No. 702,356. Patented June 10, 1902.

A. CALVERT.

BAR BELL.

(Application filed Jan. 2, 1902.)

(No Model.)

Fig. 1.

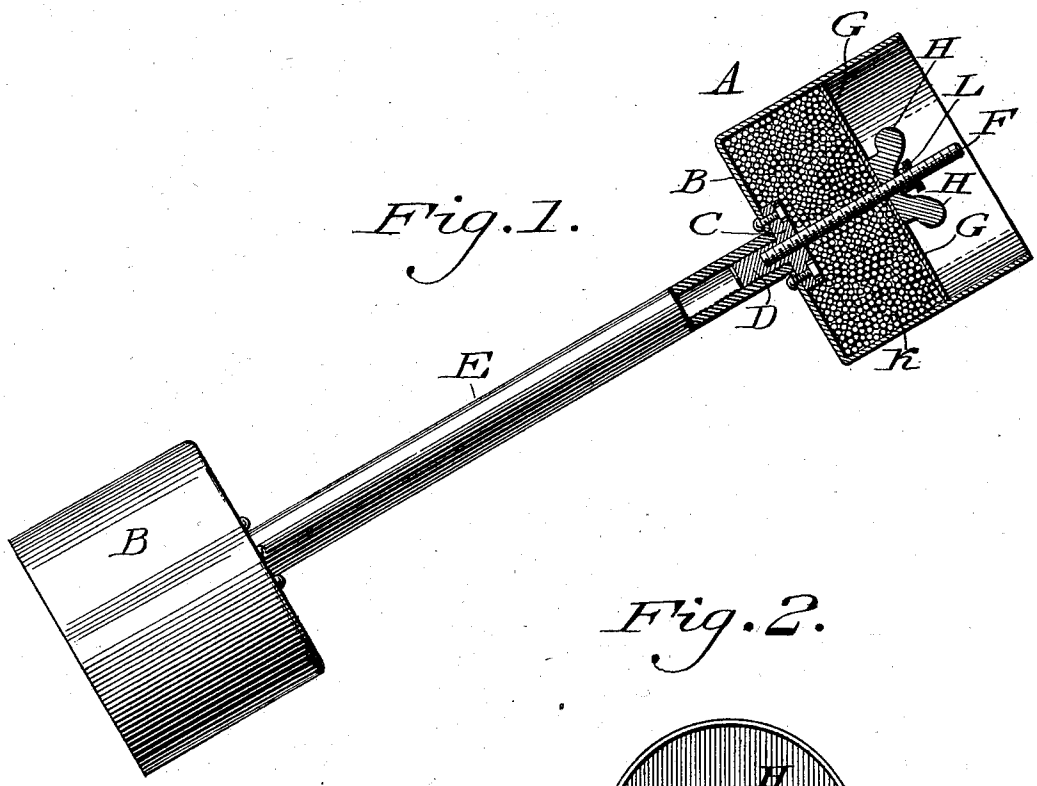


Fig. 2.

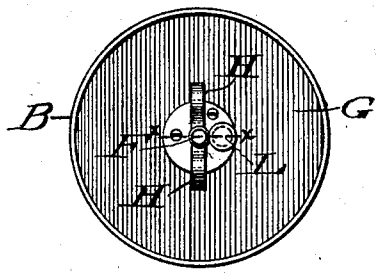
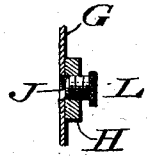


Fig. 3.



Witnesses
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UNITED STATES PATENT OFFICE.

ALAN CALVERT, OF PHILADELPHIA, PENNSYLVANIA, ASSIGNOR TO HIMSELF AND AZRO DARBY LAMSON, TRADING AS THE MILO BAR BELL COMPANY.

BAR-BELL.

SPECIFICATION forming part of Letters Patent No. 702,356, dated June 10, 1902.

Application filed January 2, 1902. Serial No. 88,183. (No model.)

To all whom it may concern:

Be it known that I, ALAN CALVERT, a citizen of the United States, residing in the city and county of Philadelphia, State of Pennsylvania, have invented a new and useful Improvement in Bar-Bells, of which the following is a specification.

My invention consists of a bar-bell which is adapted for exercising after the order of a dumb-bell, the same being provided with novel means for adjusting the weight thereof by the use of a mass of pellets, particles, or small pieces of weighting material, preferably "shot," which may be poured into and out of the closing and tightening member of the weight-receiving chamber without requiring removal of said member, while the weight-receiving capacity of said chamber may be readily adjusted by proper motion of said member.

It also consists of novel details of construction, all as will be hereinafter set forth, and pointed out in the claims.

Figure 1 represents a side elevation of a bar-bell embodying my invention, a portion of the same being in section. Fig. 2 represents an end view thereof. Fig. 3 represents a section of a portion on line *x x*, Fig. 2.

Similar letters of reference indicate corresponding parts in the figures.

Referring to the drawings, A designates a bar-bell, the same consisting of the hollow heads or chambers B, to the base of each of which is secured the plate C, which by means of the stud D connects the head with the handle E of the device.

F designates a longitudinally-extending screw-rod, which projects from the center of the plate C and is firmly connected therewith, and G designates a follower which is fitted on said rod and provided with the thumb-nut H, whereby said follower may be screwed in or out on said rod F, so as to decrease or increase the chamber K of the head and close the same.

In the base of the thumb-nut H and corresponding portion of the follower G is an inlet or port J, whereby a mass of pellets, particles, or small pieces of weighting material, such as shot, may be introduced into the chamber K and removed therefrom after the manner of pouring in order to adjust the weight of the head, said opening having a closure, such as the screw-plug L, whereby loss of the shot from the head through said opening is prevented, and means are provided for access to the chamber K through said follower.

It is evident that both heads are similarly equipped with a follower, inlet, &c., so that they may be uniformly adjusted in weight.

The operation is as follows: The plug L is removed and shot poured through the inlet J until the chamber K is supplied to the desired weight, the follower having been moved in or out relatively to the weight said chamber is to occupy. When this is accomplished, the opening J is closed and the follower moved in or toward the shot and clamped tightly thereagainst, forming a mass which is compact and will not shift, shake, or rattle. The bell may now be used for purposes of exercising and the weight of the heads further changed or adjusted, as desired.

It will be seen that the weight in the chamber K may be increased by fractions of a pennyweight or by several pounds, and this may be done so gradually as to be almost imperceptible to the user, avoiding the possibility of any strain due to abrupt increase in the weight, it being also evident that the weight may be similarly reduced, all at the command of the user of the article.

Having thus described my invention, what I claim as new, and desire to secure by Letters Patent, is—

1. A bar-bell having a hollow head, a mass of loose weighting-pieces therein, a follower adapted to adjust the weight-receiving capacity of the chamber in said head and tighten said pieces, said follower being provided with an opening affording access to said chamber without displacement of the follower and a closure for said opening.

2. A bar-bell having a hollow head, a mass of loose pellet-weights therein, a follower therein adapted to be moved in and out to adjust the weight-receiving capacity of the chamber in said head, said follower being provided with an opening adapted to form a

communication with said chamber from the exterior of the head, and a closure for said opening.

3. In a bar-bell, a hollow head, a screw rising from the base thereof, a follower in said head mounted on said screw, said follower being provided with an opening, means for connecting said screw with said head, means for connecting said head with the handle of the device and a removable closure for said opening.

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Witnesses:
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