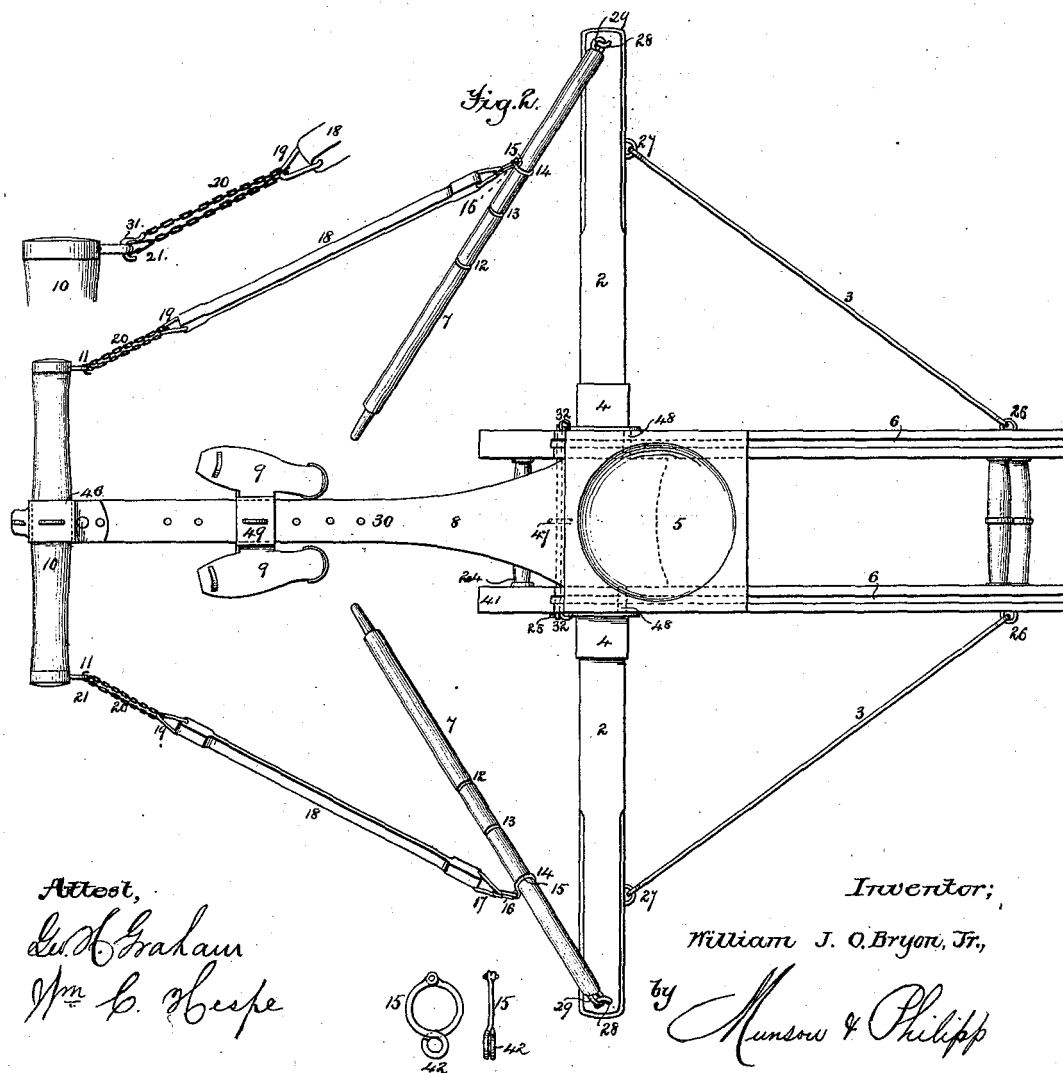
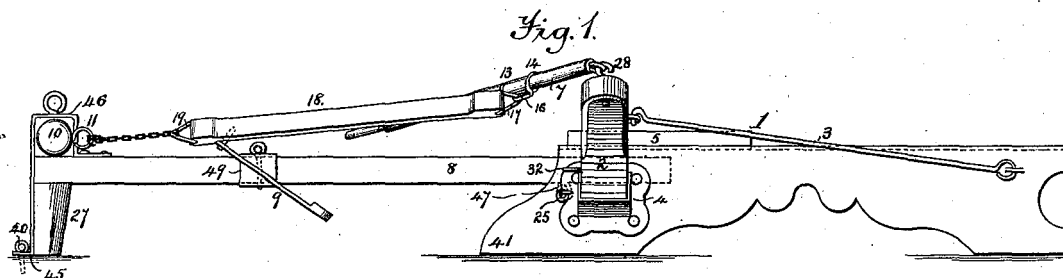


W. J. O. BRYON, Jr. Exercising Machine.

No. 208,954.

Patented Oct. 15, 1878.



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Fig. 3.

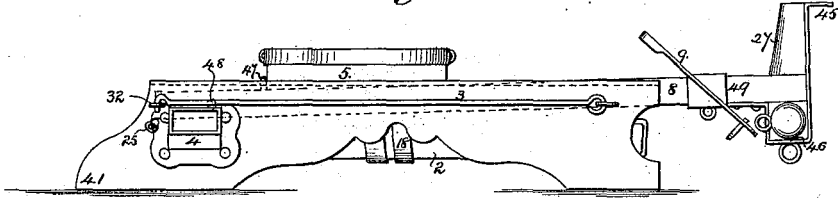


Fig. 4.

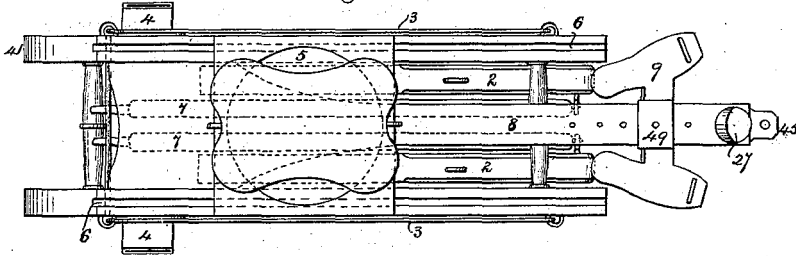
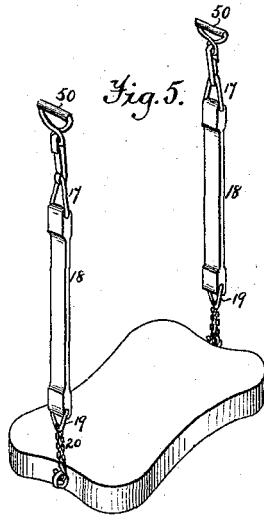


Fig. 5.



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UNITED STATES PATENT OFFICE.

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IMPROVEMENT IN EXERCISING-MACHINES.

Specification forming part of Letters Patent No. **208,954**, dated October 15, 1878; application filed June 24, 1878.

To all whom it may concern:

Be it known that I, WILLIAM J. O. BRYON, Jr., of the city, county, and State of New York, have invented certain new and useful Improvements in Exercising Apparatus; and I do hereby declare the following to be a full, clear, and exact description of the same, reference being had to the accompanying drawings, forming a part of this specification, in which—

Figure 1 is a side elevation of an apparatus ready for use embodying my invention. Fig. 2 is a plan view of the same. Fig. 3 is a side elevation of the apparatus when folded up to be placed out of the way. Fig. 4 is a plan view of the same. Fig. 5 is a perspective view of a health-lift made from part of the apparatus.

The object of my invention is to produce an apparatus that is simple in construction, can be cheaply made, and with which persons can take exercise similar to and nearly approaching that obtained by rowing a boat in water, parts of which are adjustable to suit the size and strength of the person exercising and amount of exercise desired to be taken, which apparatus is so constructed as to be readily folded up when not in use into a space much smaller than when in use for exercising, and parts of which can be used as a health-lift and other exercises; and my invention consists in the devices and their combinations, hereinafter fully described and clearly claimed.

In the drawings, 1 are side pieces of a frame-work, secured together by rungs 24. The upper portions of the forward ends of the side pieces 1 stop a short distance back, on a vertical line from the lower portions of the forward ends of said sides, forming foot-like projections 41, which prevent the frame-work from tipping when the person is exercising with the apparatus.

In the upper faces of the side pieces 1 are grooves 6, in which slide metallic tracks, secured to the bottom of the sliding seat 5, whereby the latter is supported and guided when in use. Secured to the sides 1 of the frame-work are sockets 4, at an angle to the same, which receive the inner ends of removable outriggers 2, the outer ends of which, by reason of the angle of the sockets, being when

in use about on a level with the top of said frame-work.

3 are stay-rods, pivoted at one end to eyes 26, secured to the sides 1 of the frame-work, their other ends being provided with hooks, which fit in eyes 27, secured to the sides of the outriggers 2. These rods serve to steady the outriggers 2 and keep them in their sockets when in use for exercising.

28 are open eyes, secured at or near the outer ends of the outriggers 2, which serve to receive the eyes 29 on the ends of oars 7, and act as their fulcra. The oars 7 are provided with handles, to be grasped like ordinary oars, and with a series of grooves, 12 13 14, to receive hinged rings 15. (Shown most clearly by the detached views, Fig. 2.) These hinged rings are provided, each half, with an eye, 42, in which snap-hooks 16 fit and hold the two halves of each ring together. The ends of the snap-hooks 16 are attached to metal angles 17, which pass through re-enforced holes in stretchers 18, made of vulcanized rubber.

8 is a folding tongue, pivoted at one end to the sides 1 of the frame-work, and within the same at 48, and supported in its unfolded position at its outer end by a leg, 27, and a foot, 45, forming a part of a metal strap, 46, which secures a bar, 10, to the folding tongue. This foot 45 can be secured to the floor by a screw-eye, 40, passing through the same.

25 is a rod, which, when the tongue 8 is unfolded, passes through holes in the sides 1 of the frame-work, and an eye, 47, secured to the bottom of said tongue to secure the same in position when in use.

9 are adjustable foot-rests, cast in one piece with the metallic socket 49, which latter fits over and is capable of sliding on the folding tongue 8, and being held in the desired position by a pin passing through holes in said socket and one of a series of holes, 30, in the tongue 8. The rests 9 are at an angle of about forty-five degrees to the tongue 8, to form convenient and comfortable supports for the feet in exercising, and are provided with straps or shoes like those used in rowing-shells, to enable the person exercising to move forward as well as backward on the sliding seat 5.

The bar 10, rigidly secured to the outer end

of the tongue 8 by the strap 46, as previously described, is provided with metal eyes 11, with which snap-hooks 21 on chains 20 and hooks 31 on said chains engage. These chains 20 pass through metal angles 19, which are secured in re-enforced holes in the ends of the stretchers 18. These stretchers, instead of being made of vulcanized rubber, may be formed of metal springs.

In exercising, the foot-rests 9 are adjusted to suit the length of the legs of the person exercising, the hinged rings 15 are secured in one of the series of grooves 12 13 14, depending upon the amount of exercise desired, and the hooks 31 are either secured in the eyes 11 or to the links of the chains 20, depending upon the amount of resistance desired to be overcome. The person then grasps the handles of the oars 7, places his feet on or in the foot-rests 9, and, sitting on the sliding seat 5, extends both of the stretchers 18, moving the arms, legs, and body backward and forward in substantially the same manner as if rowing a shell or boat. The end of the tongue 8 being secured to the floor, as described, keeps the apparatus from moving.

When it is desired to place the apparatus out of the way after it has been used, the stay-rods 3 are unhooked from the outriggers 2 and hooked into eyes 32 on the sides 1 of the frame-work, the outriggers are removed from their sockets 4, the oars 7 are unhooked from the open eyes 28, the hooks 31 and snap-hooks 21 are unfastened, and the outriggers 2, oars 7, and stretchers 18, with their chains and hooks, are placed within the sides 1 of the frame-work. The rod 25 is then withdrawn, the screw-eye 40 is removed from the floor, and the tongue 8 folded over, turning on its pivots 48 into or onto the frame-work, as shown in Figs. 3 and 4 of the drawings, and the bolt 25 replaced in its holes in the sides 1, the apparatus then occupying much less space than when adjusted for use.

It is obvious that the tongue 8 might be pivoted or hinged in a different manner from that shown and described to produce the result desired; that the oars might be fulcrumed to the outriggers in a different manner from that shown and described, as by swivels and other well-known devices, and may be provided with as many grooves as is desired to adjust the resistance to be overcome; and that the seat 5 might be supported in any well-known manner of supporting sliding seats without departing from my invention.

The stretchers 18 can be removed and handles 50 affixed to the stretchers, and the chains 20 and the hooks 21 and 31 affixed to eyes on a board to form a health-lift, as shown in Fig. 5 of the drawings; or these stretchers may be employed with the handles 50 in the well-known wall exercise. These handles 50 are formed from metal rods bent into the form shown, their ends entering a hole or holes in

the wooden portion of said handles. This produces a strong and cheap handle for the purpose described.

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

1. The sides 1 of the frame-work, provided with foot-like projections 41, to prevent said frame-work from tipping in exercising, in combination with the pivoted tongue, substantially as specified.

2. In combination with the frame-work, a folding tongue, which can be extended and secured in position when in use, or folded up out of the way when not in use, substantially as specified.

3. In combination with the frame-work, removable outriggers, and sockets to receive the latter, secured to the side of said frame-work, substantially as specified.

4. Grooved oars, substantially as specified.

5. The combination of grooved oars with outriggers connected to the frame-work and stretchers secured to the rigid bar on the folding tongue and said oars, substantially as specified.

6. The folding tongue provided with a bar, 10, rigidly secured thereto, and a foot that can be secured to the floor, substantially as specified.

7. The foot-rests made in one piece with the socket 49, capable of adjustment on the folding tongue 8, substantially as specified.

8. The combination, with the adjustable foot-rests 9, of the folding tongue 8, provided with a series of holes, 30, substantially as specified.

9. The stretchers provided with hooks and chains, so as to be readily adjusted, substantially as specified.

10. The combination of the stay-rods with the removable outriggers, substantially as specified.

11. The combination of the sliding seat with the frame-work, the outriggers, the oars, the stretchers, and a folding tongue, substantially as specified.

12. The combination of the folding tongue with the rod 25, passing through the sides 1 of the frame-work, and the screw-eye 47, in the bottom of the folding tongue 8, to secure the same in position when unfolded and in use, substantially as specified.

13. The combination of the stay-rods 3 with the eyes 32, substantially as specified.

14. The combination of the oars and outriggers, the bar 10, stretchers 18, chains 20, and hooks 21 and 31, substantially as specified.

In testimony whereof I have signed my name to this specification in presence of two subscribing witnesses.

WM. J. O. BRYON, Jr.

Witnesses:

H. T. MUNSON,
GEO. H. GRAHAM.