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L. A. WALLER

2,241,833

EXERCISING DEVICE

Filed March 6, 1940

Fig. 1

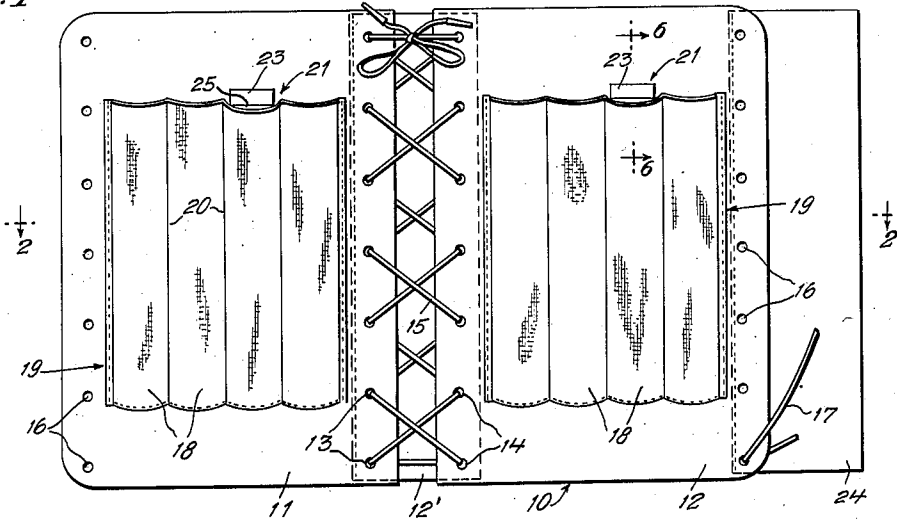


Fig. 2

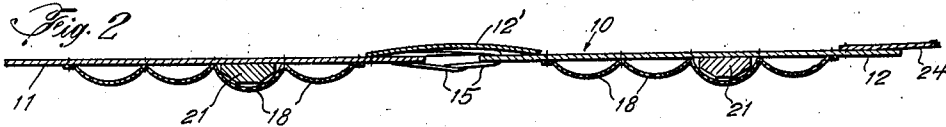


Fig. 3

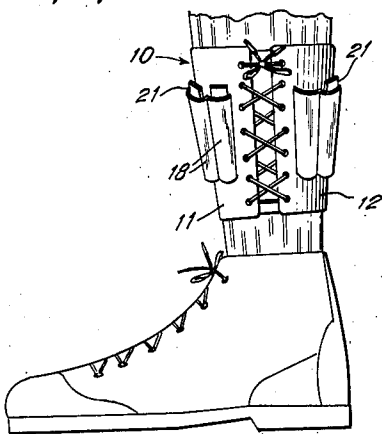


Fig. 4

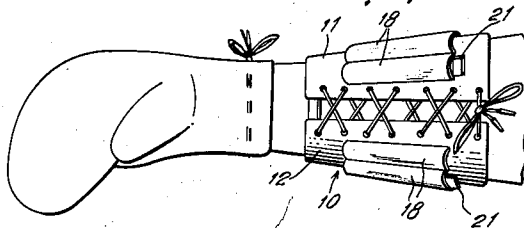
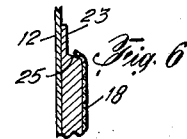
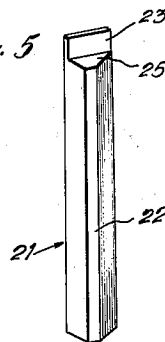


Fig. 5



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EXERCISING DEVICE

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1 Claim. (Cl. 272—57)

This invention relates in general to exercising devices, and more particularly to a device for athletes or other persons who are in training. The main object of the invention is the provision of a device which may be laced on the arms or legs of a person and which is provided with receptacles adapted to receive one or more weights therein so as to build up the muscles of the arms or legs due to the added weight carried during the exercising.

The above and other objects will become apparent in the description below, in which characters of reference refer to like-named parts in the accompanying drawing.

Referring briefly to the drawing, Figure 1 is an elevational view of the device before it is applied to the arm or leg of the person.

Figure 2 is a cross-sectional view taken on the line 2—2 of Figure 1.

Figure 3 is a view illustrating the application of the device to the leg of a person.

Figure 4 is a view illustrating the application of the device to the arm of a person.

Figure 5 is a perspective view of one of the weights.

Figure 6 is a cross-sectional view taken on the line 6—6 of Figure 1.

Referring in detail to the drawing, the numeral 10 represents the device, which is formed of two sheets 11 and 12 of leather or other suitable material, joined by a strip 12' at the center of the device. Parallel rows of button holes 13 and 14 are provided along the adjacent edges of the members 11 and 12, respectively, through which a lace 15 is threaded and adapted to be tied at the top. Similar rows 16 of buttonholes are provided along the outer edges of the members 11 and 12, adapted to be laced up by a lace 17 after the device has been wrapped around the arm or leg. A lacing tongue 24 is provided on the member 12, as shown. It is obvious that the device is thus of variable diameter so that it may be readily applied to the arm or the leg, as well as to the arm or leg of persons of different sizes.

A plurality of vertically spaced pockets 18 are formed on the outer surface of each of the members 11 and 12, by attaching thereto a sheet 19 of elastic material of any sort, such as, for instance, rubber or rubberized fabric. The sheets 19 are sewed against the sheets 11 and 12 along the two side edges and the bottom edges of the former, and along spaced parallel lines 20, the latter dividing the same into the plurality of pockets 18, previously mentioned, which are open at the top.

A plurality of weights, of which but one is illus-

trated, are provided, and although they may be of any suitable conformation, the form illustrated in Figure 5 is believed preferable. The weight 21 is substantially triangular in cross-section and has its outer edge flattened, as shown at 22. An extension 23 is provided at the top, rising from a set-back or shoulder 25, to serve as a suitable handle in removing the weight from one of the pockets 18. The weight shown is preferably made of lead and of a weight of one-half pound. As shown in Figure 6, the upper edge or lip of each pocket 18, owing to the resiliency of the material 19, will contract around the shoulder 25 of the weight 21 when the latter is pushed all the way into a pocket; thus the weight is kept from falling out of the pocket.

The use of the device is readily apparent. In the case of a runner, or of any person who wishes to strengthen his leg muscles, the device may be strapped to the leg as shown in Figure 3. At the beginning of the training but one weight 21 may be placed in the pockets 18 of each of the members 11 and 12. It is to be noted that, in order to balance the weight thus added, it is desirable to place the same number of weights in the pockets of each of the members 11 and 12. As the leg muscles become stronger through the training, additional weights 21 may be added from time to time.

In the case of a boxer or any other person desiring to strengthen the muscles of his arms, the device is applied as shown in Figure 4.

It is apparent that the utilization of the device as above set forth will greatly enhance the development of the muscles, and the device will thus be of considerable advantage to athletes of all kinds in training, as well as to persons in general who wish to develop their muscles.

Oviously, modifications in form and structure may be made without departing from the spirit and scope of the invention.

I claim:

In combination, a device comprising a member adapted to be secured around the limb of a person, said member having a plurality of pockets formed therein, the outer walls of said pockets being formed of flexible material possessing a degree of elasticity, and a plurality of weights adapted to be inserted selectively into said pockets, each of said weights having a set-back shoulder near the top thereof, the lip of the pocket around the mouth thereof resiliently contracting about said shoulder when the weight has been inserted to retain said weight therein.

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