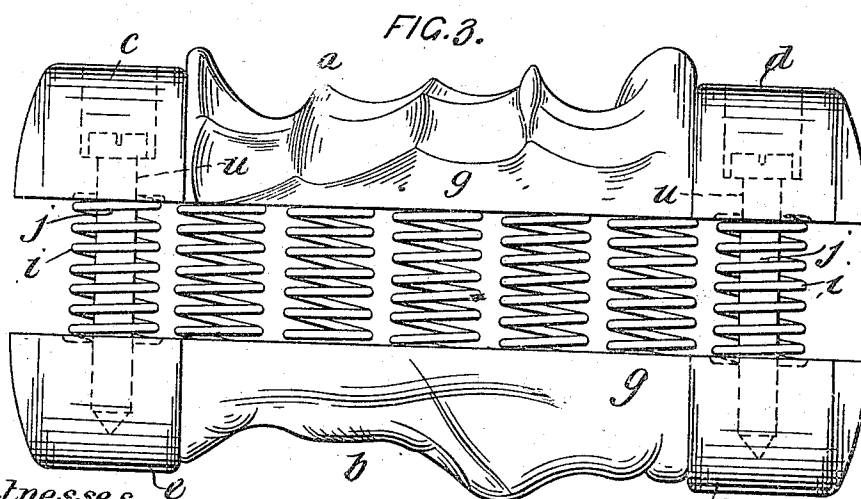
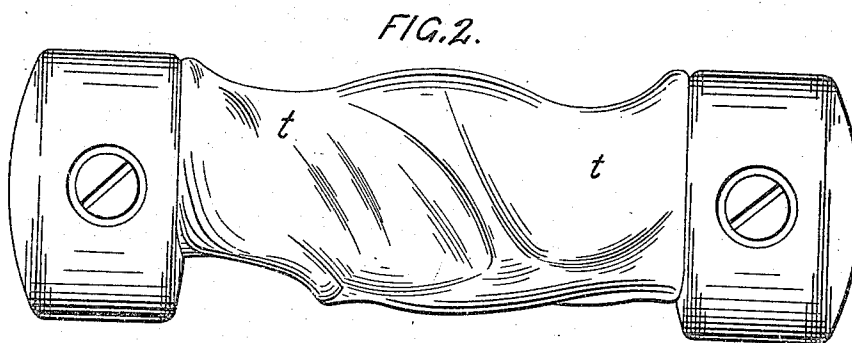
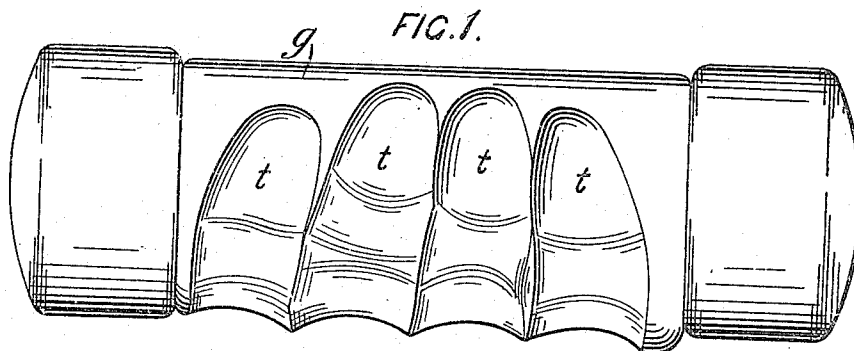


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DUMB BELL.
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1,229,658.

Patented June 12, 1917.



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DUMB-BELL.

1,229,658.

Specification of Letters Patent. Patented June 12, 1917.

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To all whom it may concern:

Be it known that I, EUGEN SANDOW, a subject of the King of England, residing at London, England, have invented certain new and useful Improvements in and Connected with Dumb-Bells, of which the following is a specification.

This invention relates to dumb-bells of the kind provided with a bar or handle which may consist of two or more spring-controlled longitudinal members adapted to yield or be compressed when grasped by the hand of the user, and the present improvements consist in providing such bar or handle with a surface that will offer a uniformly distributed resistance to the user's grasp and so afford the required exercise to the muscles of the hand, fingers and thumb as well as to the extensor and flexor muscles of the forearm.

My invention consists in providing the outer surface of the said bar or handle or the parts thereof with a surface or surfaces shaped to conform with the interior of the user's hand when in the grasping position.

According to one mode of carrying my invention into practice, I employ the type of dumb-bell consisting of two longitudinal halves which are forced apart by a number of helical springs to an extent limited by headed studs which pass through holes, recesses or the like in one part and are screwed into or otherwise secured to the other part.

The exterior surface of each half of the handle of the dumb bell is formed with grooves or depressions adapted to receive the fingers of the user and the other half may be provided with a graduated hump to conform with the thick part of the thumb against which it may rest. It is obvious that the bar of an ordinary single part dumb-bell may be provided with a similar surface.

In order to obtain the aforesaid configuration to the surface of the bar or handle or the parts thereof, the model or pattern from which the requisite mold is made may be provided with a layer of a plastic material, such as wax, and subsequently grasped by the hand in the position in which the dumb-bell should be held when in use.

By the means hereinbefore described the dumb-bell is rendered more comfortable to the hand of the user so that the required exercise is obtained without undue fatigue.

I will now proceed to more particularly describe my invention with the aid of the accompanying drawings in which:—

Figure 1 is an elevation of a one part dumb bell of ordinary construction provided with the improved gripping surface.

Fig. 2 is a view showing the present invention applied to a spring grip dumb bell, and

Fig. 3 is a side elevation of the arrangement shown in Fig. 2.

According to the construction shown in Fig. 1 the bar portion *g* of a dumb bell of ordinary construction is provided with a surface having depressions *t* on one side to receive the user's fingers, while the under side, which is the same as that shown in Fig. 2 is shaped to conform with the rest of the user's hand.

According to the construction illustrated by Figs. 2 and 3, the dumb bell consists of two longitudinal halves *a*, *b*, each of which consists of two half bells *c*, *d*, and *e*, *f*, respectively which are united by bars *g*. The two longitudinal halves *a*, *b*, are forced apart by a number of helical springs *i* to an extent limited by headed studs *j* which pass through holes *u* in the bell portion of one half and are screwed into or otherwise secured to the bell portion of the other half.

The grip portions *g* of the dumb bell are provided with depressions *t* which conform to the shape of the user's hand. One half of the dumb bell bears the depressions corresponding with the fingers of the user (as is shown in Fig. 1) and the other half illustrated in Fig. 2 conforms to the shape of the user's hand.

It is obvious that the dumb bell for use with the right hand will be the reverse of that to be used with the left. It will also be obvious that different patterns may be provided to suit different shaped hands.

I claim:

1. A dumb-bell, having a grip-portion provided with a surface having projections and depressions to conform with the shape of the user's hands when in the gripping position, for the purpose of evenly distributing the gripping pressure over the inner surface of the user's hand, substantially as set forth.

2. A spring-grip dumb-bell comprising in combination two longitudinal halves, each of which has a bar with half bells at its ends, headed studs passing through holes

in one half and secured to the other half,
springs between said halves, to urge them
apart, projections and depressions forming
a counter-part of the user's fingers when in
5 the gripping position applied to the bar
portion of one of the longitudinal halves
of the dumb-bell, and projections and de-
pressions forming a counter-part of the
user's palm and the ball of his thumb when
10 the dumb-bell is grasped, applied to the

bar portion of the other longitudinal half,
substantially as described and for the pur-
pose set forth.

In testimony whereof I have signed my
name to this specification in the presence of 15
two subscribing witnesses.

EUGEN SANDOW.

Witnesses:

HUBERT EDWIN BEESLEY,
EDGAR A. GODDIN.

Copies of this patent may be obtained for five cents each, by addressing the "Commissioner of Patents,
Washington, D. C."