

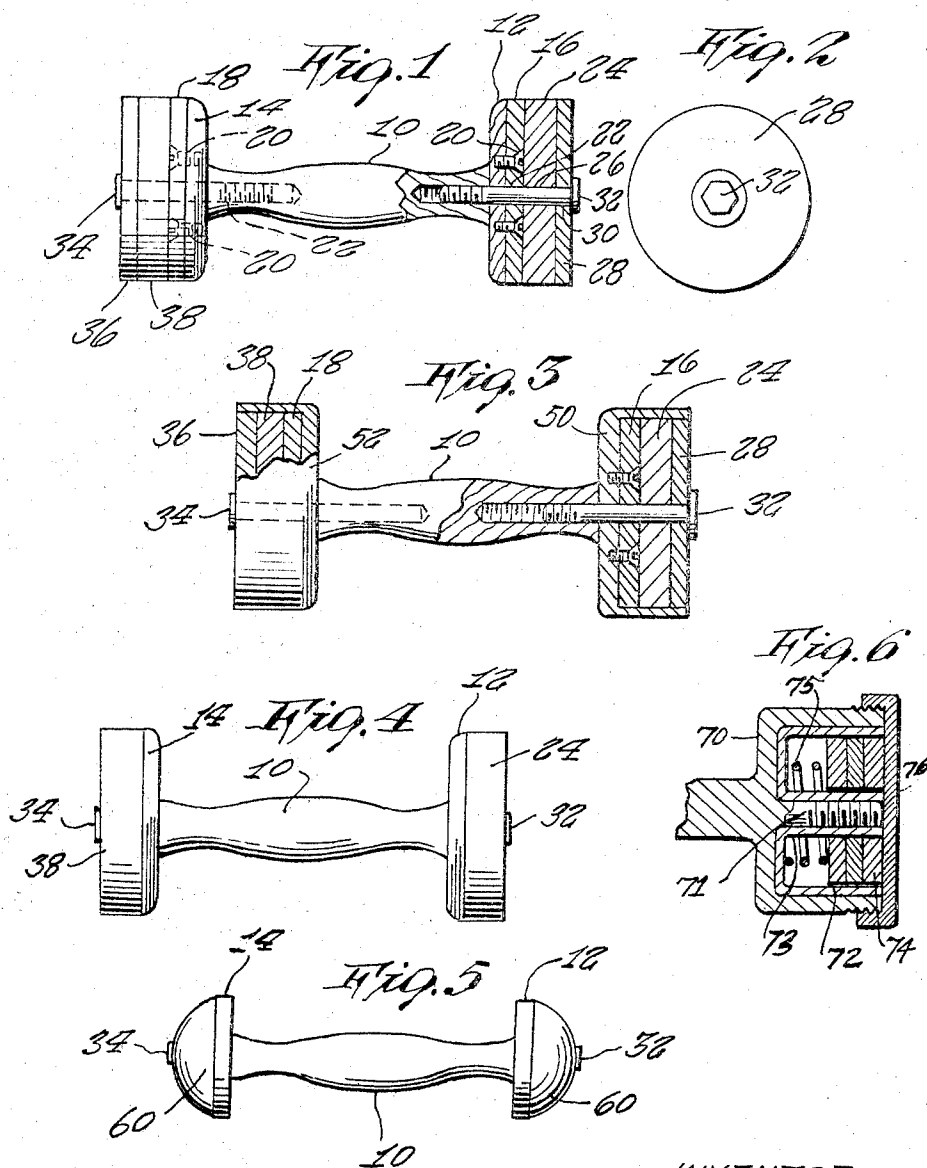
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VARIABLE WEIGHT EXERCISING DEVICE

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3,488,051  
**VARIABLE WEIGHT EXERCISING DEVICE**  
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1 Claim

## ABSTRACT OF THE DISCLOSURE

A dumbbell having a plurality of weighted discs at each end mounted so that discs may be added or subtracted to vary the overall weight. In one example, the discs are mounted in a cup closed at one end by a screw-threaded cap. Rattling of the discs is reduced by a spring which biases them against the cap and by an insulating liner interposed between the discs and cup.

My invention relates to exercising devices or health weights, sometimes known to the art as dumbbells.

It is an object of my invention to provide new and improved health weights wherein the actual weight can be adjusted to satisfy the needs of the user.

Another object is to provide new and improved health weights of the character indicated wherein the actual weight can be simply and easily varied as necessary.

Still another object is to provide new and improved health weights of the character indicated which can be easily manufactured at low cost.

All of the foregoing and still further objects and advantages of my invention will now be explained with reference both to this specification and to the accompanying drawings, wherein:

FIGURE 1 is a side view, partially in cross section, of one form of my invention;

FIGURE 2 is a side view of the invention of FIGURE 1;

FIGURE 3 is a side view, partially in cross section, of a modified form of my invention;

FIGURES 4 and 5 are side views of other modified forms of my invention; and

FIGURE 6 is a cross section of a preferred embodiment.

Referring to FIGURES 1 and 2, there is shown a handle 10 having flat discs 12 and 14 at opposite ends thereof. The handle and discs are integral and can be made of wood, metal or plastic first and second inner facing plates 16 and 18 are each screwed to corresponding discs 12 and 14 by screws 20. A centrally positioned bore 22 is drilled through the discs, plate and a portion of the handle at each end of the handle, the portion of each bore in the handle being threaded.

A first weighted disc 24 having a central hole 26 is placed in registration with plate 16, and an outer facing plate 28 also having a central hole 30 is placed in registration with weighted disc 24. A bolt 32 extends through discs 24, 12, plates 18 and 28 into threaded engagement with bore 22 to hold one end of the structure together. Similarly a second bolt 34 extends through an outer facing plate 36, a second weighted disc 38, facing plate 16, disc 14 and into threaded engagement with bore 22 to hold the other end of the structure together,

By removing bolts 32 and 34 replacing weighted discs 24 and 38 with discs of other weights, the weight of the exercising devices can be changed as necessary.

FIGURE 3 shows a modification wherein each disc 12 and 14 is replaced by a hollow cup 50 and 52, the inner and outer facing plates and weighted disc being attached as before by bolts.

The hollow cups 50 and 52 include a peripheral enclosure for the discs and facing plates which are retained therein via the bolt 32. It can be appreciated that the said peripheral enclosure being integral with the base of the cup 50, provides a much more pleasing exterior since it can be formed of wood or other appropriate material, and furthermore, prevents dislodgment, rattling, etc. of the enclosed weights, making for a much more compact system. In addition, this type of health weight is safer, reducing the amount of sharp edges and providing a yielding exterior surface in the case of impact with either persons or furniture and other materials in the environment of the persons using the weights.

FIGURE 4 shows another modification wherein the inner and outer facing plates are eliminated, and the weighted discs are secured to the flat discs 12 and 14 directly by bolts.

FIGURE 5 shows still another modification wherein the weighted elements in the form of half spheres 60 again being connected or bolted to flat discs 12 and 14.

FIGURE 6 is a preferred construction wherein a hollow cup 70 has a threaded axial stem 71 upon which is mounted a container 72 by means of a threaded axial tubular portion 73. The container fits the cup snugly. A set of disc weights 74 having aligned axial bores are mounted movably in the container with the tubular portion projecting through the discs. A spring 75 biases the discs against a cap 76 which is threaded on the cup 70 and abuts the end of the container. The container functions as a noise insulating and rattle reducing device.

While I have described my invention with particular reference to the drawings, my protection is to be limited only by the terms of the claim which follows.

Having thus set forth and disclosed the nature of this invention, what is claimed is:

1. A health weight comprising a handle and two concentric oppositely disposed cups at each end of the handle, each cup having an axial stem projecting from a flat concentric surface, in combination with weight discs having concentric bores adapted to fit snugly over the stem and within the cup, spring means forcing the discs outwardly and a cover removably secured to each cup in abutment with the outermost disc, including an insulating liner mounted in the cup and threadedly secured about the stem, and said spring means and weight disc mounted about the liner portion which is secured to the stem.

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