No. 699,401. Patented May 6, 1902.

W. F. LOTT.

EXERCISING DEVICE.

(Application filed Feb. 6, 1902.)

(No Model.)

Fig. 1,

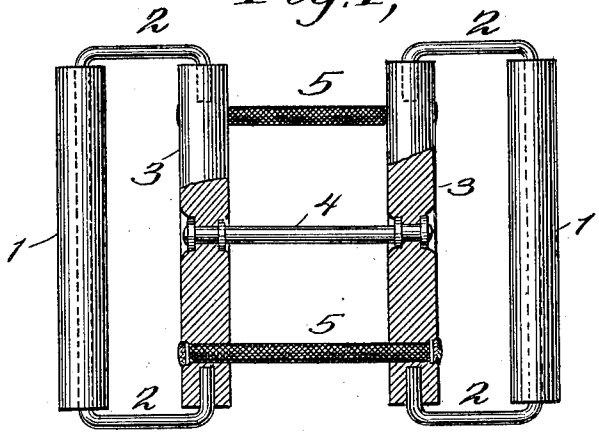


Fig. 2,

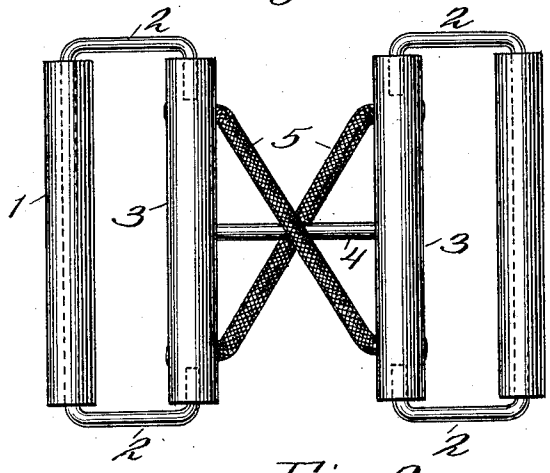
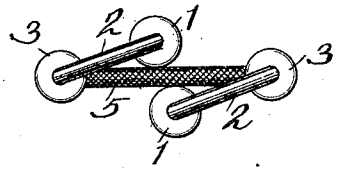


Fig. 3,



WITNESSES:

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UNITED STATES PATENT OFFICE.

WILLIAM F. LOTT, OF EAST ORANGE, NEW JERSEY.

EXERCISING DEVICE.

SPECIFICATION forming part of Letters Patent No. 699,401, dated May 6, 1902.

Application filed February 6, 1902. Serial No. 92,871. (No model.)

To all whom it may concern:

Be it known that I, WILLIAM F. LOTT, a citizen of the United States, residing at East Orange, in the county of Essex and State of New Jersey, have invented certain new and useful Improvements in Exercising Devices, of which the following is a specification, reference being had therein to the accompanying drawings.

My invention relates to devices for affording exercise to the human body.

One of the objects of my invention is to provide for exercising with a twisting movement of the wrists in various positions of the hands and arms and other parts of the body.

Another object of my invention is to provide an exerciser of small dimensions and easily portable.

My invention has various objects and advantageous features, all of which will hereinafter appear.

I will now describe the exercising device embodying my invention illustrated in the accompanying drawings and will thereafter point out my invention in claims.

Figure 1 is a face view, partly in section, showing the device in normal position. Fig. 2 is a face view showing the two swiveling parts as having been turned in opposite directions each through one-half of a revolution. Fig. 3 is an edge view with the device in folded position.

The exerciser is composed of two parts connected together with a swiveling connection and also connected together by elastic tension devices. The swiveling connection is afforded by a pivot-pin 4, which is shown as pivotally mounted at its ends in the middle portions of the cross-bars 3 of the movable parts, the pivot-joints being inextensible and shown as formed by shoulders and washers. The elastic tension devices extend across from the cross-bar of one part to the cross-bar of the other part and are shown as consisting of two elastic pieces or straps 5, one at each side of the pivot-pin 4 and secured at their ends in the cross-bars 3, in proximity to the ends thereof. Each of the movable parts includes a handle whereby it may be grasped by the user, and in the construction shown each of these handles 1 is axially mounted so as to turn freely on a bail 2, which extends entirely through the handle and enters and turns freely in sockets in the ends of the corresponding cross-bar 3. As the handles 1 turn freely on the bails 2, they will not be forcibly turned by any of the movements of the exercising device and may therefore be tightly grasped by the user and may be provided with cork or other soft grips or gripping-surfaces. The pivotal connection of the bails 2 with the cross-bars 3 permits the handles to be folded back upon the pivot-pin 4 and elastic pieces 5 when the device is not in use, as shown in Fig. 3, thus so reducing the dimensions of the exercising device that it may be conveniently carried about in a pocket.

In the use of the exerciser the handles 1 are grasped by the user and a slight tension exerted to hold the handles out straight, and the user then proceeds to twist the device, turning his hands in opposite directions each through about half a revolution, and thereby extending the elastic pieces 5 against their resistance to such extension and moving the parts of the exerciser into the position shown in Fig. 2. He then reverses the movements, restoring the parts to the normal position. (Shown in Fig. 1.) These movements are quickly repeated and are performed with the hands and arms in various positions, as in the various positions of dumb-bell exercises. The flexibility of the structure as a whole permits the hands and arms to be moved about freely, and the twisting movements in various positions afford pleasant and beneficial exercise to the various muscles of the body. The amount of resistance to the twisting movements depends upon the tensional resistance of the elastic pieces, and the desired degree of resistance may be had by providing elastic pieces of proper strength.

It is evident that various modifications may be made in the construction above particularly described, and shown in the drawings, within the spirit and scope of my invention.

What I claim, and desire to secure by Letters Patent, is—

1. An exerciser comprising two parts each having a handle, the two parts having an inextensible swiveling connection and also con-

nected by elastic means constructed to afford tensional resistance to the swiveling movement.

2. An exerciser comprising two parts each having a handle and a cross-bar connected together, the two cross-bars having a swiveling connection and also connected by elastic means constructed to afford tensional resistance to the swiveling movement.

3. An exerciser comprising two parts each having a cross-bar flexibly connected together, the two cross-bars having an inextensible swiveling connection and also connected by elastic means constructed to afford tensional resistance to the swiveling movement.

4. An exerciser comprising two parts each having a handle, a pivot-pin connecting the two parts together with a swiveling connection, and elastic tension devices also connecting the parts together.

5. An exerciser comprising two parts each having a handle and a cross-bar connected together, a pivot-pin connecting the two cross-bars together with a swiveling connection, and elastic tension devices also connecting the cross-bars together.

6. An exerciser comprising two parts each having a handle and a cross-bar flexibly connected together, a pivot-pin connecting the two cross-bars together with a swiveling connection, and elastic tension devices also connecting the cross-bars together.

7. In an exerciser, in combination, two cross-bars, a pivot-pin connecting them together with a swiveling connection, elastic tension devices also connecting the cross-bars together, and two handles, one for each cross-bar, each handle being mounted upon a bail pivotally connected to its corresponding cross-bar.

8. In an exerciser, in combination, two cross-bars, a pivot-pin medially connecting them together with a swiveling connection, elastic tension devices connecting the cross-bars together in proximity to the ends of the cross-bars, and two handles, one for each cross-bar, each handle being axially rotatively mounted upon a bail pivotally connected to its corresponding cross-bar, substantially as set forth.

In testimony whereof I have affixed my signature in presence of two witnesses.

WILLIAM F. LOTT.

Witnesses:
HENRY D. WILLIAMS,
JOHN H. BARNES.