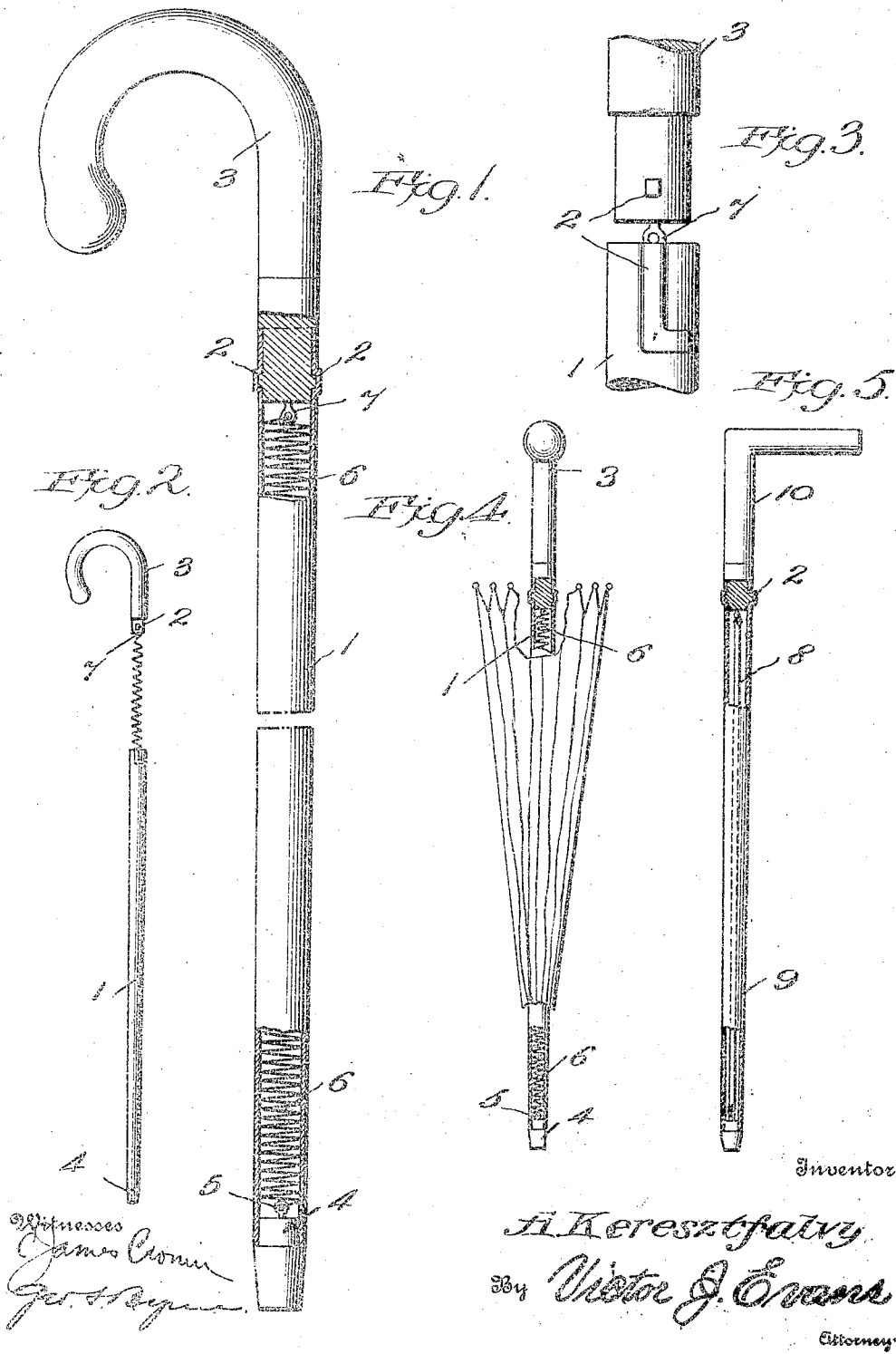


A. KERESZTFALVY.
EXERCISING STICK.
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1,077,836.

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UNITED STATES PATENT OFFICE.

ANTON KERESZTFALVY, OF NEW YORK, N. Y.

EXERCISING-STICK.

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Specification of Letters Patent.

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Application filed March 21, 1913. Serial No. 755,965.

To all whom it may concern:

Be it known that I, ANTON KERESZTFALVY, a subject of the King of Hungary, residing at New York city, in the county of New York and State of New York, have invented new and useful Improvements in Exercising-Sticks, of which the following is a specification.

The invention relates to exercising sticks, and has for its object to provide a portable device of this character that may be carried by a person and used when desired, to perform various exercises.

Another object of the invention is to provide a simple, efficient and inexpensive device that may have the appearance of an ordinary walking stick or umbrella.

To these ends the invention consists in the novel details of construction and combination of parts more fully hereinafter described and particularly pointed out in the claim.

Referring to the accompanying drawings forming a part of this specification in which like numerals designate like parts in all the views:—Figure 1 is a side elevational view of my improved exercising stick, with parts shown broken away for the sake of clearness. Fig. 2 is a side elevational view showing the handle and body portion separated. Fig. 3 is an enlarged detail side elevational view of the bayonet joint for locking the handle and body portions together, with the parts shown in their separated positions. Fig. 4 is a modified form of my improved exercising stick shown forming part of an umbrella. Fig. 5 is another modified form of stick showing an elastic spring.

My improved exercising stick comprises a tubular body portion 1, on one end of which is snugly fitted and detachably secured thereto by means of opposed bayonet joint connections 2, a handle 3. Rigidly secured to the opposite end of the tubular body portion 1 is a ferrule 4, to the inner end of which is secured an eyelet 5 for receiving one end of a coil spring 6, the other end of which is secured to an eyelet 7 mounted on the inner end of the handle 3. The coil spring snugly fits within the tube and forms a resilient connection between the handle and body portion of the stick, whereby, when the parts are separated during the

act of exercising, they may be returned to their initial position through the action of the spring.

In the modification shown in Fig. 5 the coil spring is eliminated and an elastic 8 is mounted within the tubular body 9 and yieldingly connects the body to the handle 10, as shown.

In the use of my improved exercising stick the handle is grasped in one hand and the body of the stick is grasped in the other hand and after the handle has been separated or unlocked from the upper end of the body, the parts are separated or pulled outward from each other against the resistance of the yielding force. When the pull is relieved, the parts through their resilient connection, will be returned to their inner or initial position ready for a subsequent operation. By the continuous operation as just described numerous exercises may be accomplished in various sorts of ways and a user may become very proficient and artistic with the exercising stick and thereby derive great benefits by its use.

It is obvious that those skilled in the art may vary the details of construction and arrangements of parts without departing from the spirit of my invention and therefore I do not wish to be limited to such features except as may be required by the claim.

What is claimed as new is:

An exercising stick comprising a tubular body, a longitudinally extensible elastic member located in the body and secured at one end to one end of the same and substantially traversing the length of the body when in a retracted condition, and a handle connected with the other end of the member, there being means for detachably connecting the handle with the body, said handle and body when spaced from each other and while connected with each other through the medium of said member being free for universal movement with relation to each other.

In testimony whereof I affix my signature in presence of two witnesses.

ANTON KERESZTFALVY.

Witnesses:

M. E. LAUGHLIN.
GEO. A. BYRNE.