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EXERCISING DEVICE

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Fig 1

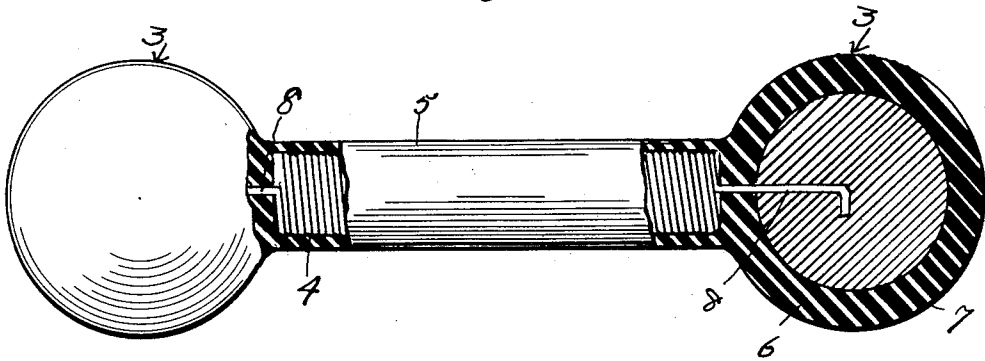
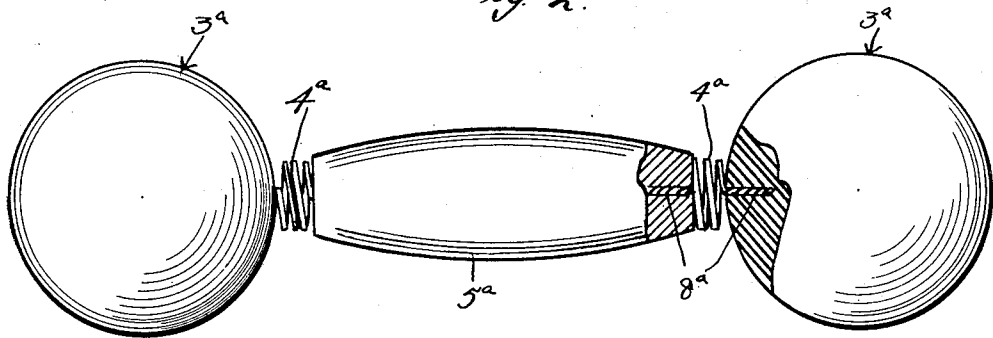


Fig 2.



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EXERCISING DEVICE

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My invention relates to new and useful improvements in an exercising device, and has for one of its objects to provide a spring bell in contradistinction to the ordinary dumb-bell.

Another object of the invention is to connect the weights or balls to the handle by springs in order that said weights will vibrate when the device is used for exercising purposes.

A further object of the invention is to provide for resiliently mounting weights on the ends of a handle.

A still further object of my invention is to construct an exercising device of a spring constituting a handle with weights attached to the ends thereof, and either the spring or weights or both may be enclosed in a covering or jacket of rubber or other suitable material.

With these and other ends in view, this invention consists in the details of construction and combination of elements hereinafter set forth and then specifically designated by the claims.

In order that those skilled in the art to which this invention appertains may understand how to make and use the same, I will describe its construction in detail, referring by numerals to the accompanying drawing forming a part of this application, in which:

Fig. 1 is a view partly in elevation and partly in section illustrating one structure for carrying out my invention.

Fig. 2 is a similar view of another form.

One of the simplest forms of the invention is to attach a ball or weight 3 of any desirable configuration to both ends of a closely wound coil spring 4 which constitutes the handle of the exercising device or spring bell, and if found desirable the body of the spring may be enclosed in a cover or jacket 5 of suitable material, which is resilient, at least adjacent the balls or weights so that the latter may vibrate relative to the body of the spring which is utilized as the handle. From this it will be obvious that the central portion or hand hold part of the covering or jacket can be rigid while the ends are resilient. Apparently the central part of

the jacket can be of tubular metal, wood, hard rubber or any suitable composition while the ends might be metallic hose, rubber tubing, leather or textile fabric.

The balls or weights may be wood, metal, hard, semi-hard or soft rubber, or combinations of several materials, and as illustrated in Fig. 1, both of the balls consist of a metal core 6 and a covering or jacket 7 of rubber or composition. Where the balls are made of jacketed metal, the terminals 8 of the spring may be cast in the metal cores and the jacket then molded or otherwise placed about the cores, and where both the spring and weight jackets are of the same moldable material they may be molded at one and the same time so as to form an integral covering for the entire device, but if they are of two different grades of rubber they may be assembled at different periods during the course of manufacture and then vulcanized to each other.

In Fig. 2, I have illustrated a modification in order to more fully disclose the scope of my invention, and in this form of the device a handle 5a is provided which may be of suitable configuration, and the balls or weights 3a are attached to the bar or handle 5a by springs 4a, each of which is relatively short and secured to one end of the handle and to one of the weights or balls.

If the handle and balls are of moldable material, they can be molded about the terminals 8a of the springs or said terminals may be threaded and screwed into the ends of the handle and the balls when said handle and balls are of such material that will permit the use of a screw thread.

Where the parts are of metal or hard rubber, the threads can be tapped, but if of wood, the terminals can be screwed therein after the manner of any wood screw.

Each of the short springs 4a can be enclosed in a covering or jacket as will be obvious from the illustration in Fig. 1, and such covering or jacket might completely cover the solid or rigid handle 5a or just overlap the ends thereof.

Other combinations can be produced from the parts herein shown due to their inter-

changeability, and other resilient elements might be utilized as substitutes or equivalents of the springs since the gist of the invention is to provide an exercising device in
5 which the balls or weights are resiliently connected to a handle so that during exercising movements, the balls will vibrate and thus impart a shaking motion to the arms and body of the user, which is highly beneficial to the muscles for strengthening the
10 same, reducing globules of fat surrounding the muscles and tissue of the body and assisting in the cure of certain bodily ailments.

Of course I do not wish to be limited to the exact details of construction as herein shown, as these may be varied within the limits of the appended claims without departing from the spirit of my invention.

15 Having thus described my invention, what I claim as new and useful is:—

1. An exercising device comprising a handle, and a weight resiliently connected to each end of said handle for swinging movements.

25 2. An exercising device consisting of a handle, weights, and means to resiliently connect the weights with the ends of the handle to permit universal swinging movements of said weights.
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3. An exercising device consisting of a handle, a pair of weights, and resilient means connected to the ends of the handle and to the weights.

4. An exercising device comprising a spring constituting a handle and weights secured to the ends thereof. 70

5. The structure set forth in claim 4, in combination with a cover enclosing the spring. 75

6. An exercising device consisting of a closely wound coil spring, weights secured to the ends of said spring, and a flexible jacket surrounding said spring.

7. An exercising device comprising a spring, weights secured to the terminals of said spring, and a covering enclosing said weights and spring. 80

8. An exercising device consisting of a handle, resilient means secured to each end of said handle, and a weight secured to each of the resilient means. 85

9. An exercising device consisting of a handle, a short spring secured to each end of the handle, and a weight secured to each of said springs. 90

In testimony whereof, I have hereunto affixed my signature.

PURNELL W. SMITH. 95

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