring in engagement with one of said straps, depending straps secured to each ring, the free end of which is provided with an adjustable loop, and a padded flexible ring secured to the looped portion of each of said depending straps.

GEORGE D. BRENNEMAN.

Witnesses:
ANDREW J. WILLISTE,
RALPH E. CAROTHERS.