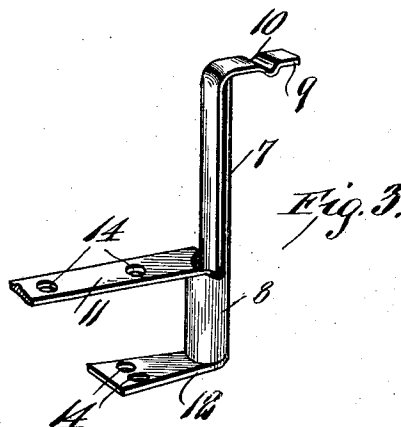
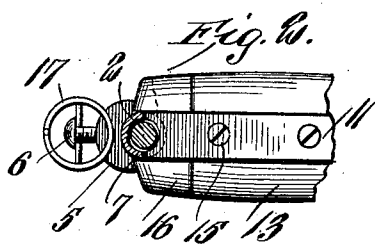
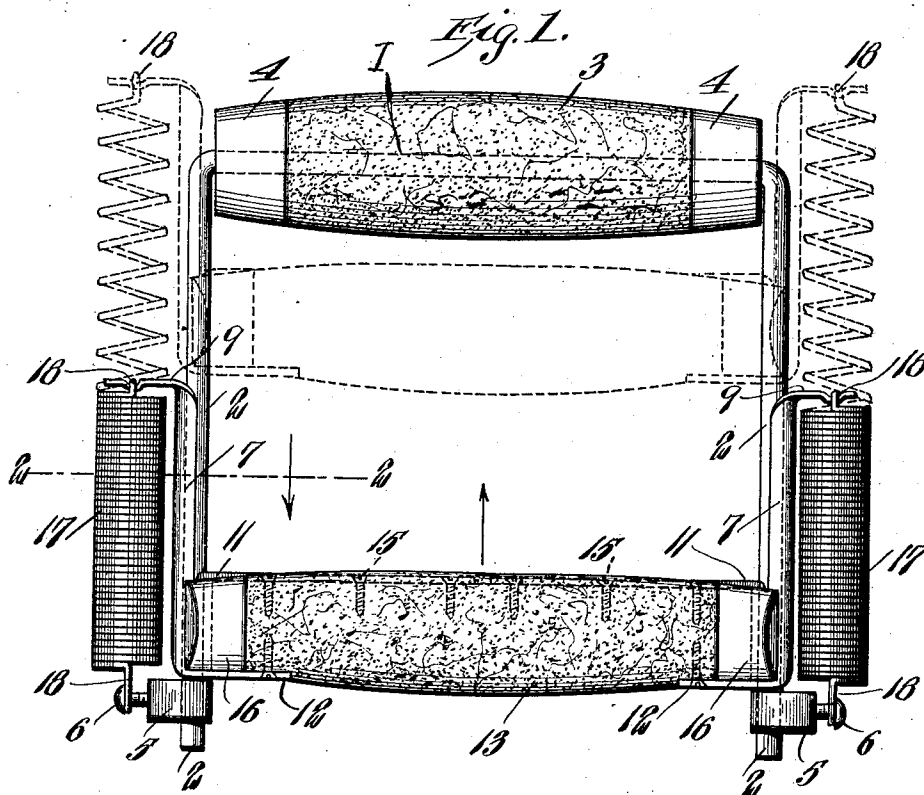


W. P. STULL.
EXERCISING APPARATUS.
APPLICATION FILED MAR. 12, 1909.

938,348.

Patented Oct. 26, 1909.



WITNESSES
E. M. Callaghan
C. E. Trainor

INVENTOR.
WILLIAM P. STULL
BY *Munn & Co.*
ATTORNEYS

UNITED STATES PATENT OFFICE.

WILLIAM PARK STULL, OF McKEESPORT, PENNSYLVANIA.

EXERCISING APPARATUS.

938,348.

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To all whom it may concern:

Be it known that I, WILLIAM P. STULL, a citizen of the United States, and a resident of McKeesport, in the county of Allegheny and State of Pennsylvania, have invented certain new and useful Improvements in Exercising Apparatus, of which the following is a specification.

My invention is an improvement in exercising apparatus, and consists in certain novel constructions and combinations of parts hereinafter described and claimed.

Referring to the drawings forming a part hereof—Figure 1 is a front view of the apparatus; Fig. 2 is a section on the line 2—2 of Fig. 1; and Fig. 3 is a detail perspective view of a portion of the frame.

The embodiment shown in the drawings, comprises a U-shaped frame, consisting of a body portion 1 and arms 2, and upon the body portion is mounted a grip or handle 3 of cork or other suitable material, and provided at each end with a metallic ferrule 4. Slidably mounted upon each arm is a collar 5, having an opening through which passes the respective arm, and the collar is secured in adjusted position by a set screw 6, threaded through the collar and engaging the arm. A bracket 7, concave in cross section, provided with a sleeve 8, through which passes the respective arm, is slidably mounted upon each arm, the concave face of the bracket engaging the arm, and the upper end of the bracket is bent outwardly as at 9, and provided with a transverse groove 10. The bracket is also provided at each end of the sleeve with a lateral plate 11, 12, arranged at right angles to the sleeve and in parallel relations, and a second grip or handle 13 is received between the plates. Each of the plates 11 and 12 is provided with perforations 14, and through the perforations are passed screws 15, which enter the cork body portion of the grip for securing it in place. The ends of the grip are provided with ferrules 16, which are vertically grooved to fit the sleeves. A coil spring 17 is arranged on the outer side of each bracket, the ends of the spring being provided with loops, which

are perforated, and engage the portion 9 of the bracket and the set screw respectively.

It will be evident that by loosening the set screws and moving the collars on the arms, the distance between the grips may be adjusted to suit the hand of the user, and also the amount of strength which must be exerted to cause the grips to contact. If the collars are moved toward the grip 3, obviously less power will be required to contact the grips, than if they were farther apart. Thus the power of the apparatus may be varied to suit the strength of the user.

It will be evident from the description that the apparatus is light, easily and economically constructed, and not liable to get out of order. It may also be packed into small compass, and will generally be used in pairs, one for the right and one for the left hand.

In using the apparatus, it is clasped in the hand with the thumb on one grip and the fingers on the other, and the hand is opened and closed, with the arms pendent, extended, and bent to the shoulder, or with any other movement of the arms, that may be thought advisable or desirable. At the same time the body may be bent into various positions.

I claim—

1. An apparatus of the class described, comprising a substantially U-shaped frame, a grip on the body portion of the frame, brackets each comprising a sleeve slidable upon an arm of the frame, and an outwardly bent portion provided with a transverse groove, and with parallel spaced inwardly projecting plates at each end of the sleeve, a grip having its ends secured between the plates of the respective brackets, a collar on each arm outside of the bracket sleeve, a set screw for securing the collar in adjusted position, and a spring having one end connected with the collar and the other with the outwardly projecting portion of the bracket.

2. An apparatus of the class described, comprising a substantially U-shaped frame, a grip on the body portion of the frame, brackets slidable on the respective arms, a grip having its ends secured to the respective brackets, collars on the arms outside of the

brackets, springs arranged between each bracket and the adjacent collar, and means for securing the collars in their adjusted position.

- 5 3. An apparatus of the class described, comprising a substantially U-shaped frame, a grip on the body portion of the frame, brackets slidable on the respective arms, a

grip having its ends secured to the respective brackets, collars adjustable on the arms outside of the brackets, and a spring connecting each bracket with the adjacent collar.

WILLIAM PARK STULL.

Witnesses:

JAS. H. YOUNG,

J. A. BURKHART.