# ELLIS BALLOU.

## Improvement in Dumb-Bells.

No. 113,966. Patented April 25, 1871.

*Fig. 1.*

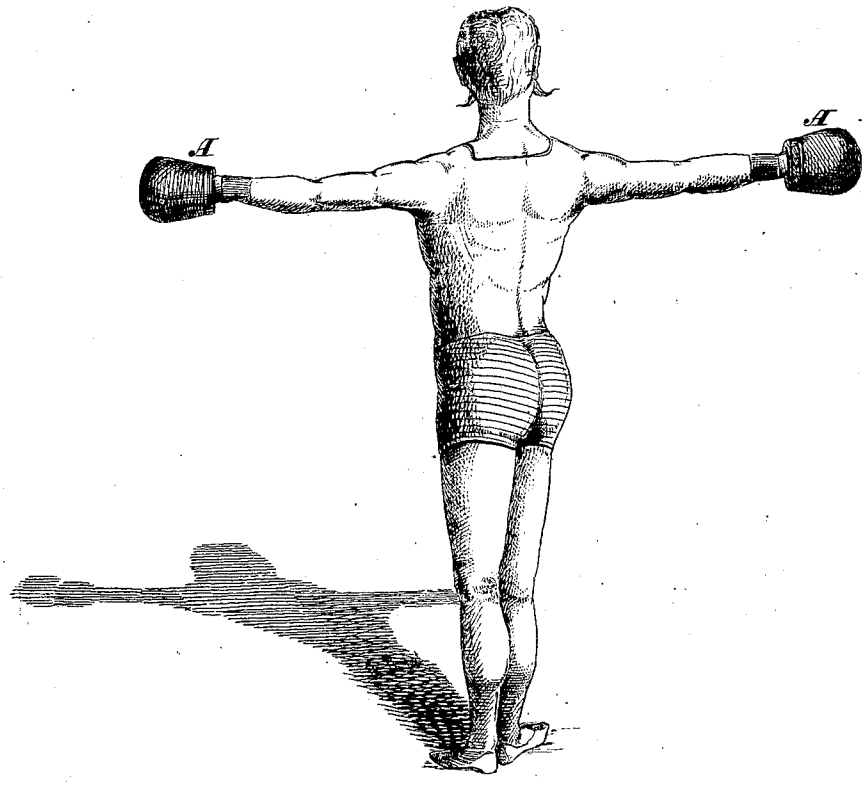
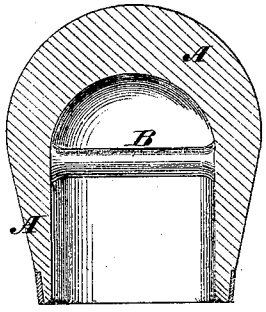



*Fig. 2.*




Witnesses:

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AM. PHOTO-LITHOGRAPHIC CO. N.Y. (OSBORNE'S PROCESS.)

# United States Patent Office.

ELLIS BALLOU, OF ZANESVILLE, OHIO.

Letters Patent No. 113,966, dated April 25, 1871.

## IMPROVEMENT IN DUMB-BELLS.

The Schedule referred to in these Letters Patent and making part of the same.

*To all whom it may concern:*

Be it known that I, ELLIS BALLOU, of Zanesville, in the county of Muskingum and State of Ohio, have invented a new and useful Improvement in Dumb-Bells; and I do hereby declare that the following is a full, clear, and exact description thereof, which will enable others skilled in the art to make and use the same, reference being had to the accompanying drawing forming part of this specification, in which—

Figure 1 represents an athlete exercising with my improved bells.

Figure 2 is a detail sectional view of one of the bells.

Similar letters of reference indicate corresponding parts.

My invention has for its object to furnish improved dumb-bells, called by me the Olympic bells, and designed for use in gymnastic exercises, and which shall be simple in construction, convenient in use, and capable of being used in a greater variety of exercises than the ordinary dumb-bells; and

It consists in the bells constructed as hereinafter more fully described.

The bells A are made in about the shape shown in figs. 1 and 2—that is to say, the lower part or body of the bell is made spherical or spheroidal in form, and is elongated or extended upon one side, as shown in the drawing. The bells A are made hollow to receive the hand, the opening leading into said cavity being made in the elongated or extended part.

B is a handle which extends across the cavity of the bell in such a position that the center of gravity of the bell may be at or near said handle.

The handle B should be at such a distance from the bottom of the cavity of the body A that the fingers may have room to pass freely around said handle and grasp it comfortably.

The bells A B may be made of wood, metal, rubber, or other suitable material, or of a combination of two or more materials, and may be of any desired size or weight.

With bells thus constructed the hands of the gymnast will be protected from injury when striking the bells together behind his back, and in other exercises where the gymnast strikes his bells together or against the bells of a comrade.

Having thus described my invention,

I claim as new and desire to secure by Letters Patent—

The dumb-bell A, made hollow and with a handle, B, extending across its cavity, substantially as herein shown and described, and for the purpose set forth.

ELLIS BALLOU.

Witnesses:

DANIEL B. GAY,

THOS. J. RICHARDS.