Aug. 11, 1925. 1,549,710

G. CAMPBELL

PHYSICAL EXERCISING APPARATUS

Filed Jan. 3, 1924

FIG. 1.

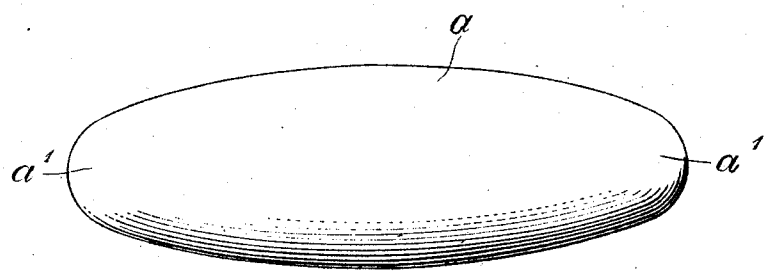
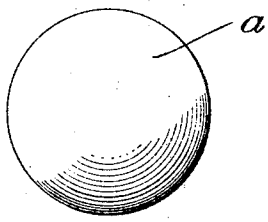


FIG. 2.



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UNITED STATES PATENT OFFICE.

GUY CAMPBELL, OF LONDON, ENGLAND.

PHYSICAL EXERCISING APPARATUS.

Application filed January 3, 1924. Serial No. 684,243.

To all whom it may concern:

Be it known that I, GUY CAMPBELL, a subject of the King of Great Britain, residing at 24 Ovington Gardens, London, S. W. 3, England, have invented certain new and useful Improvements in or Relating to Physical Exercising Apparatus, of which the following is a specification.

This invention refers to improvements in or relating to physical exercising apparatus, and has for its primary object to provide a simple and effective device of light, compact, and portable nature, by means of which the muscles and tendons of the fingers, hands, wrists and forearms can be exercised and the gripping power increased in a simple and effective manner, thus rendering the device particularly applicable for the use of sportsmen playing such games as golf, tennis, and the like where success at the game especially depends upon the strength of the fingers, hands, wrists and forearms.

According to the present invention I provide physical exercising apparatus for developing the muscles and tendons of the fingers, hands, wrists and forearms comprising a hand grip of elongated, cylindrical, torpedo, zeppelin, or other convenient form and dimensions to suit the size of the user's hands and constructed of india-rubber or like yieldable and resilient material adapted to offer a gradual resistance to the pressure of the fingers and hand when the same is gripped.

In order that the present invention may be clearly understood and more readily carried into effect it is hereinafter described with reference to the accompanying drawings, in which:—

Figure 1 is a full sized side view of a hand grip constructed in accordance with the present invention, and

Figure 2 is an end view thereof.

As shown and according to the present invention I provide a resilient hand grip *a* preferably of elongated, cylindrical, torpedo, zeppelin, or other convenient form with rounded or flat ends and which is constructed of india-rubber or like resilient material which may if not solid, be filled with air or with other yieldable and resilient material. The device may be made in one or more sizes to suit the size of the user's hands, and is adapted to be held in the hand at the base of the fingers and to be gripped and released continuously, thus offering a gradual resistance to the pressure of the fingers as the same is compressed and released, thereby developing the muscles and tendons and increasing the strength and gripping power of the fingers and hands more effectively than by any other means.

The device is preferably of such a length as to project beyond the hand of the user on each side, so that the air compressed therein at each operation will find its way into the extending end portions *a'* thereof, thus ensuring at all times an even pressure conforming to the shape of the hand and the fingers. For the use of an average person the device may conveniently have an overall length of, say 5 inches and a maximum diameter of say, about 1⅝ inches, though these dimensions may be varied if desired.

In some cases the resiliency of the apparatus may be increased, or additional resiliency may be obtained, by making the developer hollow, as by the provision of a longitudinally or diagonally arranged perforation or perforations. In some cases also two of the grip developers can be used or connected together if a stronger grip is desired. For instance, two such grips could be used as separate members arranged alongside of each other, or they could be moulded or otherwise connected together in pairs to form a single article.

What I claim is:—

As an article of manufacture, a physical apparatus for developing primarily the muscles and tendons of the fingers, hands, wrists, and forearms, comprising a solid hand grip of a length commensurate with the width of the hand and of elongated form and appropriate transverse dimensions, the grip being constructed of yieldable and resilient sponge rubber, whereby to correspondingly resist closing pressure of the fingers to promote muscular strain for development of the muscles.

In testimony whereof I have hereunto signed my name.

GUY CAMPBELL.