

J. McLAUGHLIN.
EXERCISING-MACHINE.

No. 192,271.

Patented June 19, 1877.

Fig: 1.

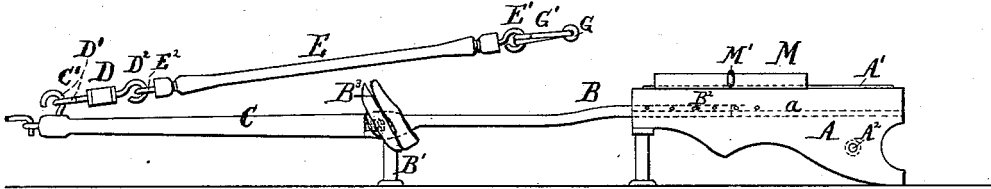


Fig: 2.

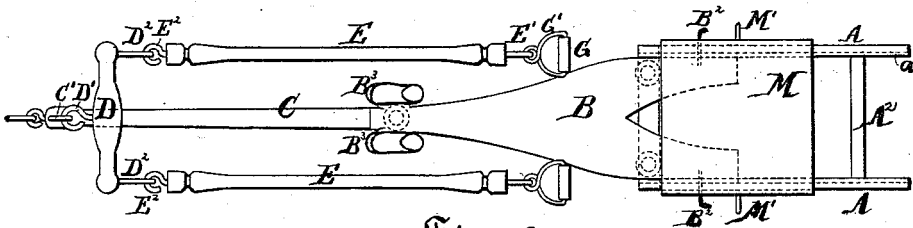


Fig: 3.

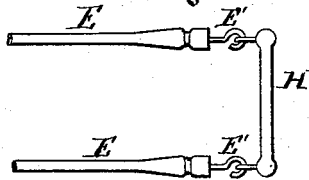
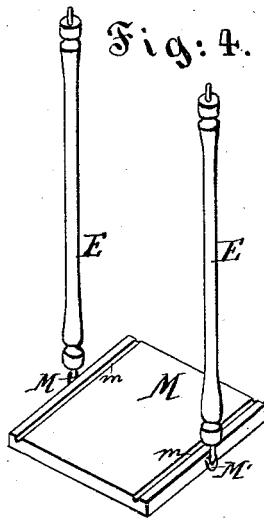


Fig: 4.



Witnesses:

A. Henry Gentner
Chas. C. Stetson

Inventor:

John McLaughlin
by his attorney
E. S. Stetson
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UNITED STATES PATENT OFFICE.

JOHN McLAUGHLIN, OF NEW YORK, N. Y.

IMPROVEMENT IN EXERCISING-MACHINES.

Specification forming part of Letters Patent No. 192,271, dated June 19, 1877; application filed May 23, 1877.

To all whom it may concern:

Be it known that I, JOHN McLAUGHLIN, of New York city, in the county and State of New York, have invented certain new and useful Improvements relating to Gymnastic or Exercising Apparatus, of which the following is a specification:

My invention may be used in any situation, but is more particularly adapted for use in private houses, and I propose to call it "the parlor rowing apparatus." It occupies little space, allows for wide variations in the length of the limbs and in the degree of resistance exerted, and parts of the apparatus may be changed from a rowing apparatus to a health-lift, and may be easily changed back again at pleasure.

The accompanying drawings form a part of this specification, and represent what I consider the best means of carrying out the invention.

Figure 1 is a side elevation of the apparatus in use as operated by a strong man in imitation of rowing with two oars. Fig. 2 is a plan view of the same. Fig. 3 is a plan view of a portion in condition for exercise in imitation of rowing with one oar. Fig. 4 is a perspective view of some of the parts as arranged to constitute a health-lift.

Similar letters of reference indicate like parts in all the figures.

M is a seat formed with eyes M' M' on the sides and with grooves *m* in the bottom. These grooves traverse on metallic ways A¹ on the main body A, which latter is formed of two principal parts or sides, connected by a strong cross-piece, A².

The inner faces of the sides are grooved longitudinally, as indicated by *a*. The grooves receive the edges of a stout extension-piece, B, which latter is held in the desired position by pins B² inserted in the groove, which may be shifted in different holes in the sides A, as represented, and thus firmly fix the part B in a more or less extended position. A leg, B¹, supports the forward end of the structure.

Foot-rests B³ B³ are firmly fixed in a suitably-inclined position on the extension B, adapted to accommodate the feet of the operator. They may be equipped with slippers, firmly fastened, or with the rowing-straps

commonly used on rowing-shells, where, as in this case, the seat is adapted to slide backward and forward, and may sometimes require to be drawn forward by the forcible contraction of the limbs of the operator. C is a further extension-piece, which is strongly secured by screwing into the end of the first extension-piece B. Near the end of the extension C is a stout hook, C'. D is an evener, having an eye, D¹, adapted to engage with the hook C', and two eyes, D², adapted to receive respectively the hooks E² on the respective ends of vulcanized india-rubber stretchers E, each of which is equipped at the other end with an eye, E¹. This eye E¹ receives spring-hooks G' from handles G, adapted to be conveniently grasped by the operator.

To use the apparatus, a strong person grasps the two handles G, and, planting his feet on or in the foot-rests B³ B³, and sitting on the sliding seat M, extends both the strong india-rubber stretchers E, moving the limbs and body forward and backward with a motion like that of a rower in a rowing boat or shell. The end of C being lightly padded and secured, by a hook or other fastening, to some stationary object, prevents the apparatus from moving about much, and even the most vigorous efforts and healthy exercises may be enjoyed by a strong man for a long period.

To imitate rowing with a single oar, the spring-handles G' G' should be disconnected from the eyes E¹, and a single handle, H, shown in Fig. 3, attached in the manner of a cross-piece between the two. The general effect will be similar, except that the hands will be joined on a single piece of wood analogous to the corresponding part of a heavy oar or scull correspondingly used.

Weak persons will sit in a corresponding position and make similar motions, but stretching only one of the stretchers E. To adjust for this, the evener D is removed and one of the stretchers E is engaged directly by its eye E² with the hook C'.

As a means of obtaining still further variations with the same amount of apparatus, I propose in some instances to divide the evener D unequally. Such a division of the evener, and a corresponding difference in the thickness and strength of the rubber stretchers E,

will give a further means of graduating the resistance so as to adapt the exercise to children and consumptives or other feeble persons. A strong man can pull both stretchers E with the use of the unequal evener. One arm will in such case be more exercised than the other, the stretcher which is connected to the short side of the lever or evener being strained proportionably harder than the other; but any mischief from this source may be avoided by occasionally changing the positions of the parts, so as to use both arms about alike. A person with ordinary strength will use the thickest stretcher attached directly to the hook C'; and a very feeble person will apply both hands and use his full strength to extend the slenderest rubber.

Many other modifications may be made by any good mechanic. For example, there may be a greater or less number of feet on which the apparatus may be supported, or there may be coiled springs of metal, instead of rubber, for the stretchers E. Some portions of the invention may be used without the others, but I prefer the whole used together. A portion of the apparatus may, by a simple change of arrangement, be transformed into a health-lift. For this purpose I require the rubber stretchers E, with the handles H attached—one handle to each stretcher, as will be obvious—and the seat M. The seat M is removed from the apparatus and laid on the floor; the operator stands upon it and attaches the other ends of the rubber parts to the eyes

M', respectively. The health-lift is then enjoyed by a succession of vertical pulls. It is but a moment's work to change the parts from either condition to the reverse.

I claim as my invention—

1. The frame A, sliding seat M, foot-rest B³, adjusting means B², and attaching means C' on the frame, or an extension thereof, adapted to serve in combination with the stretchers E and suitable handles thereto, as herein specified.

2. The evener D and attaching means D¹ D², in combination with the sliding seat M, a suitable strong supporting-frame, and the stretchers E, substantially as herein specified.

3. In combination with the stretchers E E; with a hook on each, as shown, the sliding seat M, having eyes M', adapted to serve the double functions of a seat in the rowing apparatus and a base or platform in the health-lift, as herein specified.

4. The spring-handles G G', adapted to be strongly and reliably engaged and easily disengaged, in combination with the elastic stretchers E and with the sliding seat M and frame A, to allow of readily changing at will, as herein specified.

In testimony whereof I have hereunto set my hand this 18th day of May, 1877, in the presence of two subscribing witnesses.

JOHN McLAUGHLIN.

Witnesses:

A. HENRY GENTNER,
CHAS. C. STETSON.