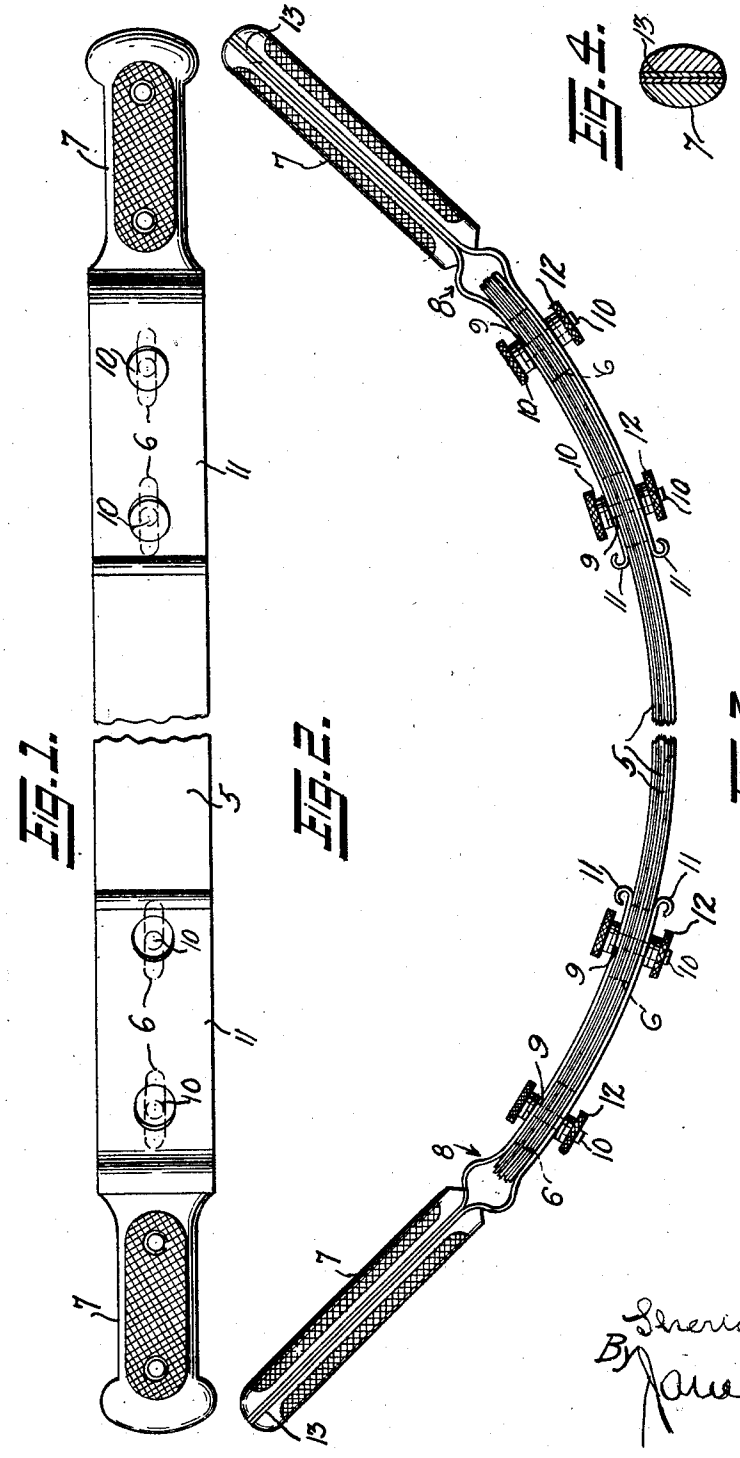
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S. A. WALKER

EXERCISER

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UNITED STATES PATENT OFFICE.

SHERIDAN A. WALKER, OF NEW YORK, N. Y.

EXERCISER.

Application filed July 3, 1924. Serial No. 723,895.

To all whom it may concern:

Be it known that I, SHERIDAN A. WALKER, a citizen of the United States, residing in the borough and county of the Bronx, city and State of New York, have invented a certain new and useful Improvement in Exercisers, of which the following is a specification, reference being had to the accompanying drawings.

A principal object of my invention is to produce a device for increasing the muscular development and strength of the user and improving his health.

Other objects of the invention will be apparent from reading the following specification in which

Fig. 1 is a plan view of my exerciser;

Fig. 2 is a side view showing the springs "set".

Fig. 3 is a plan view of one of the leaf springs which enter into the assembly of this exerciser; and

Fig. 4 is a cross section of the handle of my exerciser.

Referring now in detail to the drawings in which similar reference characters refer to similar parts throughout, 5 represents a plurality of long, narrow leaf springs in laminated position which springs are substantially of equal size. Each of these springs is provided with slots 6 which are adapted to register in substantial alinement with similar slots in the other springs used in cooperation therewith. These laminated springs are bound to the handles 7 in which for this purpose are mounted the spring bifurcated holders 8. These holders are provided with bolt holes 9 which are adapted to register with the slots 6 of the springs 5. The springs are secured to the carrier by means of the bolts 10 which extend through the bolt holes 9 of the carrier and through the spring leaves 5 which are positioned between the tines 11 thereof.

The handle is made of two flat plates 13 secured together through a portion of the faces thereof. The ends of these plates are bent in diverse position and given a return bend to form the tines 11 between which the spring plates 5 are adapted to be held.

The spring leaves 5 may normally be disposed in flat condition, but I prefer to dispose them in bowed condition as shown in Fig. 2. The guage of the metal of these springs may be of any suitable size and the number of leaves to be used in this exerciser depends upon the taste, condition or strength of the person using the exerciser. In the event that it is found advisable to increase or decrease the tension of the exerciser, one or more leaves may be readily added to or taken away from the assembly by unscrewing the thumb screws 12 and withdrawing the bolts 10 sufficiently to permit clearance between the tines 11 for this purpose.

The manipulator of the exerciser will take a handle in each hand and bend the exerciser sufficiently to bring the ends of the handles together. This may be done in various ways as for instance, maintaining the entire device in front of the manipulator; or the device may be made to encircle the waist of the manipulator; or it may be used by making the device encircle the body of the manipulator by passing the same over one shoulder and under one arm; and there are various other methods of using the same which will readily suggest themselves to the manipulator. Where the exerciser with bowed springs is used the preferable method of bending the same is against the bow so as to increase the tension of the manipulation.

I have shown and described what I believe to be the best embodiment of my invention. I do not wish to be restricted, however, to the embodiment shown and described, but what I desire to protect by Letters Patent is set forth in the following claims.

Claims—

1. In an exerciser, a plurality of spring metal strips in substantial alinement with each other, a pair of handles having bifurcated holders adapted to fit over the ends of said strips, said strips and said holders being provided with apertures adapted to register with each other, and fastening bolts adapted to fit through said apertures and secure said strips and holders together.

2. In an exerciser, a plurality of spring metal strips in substantial alinement with each other, a pair of handles having bifurcated holders adapted to fit over the ends of said strips, said strips being provided with apertures and said holders being provided with slots adapted to register with each other, and fastening bolts adapted to fit through said slots and apertures and secure said strips and holders together.

SHERIDAN A. WALKER.