March 16, 1926.

1,576,602

P. L. HAIMS

EXERCISING DEVICE

Filed Feb. 24, 1925

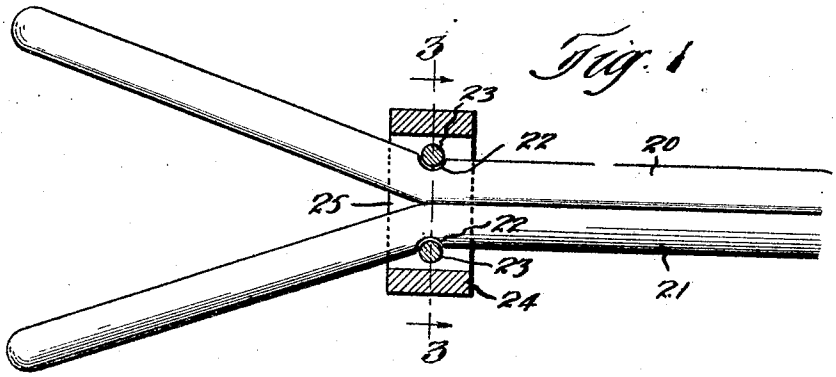


Fig. 1

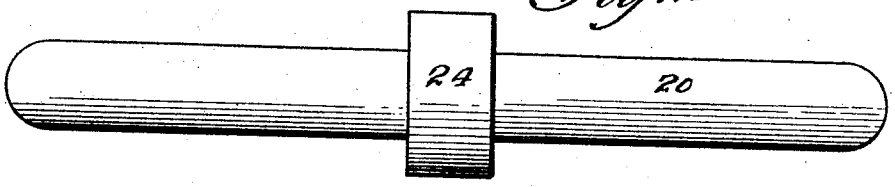


Fig. 2

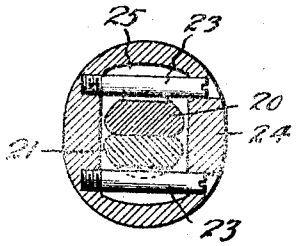


Fig. 3

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UNITED STATES PATENT OFFICE.

PHILIP L. HAIMS, OF CLEVELAND, OHIO.

EXERCISING DEVICE.

Application filed February 24, 1925. Serial No. 11,218.

To all whom it may concern:

Be it known that I, PHILIP L. HAIMS, a citizen of the United States, residing at Cleveland, in the county of Cuyahoga and State of Ohio, have invented certain new and useful Improvements in Exercising Devices, of which the following is a specification.

This invention relates to improvements in exercising devices having for its primary object to provide an exerciser wherein the resistance ordinarily provided by weights, springs etc., is replaced by the muscles of the user, the result being that the resistance is automatically and naturally varied to suit the user. Through this arrangement, danger of over strain and the many faults existing in the usual devices are eliminated.

Another object is to provide a device of this character wherein the structure is extremely simple and unusually effective in performing its functions.

Other objects will be hereinafter apparent.

In order that the invention and its mode of operation may be readily understood by persons skilled in the art, I have in the accompanying illustrative drawings, and in the following detailed description based thereon set out one possible embodiment of the same.

Figure 1 is an elevation partially in section of my exercising device;

Figure 2 is a top plan view thereof; and

Figure 3 is a central vertical transverse sectional view on line 3—3 of Fig. 1.

Having more particular reference to the drawings throughout which similar characters of reference designate like parts, this improved exerciser may be broadly stated as comprising a pair of levers pivotally connected at their medial point and diverging from said point. The ends of these levers may if preferred carry weights. The user grips the levers and alternately closes and opens the portion at each side of the pivot, the resistance to this action being provided by the user's muscles. Through pivotally connecting these levers, I provide a pair of hand pieces or grips at each side of the pivot and so arrange them that a user may alternately open and close them. Obviously the user would first grip both pairs of spaced hand pieces and through exerting pressure upon both in an attempt to close them simultaneously, will exercise the muscles of the hands and forearm. It is apparent that these hand pieces cannot be closed simultaneously, so the user slightly decreases the pressure upon one side to allow closing of the pieces on the other side of the pivot. This action allows the user to vary the pressure or resistance which one hand must overcome in order to close one pair of hand pieces. Consequently, the degree of tension ordinarily provided by weights, springs etc., is now entirely within the control of the user and the danger of over-straining is eliminated, this tension or resistance being naturally and automatically varied by the user.

In the structure illustrated I employ a pair of complementary levers 20 and 21, each being angular and provided with a notch 22 designed to seat a pivot pin 23. These pivot pins 23 are preferably screw threaded at one end for engagement in threaded sockets or the like formed in a block 24, this block being in the form of a collar encircling the medial portions of the levers and being of sufficient weight to assist in exercising the user's muscles.

This exercising device may be used in somewhat the same manner as the wand is used in drill or setting up exercises and through including the alternate gripping of the levers and varying the tension as heretofore stated, a highly efficient device is created. Obviously through this manner of using the device, the shoulder and body muscles may be steadily and safely developed.

I claim:

1. An exercising device comprising a pair of complementary angular levers, said levers having a pair of transverse notches at their medial point upon relatively remote sides, a body member, and pivot pins arranged in said notches and having their ends mounted on said body.

2. An exercising device comprising a pair of complementary angular levers, said levers having a pair of transverse notches at their medial point upon relatively remote sides, a weighted collar encircling said medial point of the levers, and a pair of pivot pins

seated in said notches and having their ends mounted in said collar.

3. An exercising device comprising a pair of angular levers pivotally connected at their medial point, and a weighted collar surrounding the levers at said medial point.

4. An exercising device comprising a pair of angular levers arranged to have corresponding ends alternately moved toward and from one another, and a weight arranged at the medial point of said levers.

In testimony whereof, I affix my signature.

PHILIP L. HAIMS.