

(No Model.)

J. SANCHEZ.
EXERCISING MACHINE.

No. 382,440.

Patented May 8, 1888.

Fig. 2.

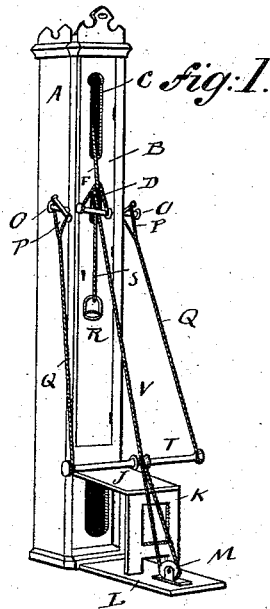
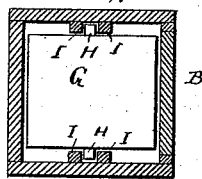


Fig. 3.

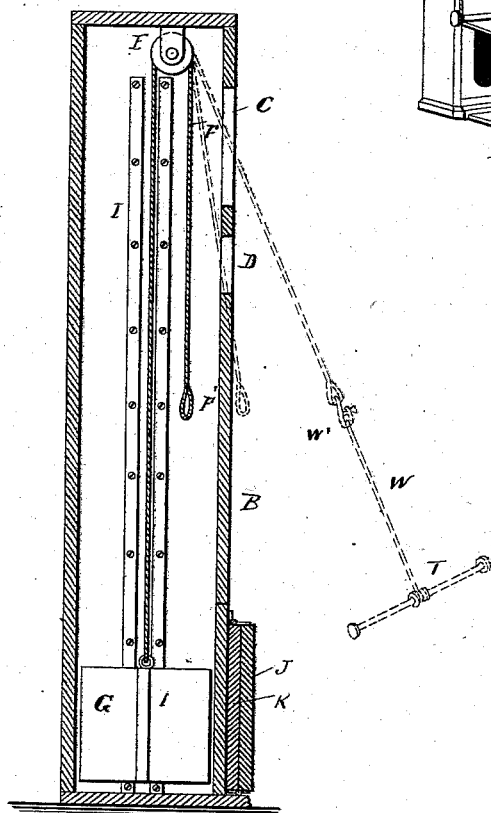
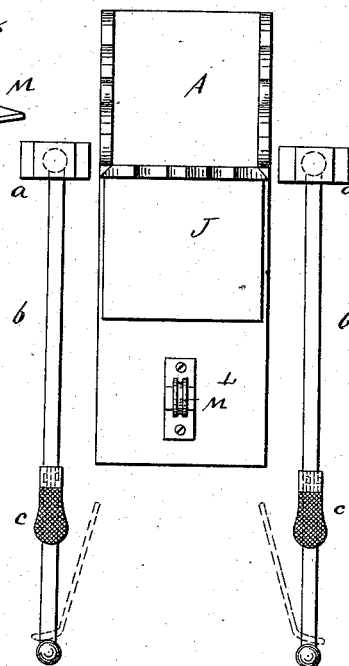


Fig. 4.



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UNITED STATES PATENT OFFICE.

JOSÉ SANCHEZ, OF MEXICO, MEXICO.

EXERCISING-MACHINE.

SPECIFICATION forming part of Letters Patent No. 382,440, dated May 8, 1888.

Application filed December 28, 1887. Serial No. 259,920. (No model.) Patented in Mexico May 20, 1887, and in Spain September 13, 1887, No. 9,442.

To all whom it may concern:

Be it known that I, JOSÉ SANCHEZ, of the city of Mexico, in the Republic of Mexico, have invented certain new and useful Improvements in Exercising-Machines, (for which Letters Patent have heretofore been granted to me by the government of Mexico, dated May 20, 1887, and by the government of Spain, No. 9,442, dated September 13, 1887,) of which the following is a specification.

This invention relates to a new and improved exercising-machine, to be used in developing all the muscles of the body; and the object of my invention is to provide a new and improved machine which can be adjusted for use in numerous positions and for developing the muscles of the arms, hands, legs, feet, chest, abdomen, &c.

The invention consists in the construction and combination of parts and details, as will be fully described and set forth hereinafter, and finally pointed out in the claims.

In the accompanying drawings, Figure 1 is a perspective view of my improved exercising-machine. Fig. 2 is a sectional plan view of the same. Fig. 3 is a vertical transverse section of the same. Fig. 4 is a plan view of the same with the foot-levers.

Similar letters of reference indicate corresponding parts.

The upright box or casing A is provided in its front with a hinged door, B, having the vertical slots C and D, the slot C being nearest the top of the door and the slot D a short distance below the slot C. On the under side of the top of the box or casing a pulley, E, is fixed, over which a rope, F, passes, provided at one end with a loop or eye, F', and having its other end secured to a weight, G, provided on two opposite sides with feathers or splines H, mounted to slide between two upright splines, I, on the inner surfaces of the sides of the box or casing, for the purpose of guiding said weight. A short distance above the bottom of the box a wing, J, is hinged to the front of the box, and to the free end of said wing a folding leg, K, is hinged. The leg K can be swung against the under side of the wing, and said wing and leg can be folded

against the lower part of the front of the box or casing A. The wing J can be swung out, as shown in Fig. 1, and supported by the leg K, and then forms a seat. The box A is provided with a base-board, L, projecting toward the front; and on said base-board the pulley M is pivoted. A knob or pin, O, projects from each side of the box, and serves to support spade or loop handles P, to which ropes Q are fastened. A stirrup, R, is suspended from a rope, S.

T is a cross-bar; V, a rope.

a represents sockets in which the ball ends of levers b can turn, said levers being provided with adjustable foot-rests c, as shown in dotted lines in Fig. 3.

A rope, W, having a snap-hook, W', can be connected with the eye F' of the rope F, the cross-bar T being secured to the rope W. Said cross-bar T can be held by both hands and worked up and down, whereby the weight G is raised and lowered. In place of connecting the rope W with the cross-bar T, one of the ropes Q, having the spade-handles P, can be connected with the rope F, passed under the pulley M, and one of the ropes Q, having a spade-handle, connected with the free end of said rope V, and the handle pulled from the box and released alternately, whereby the weight is raised and lowered; also, the rope S, having the stirrup R, can be connected with the rope F, and the person using the machine can stand on the wing or seat J, place his foot on the stirrup R and press it down and release it alternately, whereby the weight G is raised or lowered, and so on. In case the rope is passed under the pulley M, it is passed through the lower slot, D, and in that case the handle-piece must be pulled upward for the purpose of raising the weight. For other exercise it is necessary to pull the handle-piece downward for the purpose of lifting the weight, and in such case the rope F is passed through the upper slot, C. In such cases the rope F—that is, that part projecting from the front of the box—is swung up and down by the movement of the hands, and for that reason the upper slot is made longer to permit of the said movement taking place. When the rope passes under

the pulley, this movement does not take place, and for that reason the slot D can be of less length.

A very great number of different combinations may be made with the handles, cross-bars, &c., according to the different ways in which the muscles are to be developed.

The two sockets *a a* are secured to the floor at the sides of the base of the box A, and the ball ends of the rods *b* are passed into the sockets *a*. The swinging ends of the bars *b* are connected by means of ropes with the rope F. The operator sits on the seat or wing J, and places his feet on the adjustable foot-rests *c*, and by means of his feet presses down the said bars *b* simultaneously or alternately, whereby the weight is raised or lowered.

The advantages of this apparatus are that it is simple and can be adjusted to develop not only the muscles required for locomotion and similar movements, but also tends to develop the muscles of the neck, the facial muscles, &c.

The door B is provided to facilitate passing the end of the rope F through the upper or lower slot.

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

1. In an exercising-machine, the combination, with an upright box having a hinged door on its front, said door being provided with two upright slots one above the other, of a weight guided in said box, a pulley in the top of the box, and a rope passed over said pulley and connected with the weight, substantially as herein shown and described.

2. In an exercising-machine, the combination, with an upright box, of a weight guided in the same, a pulley in the top of the box, a rope passed over said pulley, and a folding seat hinged to the front of the box at the bottom, substantially as herein shown and described.

3. In an exercising-machine, the combination, with an upright box, of a weight guided in the same, a pulley in the top of the box, a rope passed over said pulley and connected with the weight, levers pivoted on the floor at the sides of the base of the block, and ropes connecting said levers with the rope passed over the pulley in the box, substantially as herein shown and described.

4. In an exercising-machine, the combination, with an upright box, of a weight guided in the same, a pulley in the top of the box, a rope passed over said pulley and connected with the weight, foot-levers pivoted on the floor at the sides of the base of the box, ropes connecting said foot-levers with the rope passed over the pulley in the box, and adjustable foot-rests on said foot-levers, substantially as herein shown and described.

In testimony that I claim the foregoing as my invention I have signed my name in presence of two subscribing witnesses.

JOSE SANCHEZ.

Witnesses:

OSCAR F. GUNZ,
ANTONIO RUIS.