July 11, 1933. R. A. WOOD 1,917,566

EXERCISING BELL

Original Filed Aug. 6, 1928

Fig. 1

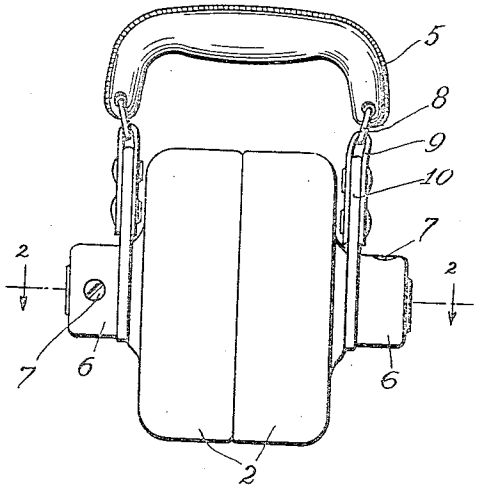


Fig. 2

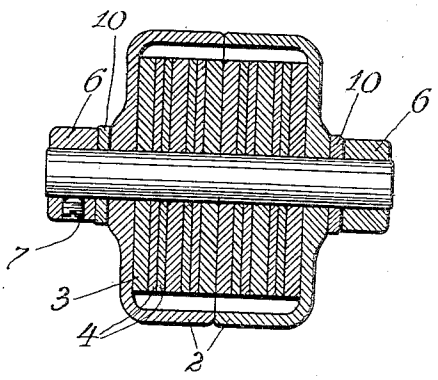


Fig. 3

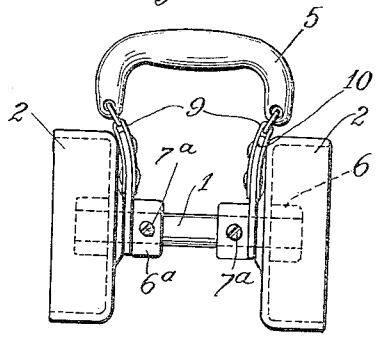


Fig. 4

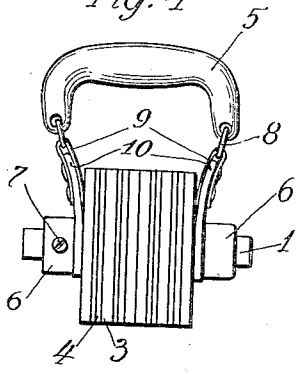


Fig. 5

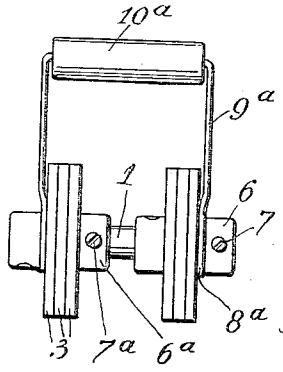
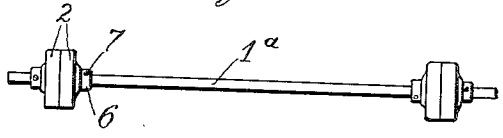


Fig. 6



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UNITED STATES PATENT OFFICE

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EXERCISING BELL

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This invention relates to devices for use in physical culture exercises, and more particularly to what is commonly termed a bell.

In physical culture exercises, the weights used in performing different exercises vary within wide limits. Also, different persons should use different weights in performing the same exercise, the weight used depending largely upon the physical condition of the particular person taking instructions. To meet these various conditions, it is the present practice to provide, in gymnasiums and similar establishments, a plurality of bells of different weights. This is objectionable as requiring duplication of equipment and frequently necessitates keeping on hand a large number of bells which are seldom used.

These objections can be avoided by providing a bell, the weight of which can be readily varied within wide limits, this bell being capable of use either as a hand or foot bell, or as a bar bell.

One of the main objects of my invention is to provide a bell of the character stated of inexpensive construction having readily removable weight members, by means of which the effective weight of the bell can be varied within wide limits. A further object is to provide a bell which is free of objectionable projections and in which the weight is uniformly distributed.

Further objects and advantages of my invention will appear from the detailed description.

In the drawing:—

Fig. 1 is an elevation of a bell constructed in accordance with my invention, in full assembled condition;

Fig. 2 is a section taken substantially on line 2—2 of Fig. 1;

Fig. 3 is an elevation of the bell assembled with the cup members only for weights;

Fig. 4 is an elevation of the bell showing the discs as used for weights, the cup members being omitted;

Fig. 5 is an elevation of the bell showing a modified form of handle, assembled with several of the discs at each end of the bell structure, the cup members being omitted;

Fig. 6 is an elevation of a bar bell constructed in accordance with my invention;

A bell constructed in accordance with my invention comprises a bar 1, cup members 2, discs 3 and 4, a handle 5, and stop collars 6. These collars are secured on bar 1 by set screws 7. The handle 5 is provided at each end with a link 8 through which passes a loop 9 secured to an attaching member 10 in the form of a suitable length of leather. This member 10 is provided at its lower end with an opening which receives the bar 1, and the lower end portions of the attaching members are confined between the collars 6 and the outer ends of the cup members 2. When the bell is completely assembled, as in Figs. 1 and 2, the cup members 2 are disposed about and enclose the discs 3 and 4, the inner open ends of the members 2 being in contact and the heads of these members contacting with the outer ends of the discs so as to confine them against undesirable looseness or play upon the bar 1. The collars 6 and the lower portion of the attaching members 10 provide stop means which effectively prevent movement of the cup members away from each other. The bell, thus constructed, is of neat appearance, is free of all objectionable projections, and has its weight uniformly distributed. When all of the discs 3 and 4 are mounted on the bar 1 and enclosed in the cup members 2, as in Figs. 1 and 2, a bell of maximum weight, adapted for use by an athlete accustomed to handling heavy weights, is provided. This bell may be used as a hand bell by grasping the handle 5, or it may be used as a foot bell by inserting the toe portion of the foot through the handle, and it is thus adapted for various exercises.

In Fig. 3 I have shown the bell assembled with the discs omitted, the cup members 2 being mounted upon the ends of the bar 1 and held against endwise movement by stop collars, 6 and 6*a* secured to the bar by set screws 7*a*. In this form the cup members 2 are disposed with their open ends outwardly, and at each end of the bar 2, so that the weight is equally distributed upon the bar. This provides a bell of light weight adapted for

use by beginners or by persons not physically strong, as elderly persons or children.

In Fig. 4 a plurality of discs 3 and 4 are mounted upon the bar 1 and are held against endwise movement thereon by the stop collars 6. This provides a bell of much greater weight than the form disclosed in Fig. 3, but of less weight than the completely assembled bell illustrated in Figs. 1 and 2.

In Fig. 5 I have illustrated a form of bell in which three discs 3 are mounted upon the bar 1 adjacent each end thereof and confined between collars 6*a* and loops 8*a* at the lower ends of the arms of a wire bail 9*a* about the bight portion of which is disposed a wooden handle or hand grip 10*a*. Loops 8*a* are confined between the outermost discs 3 and stop collars 6 secured upon the ends of bar 1. This provides a bell of somewhat heavier weight than the bell of Fig. 3, but of appreciably lighter weight than the bell of Fig. 4.

As will be noted more clearly from Figs. 2 and 4, the discs 4 are of approximately one-half the thickness of the discs 3, and all of these discs are of the same diameter. By employing discs of different thicknesses and combining these discs with each other and with the cup members 2 in different ways, it is possible to obtain a very wide range in weight values so that the bell can be quickly and easily adjusted to suit the requirements or physical condition of the individual who is to use the bell. It is also possible, by this construction, to readily vary the weight of the bell for different exercises.

In Fig. 6 I have shown my invention as applied to a bar bell. In this construction I employ a relatively long bar 1*a*, and adjacent each end of this bar I mount the cup members 2 and associated discs 3 and 4 in the same manner as these members are mounted on the bar 1 in Figs. 1 and 2. By using one complete set of discs 3 and 4 with each pair of cup members 2, a bar bell of maximum weight, adapted for use by athletes accustomed to handling heavy weights, is produced. By varying the arrangement and combinations of the discs and cup members 2, as above set forth, a bar bell of practically any desired weight can be readily produced. In my construction it is possible to produce either a hand or a foot bell, or a bar bell of practically any desired weight, and this can be quickly accomplished by altering the number of discs on the bar, as above set forth.

A bell constructed in accordance with my invention is capable of universal use in any gymnasium, as it can be quickly adapted for the different exercises to be performed, and it is not necessary to provide in the gymnasium a large number of bells of different weights. In this manner my bell effects a very material saving in gymnasium equipment, since it avoids duplication, and it is necessary to keep on hand only a proper number of bells to accommodate the patrons of the gymnasium. This bell is also particularly well adapted for home use, due to the fact that it can be readily varied in weight to suit the physical condition of the user and the particular exercise to be performed. The bell, as a whole, can be readily produced at relatively low cost, presents a neat and attractive appearance, assures proper distribution of the weight, and is free of all objectionable projections.

What I claim is:—

1. In a device of the character described, a bar, a plurality of discs having central openings receiving the bar, stop collars adjustably and removably secured on the bar, and a handle having attaching members receiving the bar and confined between said collars and the discs.

2. In a device of the character described, a bar, a pair of cup members loosely mounted on the bar with their open ends in contact, stop members removably secured on the bar, and a handle having attaching members receiving the bar and confined between said stop members and the outer ends of the cup members.

3. In a device of the character described, a bar, a pair of cup members loosely mounted on the bar with their open ends in contact, said cup members being cylindrical and free of radial projections and of equal exterior diameter, stop members removably mounted on the bar, and a handle having attaching members receiving the bar and confined between said stop members and the outer ends of the cup members.

4. In a device of the character described, a bar, a pair of cup members loosely mounted on the bar with their open ends in contact, said cup members being cylindrical and free of radial projections and of equal exterior diameter, stop members removably mounted on the bar, a handle having attaching members receiving the bar and confined between said stop members and the outer ends of the cup members, and weight discs loose on the bar and confined within the cup members.

In witness whereof, I hereunto subscribe my name this 3rd day of August, A. D., 1928.

ROBERT ALFRED WOOD.