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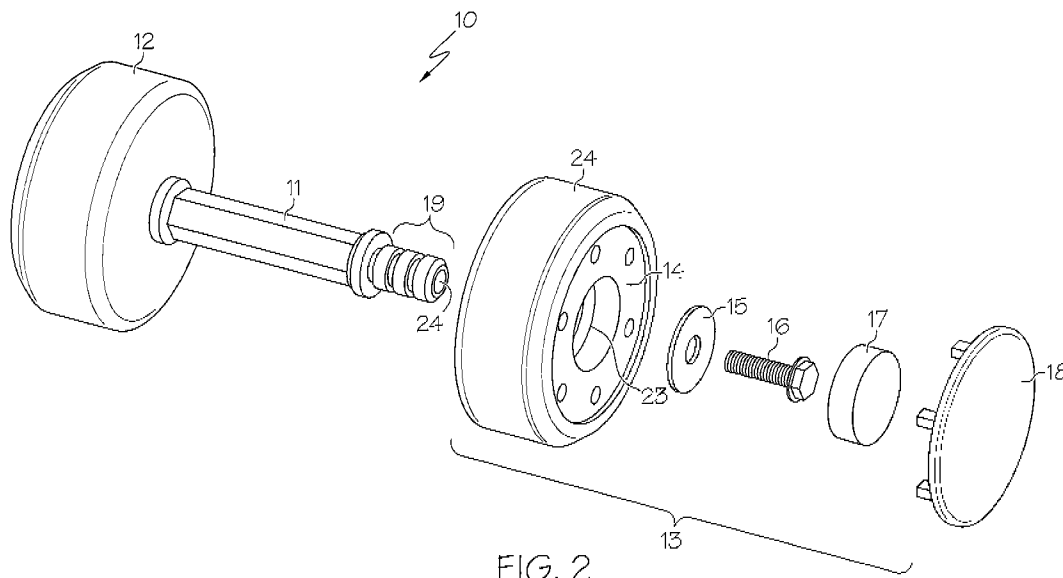
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(57) Abstract: An exercise device used to provide resistance to the contraction of a muscle during weight lifting. The exercise device consists of a handle with two weighted members connected on opposing ends of the handle. The weighted members are connected through a press fit manufacturing technique. Each opposing end of the handle has at least one channel about the periphery of the handle ends that is used to collect metal shavings generated during the press fit manufacturing process. By collecting the metal shavings, a connection that not only has a tight tolerance, but also has few imperfections at the interface between the flushed surfaces is created.



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INTERNATIONAL SEARCH REPORT

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B. FIELDS SEARCHED Minimum documentation searched (classification system followed by classification symbols) IPC(8) - A63B 21/06, 21/072, 21/075; B23P 11/00; E21B 17/02, 17/04, 17/043; F16B 17/00, 21/00, 21/16; F16D 1/06 (2008.04) USPC - 24/580.11, 581, 590; 29/525; 403/83, 104, 106, 107, 259, 282, 356, 359.6; 482/93, 94, 98, 106, 107, 108, 109; D21/681 Documentation searched other than minimum documentation to the extent that such documents are included in the fields searched Electronic data base consulted during the international search (name of data base and, where practicable, search terms used) PatBase		
C. DOCUMENTS CONSIDERED TO BE RELEVANT		
Category*	Citation of document, with indication, where appropriate, of the relevant passages	Relevant to claim No.
Y	US 7,048,678 B2 (HARMS et al) 23 May 2006 (23.05.2006) entire document	1-15
Y	US 4,886,392 A (IIO) 12 December 1989 (12.12.1989) entire document	1-15
Y	US 4,579,337 A (UYEDA) 01 April 1986 (01.04.1986) entire document	6, 7, 14, 15
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Name and mailing address of the ISA/US Mail Stop PCT, Attn: ISA/US, Commissioner for Patents P.O. Box 1450, Alexandria, Virginia 22313-1450 Facsimile No. 571-273-3201		Authorized officer: Blaine R. Copenheaver PCT Helpdesk: 571-272-4300 PCT OSP: 571-272-7774