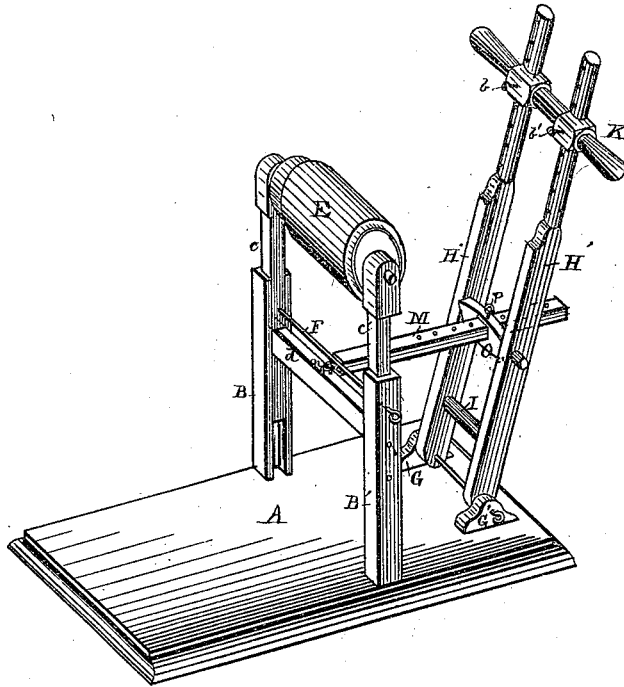


L. L. ATWATER.  
EXERCISING-MACHINES.

No. 195,247.

Patented Sept. 18, 1877.



*Attest:*  
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Atty.

# UNITED STATES PATENT OFFICE.

LUCIUS L. ATWATER, OF AUBURN, NEW YORK.

## IMPROVEMENT IN EXERCISING-MACHINES.

Specification forming part of Letters Patent No. 195,247, dated September 18, 1877; application filed June 28, 1877.

*To all whom it may concern:*

Be it known that I, LUCIUS L. ATWATER, a resident of the city of Auburn, county of Cayuga and State of New York, have invented a certain new and useful Improvement in Exercising Apparatus; and I do hereby declare the following to be a full, clear, and correct description of the same, reference being had to the annexed drawing, making a part of this specification.

This invention relates to that class of gymnastic apparatuses which are employed for straightening the back as well as to expand the chest and develop the muscles and general form of persons exercising thereupon.

My improvements consist, mainly, in an adjustable frame for regulating the height of the roller to suit the party exercising upon the same, and in supporting the handles in a manner that will admit of the body being drawn squarely across the said roller, and not obliquely thereto, as in all apparatuses heretofore constructed for the above purposes.

On the drawing, A represents a base-plate, to the sides of which are mortised or otherwise secured the lower ends of a pair of vertical standards, B B', the latter having their inner sides grooved for the reception of an adjustable frame, which is composed of two vertical slide-pieces, c c', connected by a horizontal bar, d, and a roller, E, the journals of the latter operating in the upper ends of the vertical slide-pieces, as shown.

The above frame is rigidly secured, when adjusted to a height suited to the party exercising on the apparatus, by means of a rod or pin, F, which is passed through perforations made in the standards as well as in the slides operating therein.

At the rear of base-plate are two lugs, G G', to which are pivoted the lower ends of a pair of parallel bars, H H', connected at requisite distances apart by a brace, I, and

handle-bar K, the latter made adjustable and held at any desired height by means of pins b b, as shown.

The roller and handle frames are connected by a brace, m, one end of which is secured by an articulating-joint, n, to the cross-bar d, while its opposite end is fitted in an oscillating cross-bar, O, journaled in the above-mentioned parallel bars. Both the cross-bar and brace are provided with perforations for the reception of a pin, p, which secures the two frames at any desired distance apart.

To obtain the proper exercise, the party stands on the platform or base-plate with his back toward the roller, then, bending backward over the same, grasps the handles K, whereby he is enabled to draw himself to and fro over the roller in a direct line, the parallel bars permitting his head and shoulders passing between them.

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

1. In an exercising apparatus, the combination, with a base-plate, A, and standards B B', of an adjustable frame, the latter composed of slide-pieces c c', bar d, and roller E, and secured to the former by a pin, F, as described, and for the purpose set forth.

2. In an exercising apparatus, the combination, with a base-plate, A, standards B B', and adjustable roller-frame, of the parallel bars H H', pivoted to lugs G G', and provided with handle-bar K and cross-bar O, through which a connection is made, by means of a brace, m, with the roller-frame, as described, and for the purpose set forth.

In testimony whereof I have hereunto affixed my hand in presence of two witnesses.

LUCIUS L. ATWATER.

Witnesses:

J. C. HUBBELL,  
JULIAN A. HURDLE.