No. 632,114. Patented Aug. 29, 1899.

A. A. HENDRICKSON.

EXERCISING DEVICE.

(Application filed June 6, 1899.)

(No Model.)

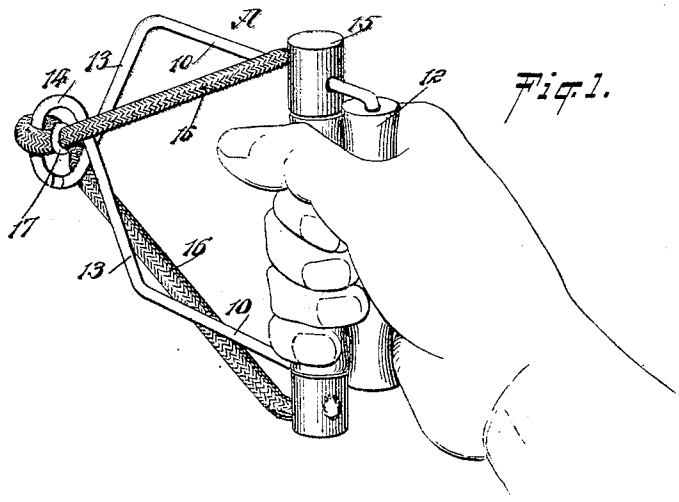


Fig. 1.

Fig. 2.

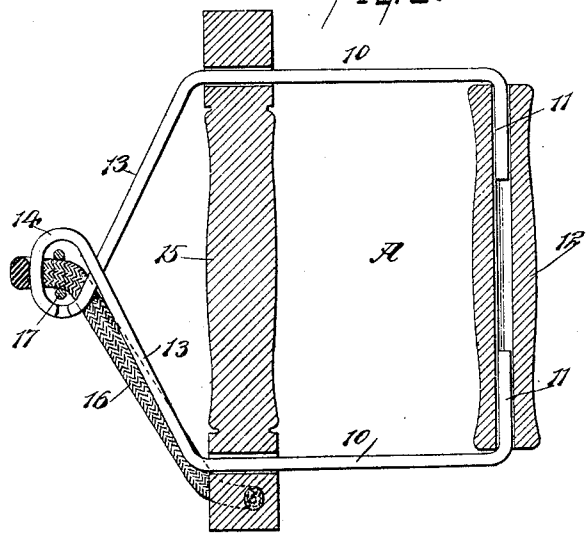
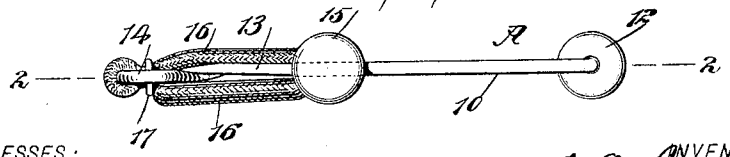


Fig. 3.



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EXERCISING DEVICE.

SPECIFICATION forming part of Letters Patent No. 632,114, dated August 29, 1899.

Application filed June 6, 1899. Serial No. 719,562. (No model.)

To all whom it may concern:

Be it known that I, ABRAM ALLAN HENDRICKSON, of the city of New York, (Jamaica,) borough of Queens, in the county of Queens and State of New York, have invented a new and Improved Exercising Device, of which the following is a full, clear, and exact description.

The object of the invention is to provide a simple, economic, and effective device especially adapted for developing the muscles of the fingers, hand, wrist, and forearm.

A further object of the invention is to provide a device of the character described that may be utilized as a handle for either weight or elastic exercising-machines, thus providing a means for developing muscles not brought into play when the ordinary handles are used.

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

Reference is to be had to the accompanying drawings, forming a part of this specification, in which similar characters of reference indicate corresponding parts in all the figures.

Figure 1 is a perspective view of the improved device, illustrating the manner in which it is used. Fig. 2 is a horizontal section through the device, the section being taken on the line 2 2 of Fig. 3; and Fig. 3 is an end view of the device.

The body of the device is in the nature of a frame or handle A, consisting of side bars 10, preferably parallel and provided at their inner or base portions with inwardly-bent and opposing terminals 11, upon which terminals a roller 12 is mounted adapted to be held in the palm of the hand and forming a portion of the complete frame. Outer or front bars 13 are connected with the outer end portions of the side bars 10, and these front bars 13 extend outwardly in direction of and across one another, forming a loop 14 in crossing. The loop 14 is advantageously located when a line drawn through the center of the frame or handle passes through the center of the loop. Preferably the side bars 10, front bars 13, and loop 14 are made from one piece of wire of suitable gage, and while the use of the roller 12 is preferred a stationary palm-grip of any desired character may be substituted.

A bar 15, adapted to be gripped by the fingers of the hand, is mounted to slide upon the side members of the frame or handle A to and from the base or inner end of the frame or handle, as shown in Fig. 2.

An elastic 16, which may be a plain rubber strap, a tape, or a cord, is employed in connection with the movable finger-bar. This elastic is secured between its ends at the loop 14 by a clamp 17 or its equivalent, or if the loop 14 be omitted the elastic 16 is secured to the central portion of the outer end of the handle or frame. The ends of the elastic are attached to the finger-bar 15 at or near its extremities, the attachment of the elastic being made at opposite sides of the finger-bar, as shown in Figs. 1 and 3. By thus attaching the elastic 16 to opposite sides of the finger-bar at its ends no matter how the finger-bar is grasped when it is to be drawn toward the base-bar or roller 12 against the tension of the elastic the finger-bar will always move parallel with the roller 12, and consequently will not bind against its guides 10.

In operation the roller 12 or base-bar of the frame A is held in the palm of the hand by the thumb and the fingers of the hand are passed over the outer surface of the sliding bar 15. The sliding bar is then drawn toward or to the roller 12 through the act of closing the hand, and this movement is followed by that of opening the hand without releasing the device, whereupon the elastic will quickly draw the finger-bar to its normal position.

The loop 14 enables the device to be attached to the terminals of any weight or elastic exercising-machine and to serve as handles therefor. When so employed, it is evident that the muscles of the wrist, fingers, and forearm may be exercised simultaneously with the muscles of the body.

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

1. An exercising-machine adapted to be held and supported in a person's hand and

comprising a frame complete in itself, and a tension-controlled bar mounted to slide on the frame, for the purpose described.

2. An exercising-machine, consisting of a frame, a finger-bar having sliding movement upon the side members of said frame, to and from the base member, and an elastic connected with the finger-bar at each side of the center, said elastic between its ends being connected with the frame, for the purpose described.

3. In an exercising-machine, a frame provided with a roller adapted to be held in the palm of the hand, and a tension-controlled bar adapted to be gripped by the fingers, and having guided movement on the frame to and from the said roller, for the purpose described.

4. An exercising-machine, consisting of a frame, comprising a part to be held in the palm of the hand, a bar mounted to slide upon the frame, and an elastic connected between its ends to the frame and having its ends secured to the said bar at opposite sides thereof, for the purpose described.

5. An exercising-machine, consisting of a handle having a roller-section adapted to be held in the palm of the hand, a bar adapted to be grasped by the fingers and mounted to slide upon the side members of the handle to and from the roller, and an elastic connected with the frame at the central portion of its forward or outer end, the ends of said elastic being secured to the sliding bar at opposite sides of said bar near its ends, whereby the said sliding bar will not bind against its guides.

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