Feb. 27, 1962 J. B. HESS 3,023,000

EXERCISING DEVICE AND TOY

Filed March 3, 1959

FIG. 1.

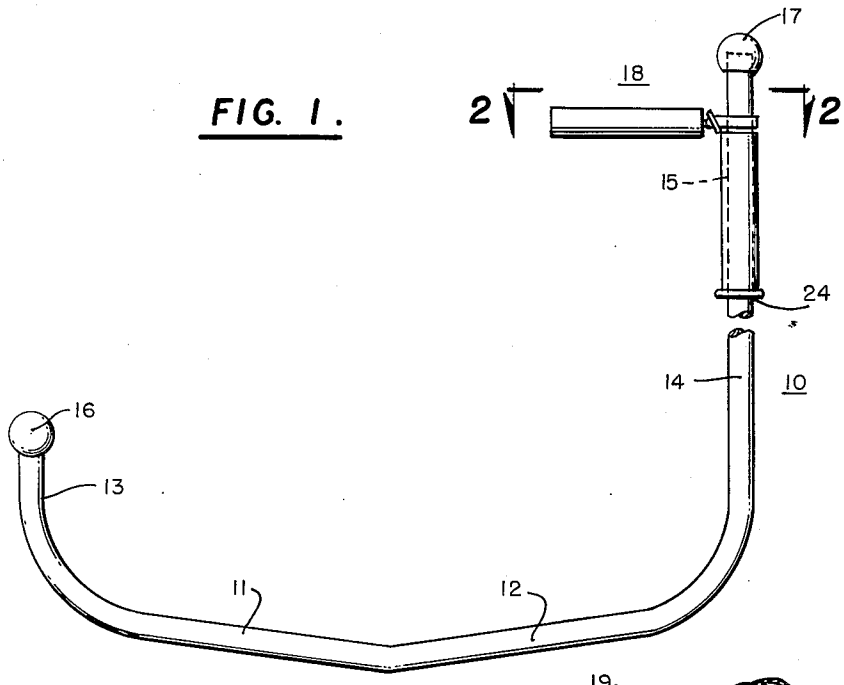


FIG. 2.

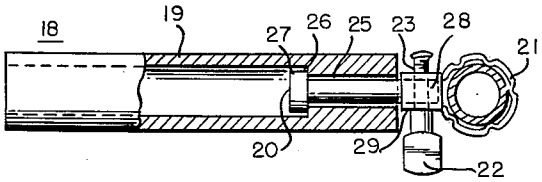


FIG. 3.

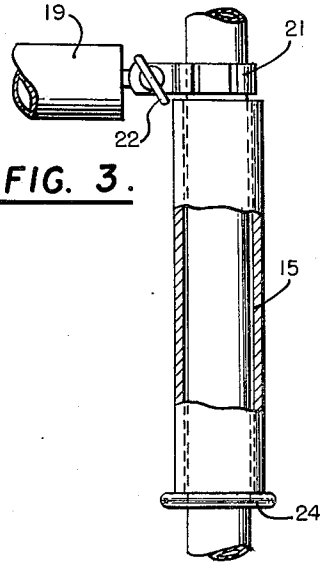
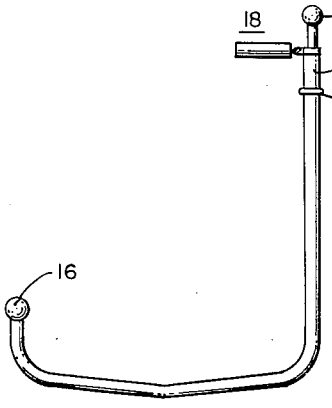


FIG. 4.



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EXERCISING DEVICE AND TOY

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This invention relates to a device which is useful both as a plaything for children and as an exerciser for people of all ages. Ordinarily, a toy which children find attractive and which is of the type requiring physical exercise for its proper enjoyment, is not also suitable as an exercising device for adults. However, the device of this invention is an exception to this, in that its use has been found to be popular among people of all ages, not only because of the enjoyment afforded by its use but also because of the beneficial result in the way of healthful physical exercise accruing therefrom.

The combined exercising device and toy of this invention comprises a generally L-shaped member, preferably formed of a semi-flexible material and having, adjacent the upper end of the longer leg of the L, means which will permit rotation of the L-shaped member about either of two mutually perpendicular axes.

Accordingly, an object of this invention is to provide a combined exercising device and toy having utility to persons of all ages.

Another object of this invention is to provide a device of this general nature comprising a generally L-shaped member having a rotatable holding means substantially at the end of the longer leg of said L-shaped member and being effective to permit rotation of said member about either of two mutually perpendicular axes.

The combined exercising device and toy of this invention is shown in the accompanying drawing in which:

FIG. 1 is a diagrammatic view of the device of this invention.

FIG. 2 is a sectional view taken along the line 2—2 of FIG. 1 and showing the handle in detail.

FIG. 3 is a further detailed view of the handle shown in FIG. 1; and

FIG. 4 is a general view showing the device of this invention.

The member 10 is, as shown in FIG. 1, formed in a generally L shape. The bottom portion is shown as being formed of the two relatively straight portions 11 and 12 which intersect at an angle deviating only slightly from a straight angle. The member 10 is further modified from a strict L shape by extending the bottom part 11 in a curving manner so that there is a portion 13 which is generally parallel to the straight portion 14 which has the handle 15 attached thereto at one end. Moreover, the transition from the portions 11 and 12 to the portions 13 and 14, respectively, which are at right angles thereto, is effected in a gradually curving manner rather than abruptly.

The L-shaped member 10 may be formed of any suitable lightweight material, preferably of a semi-flexible nature; and may for example be fabricated of polyethylene plastic. At the ends of the member 10 there are spherical members 16 and 17 respectively. These ball-like members, and in particular the member 16, act as protective means to one using the device, as will subsequently become clear; and also act as decorative parts.

At or near the end of the portion 14 of the L-shaped member 10 there is attached a handle 18 which is shown in greater detail in FIGS. 2 and 3. This handle 18 is formed of an outer cylindrical grip 19, as shown in FIG. 2, having a hollow core of relatively large diameter extending over most of the length thereof but having a smaller bore 25 over a portion of its length at one end so as to form a shoulder 26. A rod-like member 20 fits into the grip member and has a diameter that permits an easy sliding fit within the smaller diameter portion 25 of the

grip 19. This member 20 has an enlarged end portion 27 which abuts the shoulder in the grip 19, and also has a hole 28 passing therethrough at its other end which is transverse to the axis of this rod-like member 20.

A clamp 21 is also provided, and this is formed of a strip of sheet metal, being of generally circular configuration so as to fit snugly about the portion 14 of the L-shaped member 10. The end portions 23 and 29 of this clamp are substantially parallel and holes are formed in these two end portions. As a result, it is possible to pass a bolt 22 through these holes and also through the hole in member 20. Threads may be provided in the hole 23 in the clamp 21, and this permits the threading of the bolt 22 securely into the threaded hole of the clamp 21 so as to provide a positive engagement between the rod-like member 20 and the clamp 21. If desired, the threaded portion of the bolt 22 may be made just long enough so as to protrude slightly beyond the hole 23 in which event the ends of the bolt may be peened over so as to provide a permanent assembly and make it impossible for the bolt 22 to be easily removed.

Alternatively, the threaded portion of the bolt 22 may be made longer and a locknut threaded on such portion. As shown, the circular portion of the clamp 21 may be formed with corrugations, as shown in FIG. 2, so as to provide a tightly clamping action about the portion 14 of the L-shaped member 10. The end of the bolt 22 may be provided with a flat end portion, as shown, so as to enable one to readily exert a turning force thereon with the fingers.

Just below the handle 18 is a sleeve 15 whose inner diameter is such as to provide an easy sliding fit over the portion 14. Just below this sleeve 15 is rubber grommet 24 which fits tightly about the member 14 and acts as a stop to prevent the sleeve 15 from sliding down the portion 14 in normal use of the device.

It is contemplated that, in use, the exercise device of this invention will be grasped by the handle 18 and that the handle 18 will be held in a horizontal position by its user while the L-shaped member is revolved about the axis of the handle 18. When used in this manner, the user will obviously be required to skip over the portions 11 and 12 for each revolution so that its effect will be somewhat akin to a jump rope when used in this way.

Alternatively, the handle portion 18 may be held vertically and the member 10 then swiftly revolved about the vertical axis so as to revolve circularly about the person who is using it. It may additionally be used by grasping the sleeve 15 and holding this portion in a vertical direction while revolving the L-shaped member 10. When this is done, with the portions 11 and 12 toward the bottom, it may be used in such a way that the user is again required to jump or skip over such portions for each revolution of the device. As a further alternative method of use, the handle 18 may be revolved 180° from the position shown in FIGS. 1 and 4. Of course, clamp 21 is first loosened in order to do this and then retightened when the handle is in the desired new position. It will be obvious that the device of this invention can then be readily manipulated by one person in such a way as to provide exercise and amusement for a companion. Thus, the bottom portions 11 and 12 may then be revolved by the operator so that the nearby companion is required to jump over such bottom portion for each revolution. It is obvious from the structure shown that various other ways of using the device will readily become apparent to one owning it.

Other modifications, adaptations and alterations may obviously be made to the specific form of the invention shown, without departing from the spirit or scope thereof.

What I claim is:

1. A hand-held exercising device and toy comprising, a generally L-shaped member, a first handle means for said

member comprising a sleeve rotatably fitting about said L-shaped member adjacent the end of its longer leg, a second handle means for said L-shaped member including an axial member affixed to and protruding at substantially right angles from said L-shaped member adjacent said first handle means and including also a rod member rotatably affixed to and coaxial with said axial member.

2. The device of claim 1 wherein said axial member is generally parallel to the shorter leg of said L-shaped member.

3. The device of claim 1 in which said axial member is rotatably adjustable substantially only in a plane perpendicular to said longer leg of said L-shaped member

and said second handle means further includes clamping means for clamping said axial member to said L-shaped member in a desired position.

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