A. CALVERT.

DUMB BELL AND THE LIKE.

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907,965.

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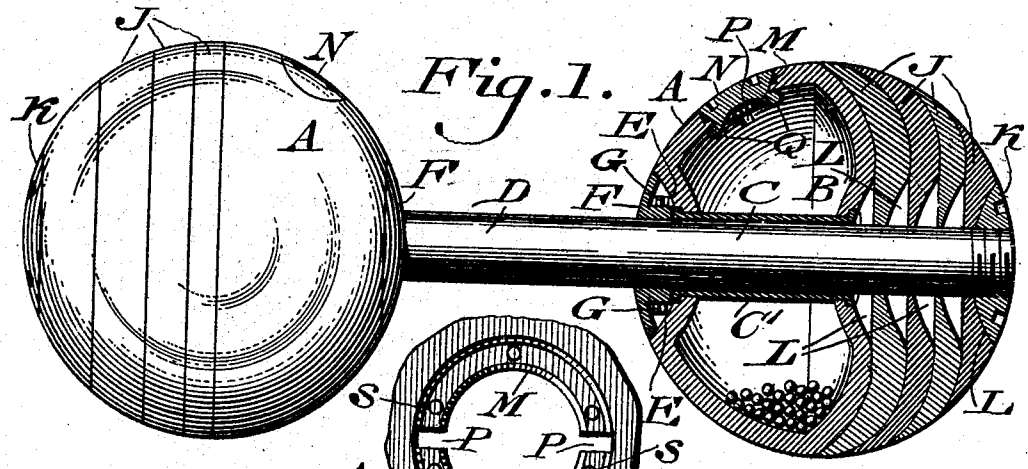


Fig. 1.

Fig. 2.

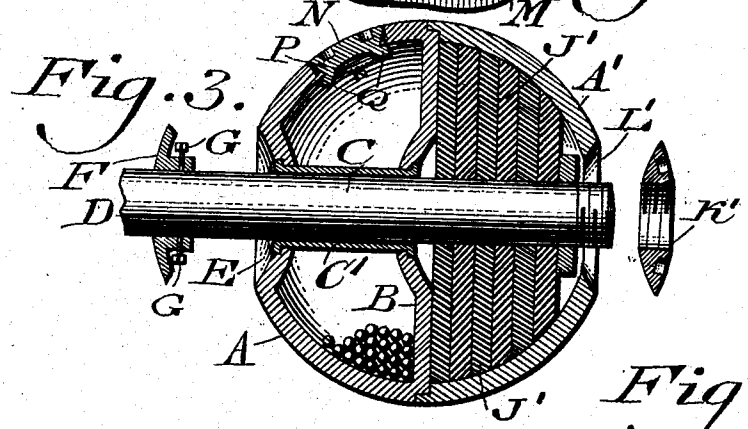


Fig. 3.

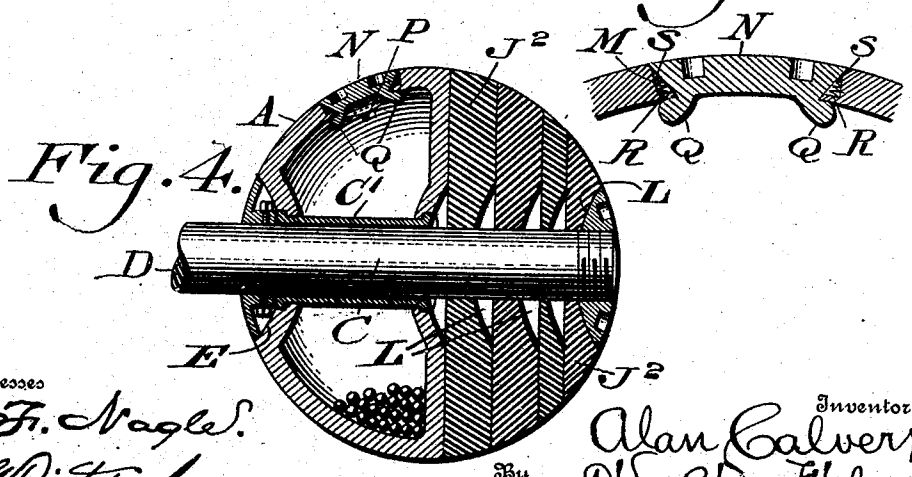


Fig. 4.

Fig. 5.

Witnesses

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DUMB-BELL AND THE LIKE.

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To all whom it may concern:

Be it known that I, ALAN CALVERT, a citizen of the United States, residing in the city and county of Philadelphia, State of Pennsylvania, have invented a new and useful Dumb-Bell and the Like, of which the following is a specification.

My invention consists of an improvement in an exercising device of the order of a dumb bell, bar bell or ring weight, the same embodying disks or plates and shot or the like, and means for holding the same, whereby the device may be primarily weighted relatively to the capacity of the one who is exercising by the employment of the disks or plates, and then as there is a requirement of increased weight, I provide for the same by the employment of the shot or the like, which is convenient in its nature and delicate in its adjustment, while the original adjustment due to the plates is not disturbed.

It also consists of a receptacle for said shot or like material, the same being attachable to the holder for said disks or plates adapting said members to produce a head of spherical shape, or comparatively so.

For the purpose of explaining my invention, the accompanying drawing illustrates a satisfactory reduction of the same to practice, but the important instrumentalities thereof may be varied, and so it is to be understood that the invention is not limited to the specific arrangement and organization shown and described.

Figure 1 represents a partial side elevation and partial longitudinal section of a dumb bell, to which the description hereafter will be limited. Fig. 2 represents a face view of a detached portion of the shell of the device. Figs. 3 and 4 represent sections of other forms of the device on enlarged scales. Fig. 5 represents a section, on an enlarged scale, of a portion of the wall of the receptacle for the shot or like material, and of the closure for the inlet thereinto.

Similar letters of reference indicate corresponding parts in the figures.

Referring to the drawing:—A designates a shell, which is somewhat hemispherical and closed by the wall B at what may be termed the diameter of the shell, the center of said wall and the pole of the shell having passed therethrough the rod C, which is continuous of the handle D of the device, said pole being depressed forming the chamber E, in which is seated the collar F, which is provided with bolts or screws G for firmly securing the collar to said rod, the head H of said collar being adapted to conform to the curvature of the adjacent surface of the shell, so as to form an unbroken curved continuity thereof.

The rod extends outside of the wall B and has fitted on the same the plates J, which are of dishing form placed one on the other and of gradually reducing diameters, whereby they, in a measure, produce a hemispherical-shaped body, and complete the spherical-shape of the head of the device, it being noticed that each end of the handle D is provided with such head.

The outer terminal of the rod C is threaded for the engagement of the nut K, which enters the recess L in the outer plate J, so that the surface of the nut conforms to the curvature of said plate so as to form an unbroken continuity thereof, it being evident that owing to the collar F and the nut K, the plates J and shell A are firmly clamped together and connected with the rod C.

In the wall of the shell A is an opening M, which is occupied by the removable cap or stopper N, whereby when the latter is displaced access is had to the interior of the shell for supplying the same with shot or other pellets or pieces of loose material proper for loading or weighting the shell, shot being preferred, and it will be the medium employed in the further description of the invention.

In order to secure the cap in position, the wall of said opening M has slots P therein, and the cap is provided with tongues Q, which are adapted to pass through said opening, while the body of the cap enters said opening M, so that when the cap is rotated, said tongues ride on the underside of the wall of the opening M, and so lock the cap to the shell. In order to prevent improper return movement of the cap, and consequent displacement of the latter, the wall of the opening M has a shoulder R, on which are seated the springs S, which press outwardly on the cap, and so hold the latter on its seat, the effect of which is evident. It will now be noticed that as many plates J are employed as may be necessary to impart primary weight to the heads of the

device in harmony with the capacity of the one who is exercising, the removal of one or more of said plates still preserving somewhat the hemispherical form of the body produced by said plates.

As the exercising continues, it is necessary or desired to increase the weight of the heads, for this purpose shot is introduced into the shells A to the required amount, this being accomplished to a delicate extent and in a most convenient manner without disturbing the original adjustment of the heads due to the plates J employed.

If required, the weight of shot in the shell may be increased to a further extent, or the same may be reduced by removal of a desired amount of the same.

Referring to Fig. 3:—In lieu of the dishing plates J, I may employ the flat plates J′, which are inclosed in a comparatively hemispherical shell A′, which is screwed to the shell A, said shell A′ receiving the end of the rod C and having a recess L′ to receive the nut K′.

In Fig. 4, flat plates J′ are shown, but the shell A′ is dispensed with, while said plates in both Figs. 3 and 4 produce the same results as those shown in Fig. 1.

It will be noticed that each plate J or J′ has its recess L accord with the nut K, so that as a plate is removed, the exposed plate will have its recess occupied by said nut, it being also seen that recess E conforms to said recess L, so that the said nut and the collar F may interchangeably occupy either recess, as desired.

Attention is directed to the fact that the rod C is inclosed by a sleeve C′, which is secured to the walls of the shell A, so that should said rod be removed, the opposite openings in said walls through which said rod passes are closed from within the shell, and so prevent the shot from escaping from their place of occupation.

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

1. In an exercising device of the character stated, a combination of weight-plates, a receptacle for loose-weighting material, and means for connecting said plates and receptacle with a carrier common to both.

2. In an exercising device of the character stated, a receptacle adapted to contain loose weighting material, a carrier therefor, and separate weight plates connected with said carrier.

3. In an exercising device of the character stated, a combination of weight plates, a receptacle for loose weighting material, and means for connecting said plates and receptacle.

4. In an exercising device of the character stated, a combination of weight-plates, a receptacle for loose-weighting material, and a carrier for said plates and receptacle, said receptacle and plates being independent of each other, and said receptacle having an inlet to the interior thereof, and means for closing the same.

5. In an exercising device of the character stated, a substantially hemi-spherical receptacle, the same being adapted to contain loose weighting material, a carrier for said receptacle, and separate weight plates adapted to be supported on said carrier, said plates forming a substantially hemi-spherical body and with said shell forming a substantially spherical head.

6. In an exercising device of the character stated, a substantially hemispherical receptacle adapted to contain loose-weighting material, said receptacle having a recess in its outer surface, a member carrying said receptacle, and a collar fitted on said member and adapted to enter said recess and to be secured to said member, the outer surface of said collar to conform to that of said receptacle.

7. In an exercising device of the character stated, a plurality of weight plates, said plates being adapted to form a substantially hemispherical body, the outer plate having a recess in its exterior surface, a member carrying said plates, a nut fitted on said member and adapted to enter said recess and to be secured to said member, the outer surface of said nut being adapted to conform to that of said receptacle, a receptacle for loose-weighting material fitted in said member, and a collar adjustably movable on said member and adapted to enter said receptacle and having its outer surface conform to that of the latter.

8. In an exercising device of the character stated, a receptacle for loose-weighting material, the same having an inlet opening in the wall thereof, and a slot leading from said opening, and a cap adapted to close said opening and having a locking tongue projecting from the periphery of said cap and adapted to pass through said slot to the inner side of said wall with which it engages.

9. In an exercising device of the character stated, a receptacle for loose-weighting material, the same having an inlet opening in the wall thereof, and a slot leading from said opening, a cap adapted to close said opening and having a locking tongue projecting from the periphery of said cap and adapted to pass through said slot to the inner side of said wall with which it engages, and a resilient device adapted to be seated on the wall of said opening and bear outwardly against said cap.

10. In an exercising device of the character stated, a shell adapted to receive loose weighting material, a rod within said shell adapted to pass through openings therein, and means on said rod adapted to close said

openings from within the shell to prevent the escape of said material from the latter on removal of said rod.

11. In an exercising device of the character named, a receptacle for loose weighting material, separate weight plates, a carrier for said receptacle and plates, and tightening devices, said shell and plates having coincident recesses adapted to receive interchangeably said tightening devices.

12. In an exercising device of the character stated, a receptacle for loose-weighting material, the same being substantially hemispherical and having a recess in its exterior surface, a carrier passed through said receptacle, and a collar adjustably fitted on said carrier and adapted to enter said recess, the outer surface of said collar being adapted to conform to that of said receptacle.

13. In an exercising device of the character stated, a receptacle for loose-weighting material, the same being substantially hemispherical, an inlet in the wall of said receptacle, and a closure for said inlet, the outer surface of said closure being adapted to conform to that of said receptacle.

14. In an exercising device of the character stated, a receptacle for loose-weighting material, the same having openings in opposite places, a carrier in said receptacle passing through said openings, and a sleeve within said receptacle extending from one opening to the other and inclosing said carrier and adapted to place said openings out of communication from within the receptacle.

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Witnesses:
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