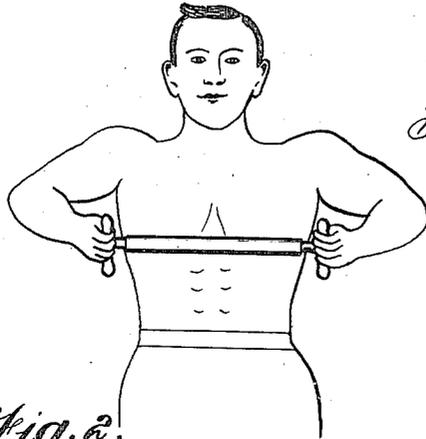


A. A. PONS.  
 EXERCISING APPARATUS.  
 APPLICATION FILED FEB. 20, 1911.

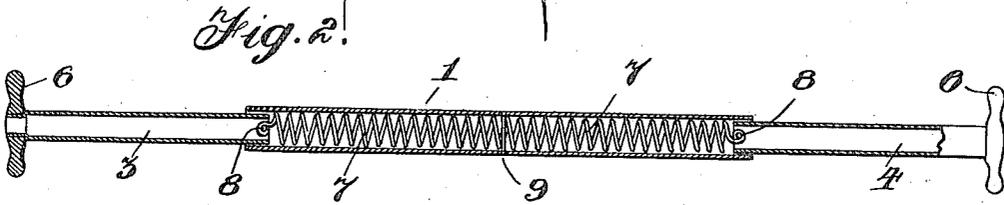
1,023,756.

Patented Apr. 16, 1912

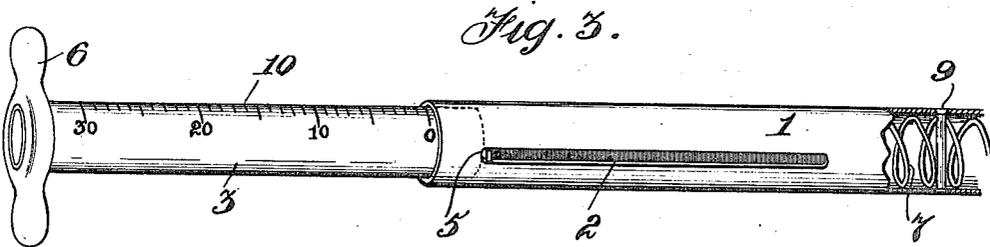
2 SHEETS-SHEET 1.



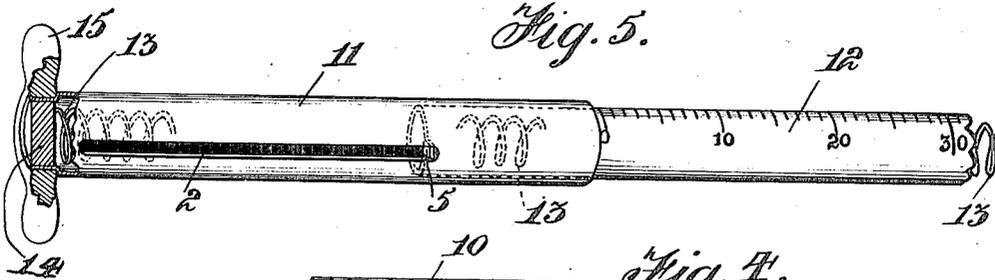
*Fig. 1.*



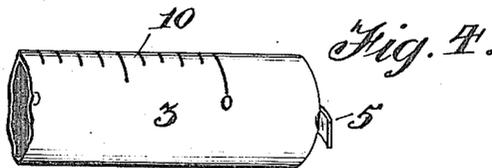
*Fig. 2.*



*Fig. 3.*



*Fig. 5.*



*Fig. 4.*

Witnesses  
*A. Davis.*  
*E. J. Gonzalez.*

Inventor  
*A. A. Pons.*  
*E. J. Ketter*  
 Attorney.

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2 SHEETS-SHEET 2.

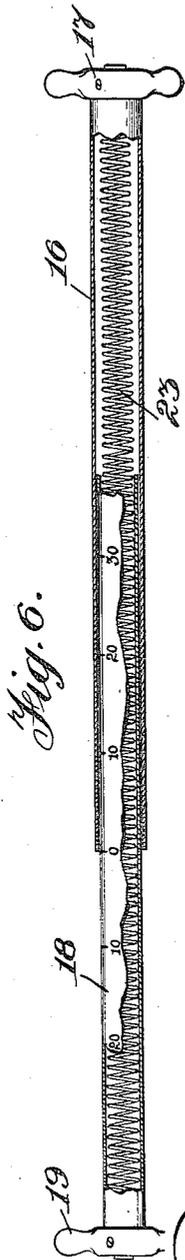


Fig. 6.

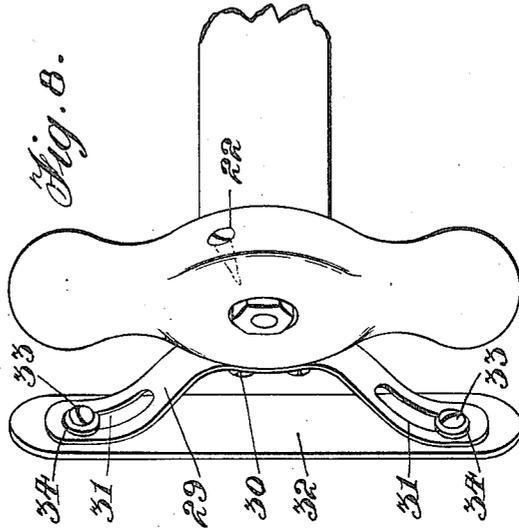


Fig. 8.

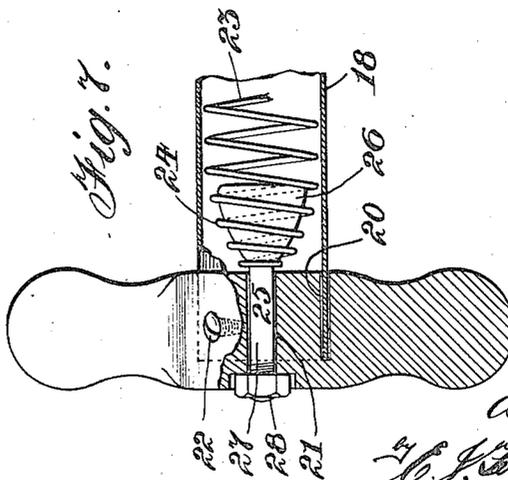


Fig. 7.

Witnesses  
*A. Davis.*  
*E. J. Gonzales.*

Inventor  
*A. A. Pons.*

*E. J. Kistner*  
 Attorney

# UNITED STATES PATENT OFFICE.

ARTHUR AUBRIOT PONS, OF NEW YORK, N. Y.

## EXERCISING APPARATUS.

1,023,756.

Specification of Letters Patent. Patented Apr. 16, 1912.

Application filed February 20, 1911. Serial No. 609,799.

*To all whom it may concern:*

Be it known that I, ARTHUR AUBRIOT PONS, a citizen of the United States of America, residing at Brooklyn, New York, in the State of New York, one of the United States of America, designer, have invented certain new and useful Improvements in Exercising Apparatus; and I do hereby declare that the following is a full, clear, and exact description of the same.

The invention relates to improvements in exercising apparatus as described in the present specification and illustrated in the accompanying drawings that form part of the same.

The invention consists essentially in the novel construction and arrangement of parts whereby spring controlled telescopic members are embodied in an exercising apparatus in a special manner more particularly described hereinafter.

The objects of the invention are to devise a portable exercising apparatus particularly for the development of the chest and arm muscles, suitable for both old and young persons by reason of the interchangeability of the resilient member and generally to provide an exercising apparatus to be operated by the hands and arms, simple in construction, cheap to manufacture, durable and interchangeable as to its parts.

In the accompanying drawings Figure 1 is a view of the apparatus in use. Fig. 2 is a longitudinal section through the apparatus showing one handle in elevation. Fig. 3 is an enlarged perspective view of one half the apparatus, a portion thereof being shown in section. Fig. 4 is a perspective detail of a tube end. Fig. 5 is a perspective view of one half of a modified form of the invention, a portion thereof being shown in section. Fig. 6 is an elevation, part section of another modified form of the invention. Fig. 7 is an enlarged sectional elevation of a handle end of the apparatus shown in Fig. 6. Fig. 8 is a perspective detail of a grip handle arrangement.

Like numerals of reference indicate corresponding parts in each figure.

Referring to the drawings and more particularly to the arrangement shown in Figs. 1 to 4, 1 is a tube having the slots 2 longitudinally arranged therein toward each end thereof.

3 and 4 are inner tubes of a diameter to nicely fit the inside of the outer tube 1 and

having a portion of their inner ends at all times within said outer tube.

5 are ears formed on the inner ends of the inner tubes 3 and 4 and bent outwardly therefrom into the slots 2 thereby preventing the said tubes 3 and 4 from rotating in the tube 1 but permitting them to slide therein.

6 are suitable handles rigidly secured to the outer ends of the tubes 3 and 4.

7 is a coiled spring snugly fitting within the outer tube 1 and connected at each end to a rivet 8 extending across the inner ends of the tubes 3 and 4. The said spring in the normal position of the parts as shown in Figs. 2 and 3 may be neutral or in a state of slight compression, but it will be seen that the outward movement of the inner tubes 3 and 4 is limited by the lugs 5 in the slots 2.

9 is a cross rivet extending transversely through the tube 1 and spring 7 midway of the length thereof and connecting said tube to said spring at this point.

10 are suitable graduations on the exterior of the inner tubes 3 and 4. The preferable arrangement of these graduations or markings is that shown in the drawings, commencing with zero at the terminations of the tube 1 and mounting up to, say 30 toward the handle ends of the inner tubes, the extremities of the outer tube 1 serving as pointers to said graduations, during the sliding of the tubes 3 and 4 within said outer tube.

In Fig. 5 a modified arrangement of the invention is shown and in this arrangement the handle tubes 11 slide over the middle tube 12, this being just the reverse arrangement to that shown in Figs. 1 to 4. A spring 13 extends the full length of the apparatus inside the tubes 11 and 12 and abuts at each of its ends a plug 14 secured in the outer end of each tube 11 said outer ends being rigidly secured to the handles 15. The slots 2 in this arrangement are longitudinally arranged in the handle tubes 11 and the middle tube 12 has an outwardly turned lug 5 at each end thereof engaging said slots 2. The graduations in this arrangement of the invention are on the exterior of the middle tube 12 and commence with zero at the inner extremities of the handle tubes 11 and mount up to say 30 at the center of said middle tube 12. The plugs 14 may be detachable so that the

spring 13 can be removed and a stronger or weaker one inserted as occasion may require.

The hereinbefore described arrangements of the invention are for an exercising apparatus in which the handles are grasped as shown in Fig. 1 and pressed inwardly, thereby sliding the tubes having the handles thereon inwardly but in Figs. 6 and 7 another arrangement is shown whereby the handles may be pressed inwardly or pulled outwardly as the user desires. In these figures 16 is an outer tube having a handle 17 rigidly secured thereto at the outer end thereof as hereinafter described. 18 is a tube sliding within said tube 16 and having approximately half its length normally contained within said tube 16. 19 is a handle rigidly secured to the outer end of the tube 18. The handles 17 and 19 are provided with annular recesses 20 into which are fitted the outer ends of the tubes 16 and 18 respectively, said tubes having an abutment at the ends of said recesses. 21 are orifices centrally arranged through said handles. 22 are screws extending radially into said handles and through orifices in the tube ends, thereby rigidly but detachably securing said handles to said tubes. 23 is a coiled spring extending from handle to handle within the tubes 16 and 18 and having ends 24. 25 are bolts each comprising a conical head 26 and a shank 27 said conical head engaging the converging end 24 of the spring 23, and said shank extending through the orifice 21 in the handle. 28 are nuts threaded onto the outer ends of the shanks 27 and detachably securing said bolts 25 and thereby the spring ends to the handles. If necessary to replace the spring 23 with a stronger or a weaker spring, this can readily be done by removing the screws 22 and the nuts 28 when the handles may be removed, the spring withdrawn and a new one carrying bolts 25 at its ends inserted in its place, the handles being then replaced exactly as before. In this form of the invention the graduations are on the tube 18 and commence with zero at the inner termination of the tube 16 in the normal position of the apparatus, and mount up on either side of said zero point to, say 30 as clearly shown in Fig. 6.

In Fig. 8, a grip handle is shown as a detachable feature to the handles of the apparatus. In this figure 29 is a limb spring secured to the handle by screws 30, said spring curving upwardly and outwardly each side the center and having slots 31 at its outer ends. 32 is a grip handle. 33 are pins inserted through the slots 31 and threaded into the grip handle 32. 34 are washers between the spring 29 and the heads of the pins 33. It will thus be seen that the grip handle is resiliently and detachably mounted onto the handle and may be uti-

lized to further develop the muscles by gripping tightly said handle against the resistance of the spring 29, while exercising with the apparatus.

In the use of this invention, the handles are grasped, one in each hand and a set of exercises may be performed by pressing inwardly on the handles against the compression resistance of the spring member or by pulling outwardly on said handles against the resistance of the spring member, according to which form of the apparatus is being used, but in any case the amount of compression or pull is visually indicated by a tube end in conjunction with the graduations on one of the tubes forming part of the apparatus.

An apparatus such as hereinbefore described is extremely interesting as a strength tester apart from its usefulness as an exercising apparatus.

It is obvious that the form of detachable handle shown in Fig. 7, and also the spring grip device shown in Fig. 8 are equally well applicable to the forms of the invention shown in Figs. 2 to 4 and in Fig. 5.

What I claim as my invention is:

1. In a device of the class described, a middle tube member, a pair of tubes telescopically arranged in relation thereto one at each end thereof, graduations suitably arranged on the exterior of certain of said tubes, handles on the outer ends of said pair of tubes and a coiled compression spring arranged within said tubes.

2. In a device of the class described, a hollow telescopic member, a pair of handles secured one at each extremity of said member, a helical compression spring within said member and means for detachably connecting each end of said spring to said handles.

3. In a device of the class described, a hollow telescopic member, means within said member for resiliently resisting the telescoping of said member, a pair of handles secured one at each extremity of said member and a spring grip device detachably secured to each of said handles.

4. In an exercising apparatus, an outer tube, a pair of tubes slidable one in each end of said outer tube and having graduations thereon, handles rigidly mounted on the outer ends of said pair of tubes, a coiled spring within said outer tube and connected at each end with the inner ends of said pair of tubes and a cross pin transversely through said outer tube and said spring intermediate of the length thereof.

5. In an exercising apparatus, inner and outer tube members the former slidable in the latter, handles each having an annular recess therein and a central orifice there-through, the outer ends of said tubes being secured in said recesses, a resilient member

within said tube members carrying a bolt at each end thereof said bolts being secured in said central orifices.

6. In an exercising apparatus, a plurality  
5 of slidable tube members, handles mounted  
one at each outer end thereof, resilient re-  
sisting means within said tube members,  
grip handle devices detachably mounted on  
said handles and each comprising a limb  
10 spring secured to said handle at its middle  
and upwardly and outwardly curved from

said middle and having longitudinal slots  
at its outer ends and a plate bridging said  
outer ends and secured thereto by pins slid-  
able in said slots.

Signed at 1840 Bath ave. Brooklyn N. Y. 15  
this 18th day of Feb. 1911.

ARTHUR AUBRIOT PONS.

Witnesses:

ROBT. J. HUTCHISON,  
CLARA E. CATHERWOOD.