May 31, 1927. 1,630,467

H. J. BRADSTREET

HAND SUPPORT FOR USE IN HORIZONTAL EXERCISES

Filed Sept. 29, 1925

FIG 1

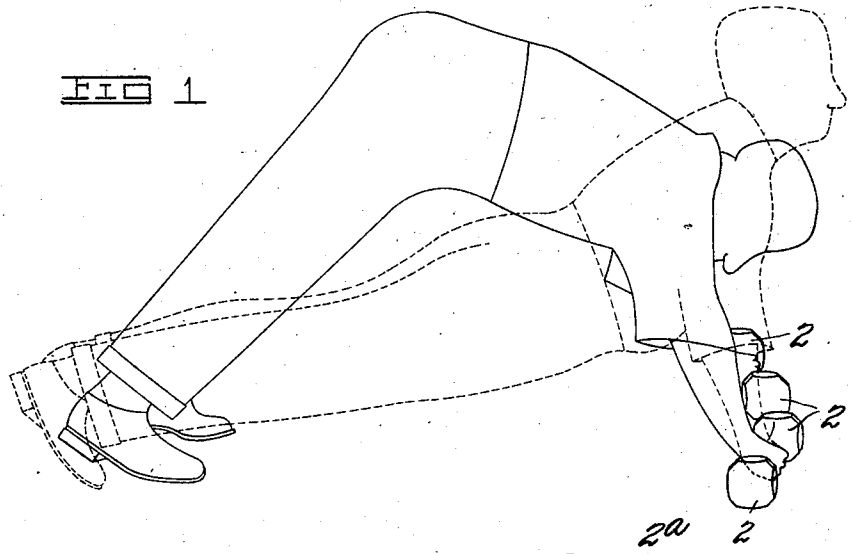



FIG 2

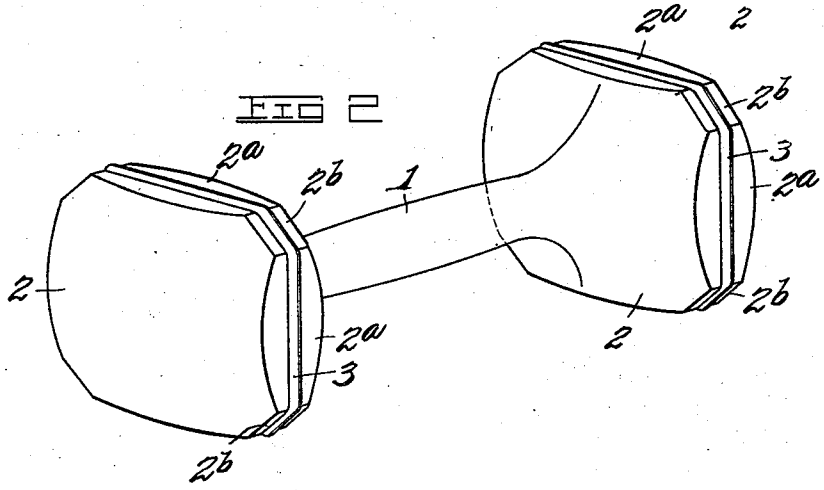
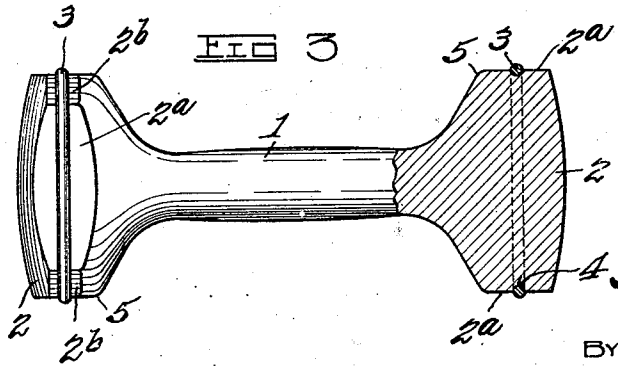



FIG 3




INVENTOR
Hobart J. Bradstreet.
BY M. E. Dunlap
ATTORNEY

Patented May 31, 1927. 1,630,467

# UNITED STATES PATENT OFFICE.

HOBART J. BRADSTREET, OF STEUBENVILLE, OHIO.

## HAND SUPPORT FOR USE IN HORIZONTAL EXERCISES.

Application filed September 29, 1925. Serial No. 59,389.

This invention relates broadly to exercising devices, and more specifically to a hand support for use in the performance of certain physical exercises.

The primary object of the invention is to provide a hand-grip and support for use in supporting the forward part of the human body while performing certain body building or strengthening exercises in which the body is disposed substantially parallel to a floor.

A further object is to provide a supporting device whereby not only are the hands of the user freed from the severely twisting strains to which they are subjected when they rest directly upon the floor in performing the exercises for which said device is designed, but the danger of accident through slipping of the hands is practically eliminated.

The physical exercises in which the invention is used are, briefly stated, those in which the spine and adjacent muscles and the abdominal muscles are flexed and called into play by vertical and lateral swaying movements of the body (1) when positioned face downward, substantially parallel to the floor with the toes resting on the latter and with the arms straight and extended downward in supporting relation to the forward, or upper, portion of the body, as shown in Fig. 1 of the drawings, and (2) when positioned, back downward, with the feet resting flat wise upon the floor and the arms straight and extended rearward and downward in supporting relation to the upper portion of the body (a position not herein shown). In performing the exercises described, the invention is employed as a hand grip and support, one for each hand, as shown in Fig. 1.

In describing the invention in detail, reference is herein had to the accompanying drawings, in which—

Figure 1 is a perspective view of the invention, illustrating the use thereof;

Figure 2 is an enlarged perspective view of the invention; and—

Figure 3 is a view of the same partly in side elevation and partly in longitudinal section.

The invention comprises a one-piece structure, preferably of wood, which approximates in form a common, or ordinary, form of dumb-bell, consisting of a substantially cylindrical handle 1 having an integral enlargement or head 2 at each end thereof, said heads being designed for resting firmly upon a floor, while the handle is disposed parallel to such floor.

Said heads 2, which are of corresponding shape, are each made polygonal in form, being herein shown as having four main flat sides or faces $2^a$ of substantially equal area, adapting the device for firmly seating flatwise upon a floor, as shown in Fig. 3, in any one of four positions. The right-angle corners intermediate said faces are preferably removed, forming the relatively small flat faces $2^b$, as shown, the purpose being partially to eliminate a possible source of injury to the user in case the wrists of the latter should be swung violently into an inclined position crossing such a corner.

While the support, as above described, will ordinarily remain firmly seated as placed upon the floor, it is preferred that the heads 2 have associated therewith floor-contacting means by which the tendency of the support to slip or slide when in use is resisted. As herein shown, said means consists of a band or ring 3 of resilient rubber, round in cross section, which annularly embraces each of the heads 2, an annular channel or groove 4 for the reception of a portion of the thickness of said ring being provided in each of said heads.

Each head 2 has its inner annular edge, designated 5 in Fig. 3, rounded or curved, as shown in said figure, to obviate injury which might otherwise result through or from violent contact of the wrist of the user with such edge.

In practice, the handles 1 are firmly grasped, one in each hand, and with the heads 2 resting firmly on a floor, the devices are employed as supports whereby the forward, or upper, part of the body of the user is supported clear of the floor during the course of the physical exercise indulged in. The handle preferably has a length of from 5 to 7 inches.

What is claimed is—

A hand support of the character described,

comprising a handle carrying corresponding integral heads upon the opposite ends thereof, each head having a plurality of peripherally arranged flat faces adapted for firmly seating upon a floor and other faces joining said flat faces, the ends of said handle at the point of intersection of said heads being rounded or curved, each head also having therein an annular groove, and a resilient band seated in and projecting from the groove of the head.

In testimony whereof, I affix my signature.

HOBART J. BRADSTREET.