

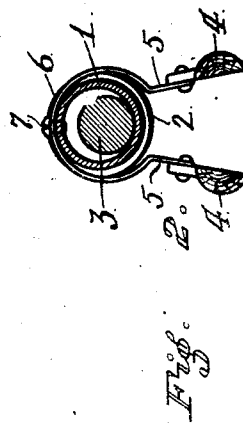
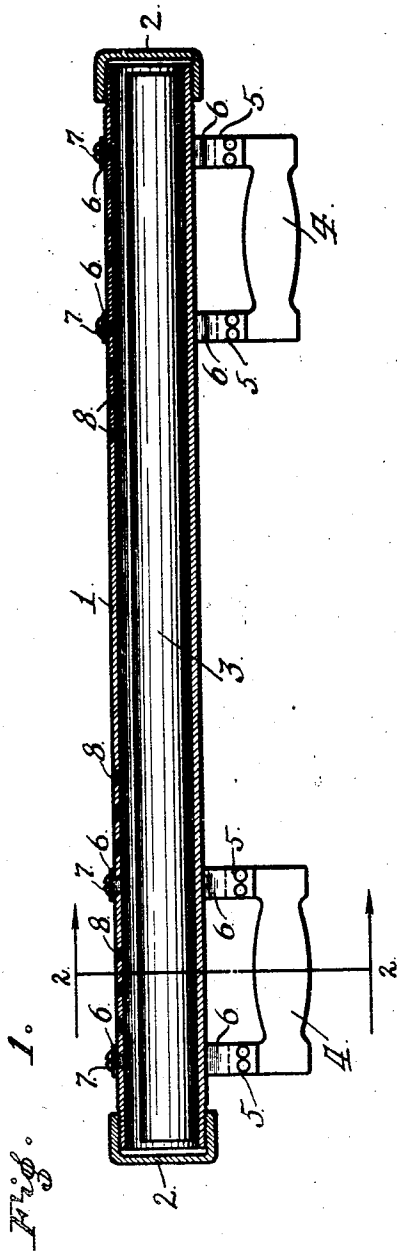
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E. M. MANSFELDT

EXERCISING DEVICE

Filed April 2, 1925



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# UNITED STATES PATENT OFFICE.

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## EXERCISING DEVICE.

Application filed April 2, 1925. Serial No. 20,134.

To all whom it may concern:

Be it known that I, EVA M. MANSFELDT, a citizen of the United States, residing in the city and county of San Francisco and State of California, have invented certain new and useful Improvements in Exercising Devices, of which the following is a specification.

My invention relates to the class of exercising devices. Its object is to exercise the muscles of the arms, chest, neck, shoulders and back simultaneously with those of the hands.

This object is attained by the provision of a simple, attractive, conveniently handled, and compact implement, based both on weight-resistance to lifting effort, and on pressure-resistance to manual grip, said implement being specially constructively adapted for variation and adjustment to suit the circumstances of possible effort in different users and in their exercising progress.

To this end my invention consists in the novel exercising device which I shall now fully describe by reference to the accompanying drawings, it being understood that changes in the details of its structure may be made without departing from the spirit of the invention as defined by the claim hereunto appended.

In the drawings—

Fig. 1 is a longitudinal section of my exercising device.

Fig. 2 is a cross section of the same on the line 2—2 of Fig. 1.

1 is a bar of a convenient length, preferably of metal, and of attractive surface, as, for example, nickered. It may be of suitable weight inherently, but in its best form and in order to provide for weight variation to suit different users and to adapt itself to the progress of individual capacity, it is made in the form of a pipe, and its ends, one or both are fitted with screw caps 2. Within this pipe, which in function becomes a weight container, is placed a member or members of any suitable nature the purpose of which is to increase the weight to the desired or predetermined degree. In prac-

tice, and in the best form this weight augmenting member is a solid rod 3 removably housed and confined within the pipe 1. It is placed therein by removing one of the end caps 2 and is confined upon replacing the cap. It is also easily removably for the substitution of another rod of a different weight, thus adapting the device for various exercising capacity and requirement.

Fitted upon the bar 1, near each end are the handles, each comprising a pair of grips 4 of suitable form and material, normally spaced but yieldable to pressure. These grips are secured to the legs 5 of the substantially U-shaped spring clips 6, by which they are suspended from and carried by the bar 1. These clips 6 partially embrace the bar and are secured to it by screws 7, which by fitting in any of a series of holes 8 along the bar, enable the handles to be adjusted longitudinally with respect to each other thereby suiting them to individual users. In practice it may be best to have one of the clips 6 of a different resiliency from the other, in order to provide for a difference in the gripping exercise of the two hands, and this effect may be alternated by simply reversing the bar end for end in using it.

In the use of the device, it is grasped by its handle-grips 4, the members of which yield to the gripping pressure, as the device is raised. It is then lifted above the head and such movements made as are advised.

I claim:—

An exercising device comprising an elongated hollow bar; a weight rod removably housed within the length of said bar; a removable end cap on the bar for confining the weight rod; a pair of spaced spring clips of substantially U-shape secured to said bar with their leg portions extending therefrom and separated under normal tension; handle members carried by the legs of each of said clips and adapted to yield under gripping pressure; and means for adjusting said clips along the bar.

In testimony whereof I have signed my name to this specification.

EVA M. MANSFELDT.