

(No Model.)

R. R. GIBSON.
GYMNASTIC CLUB.

No. 578,230.

Patented Mar. 2, 1897.

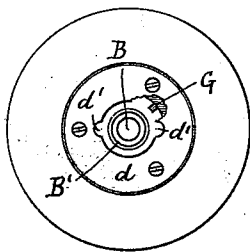
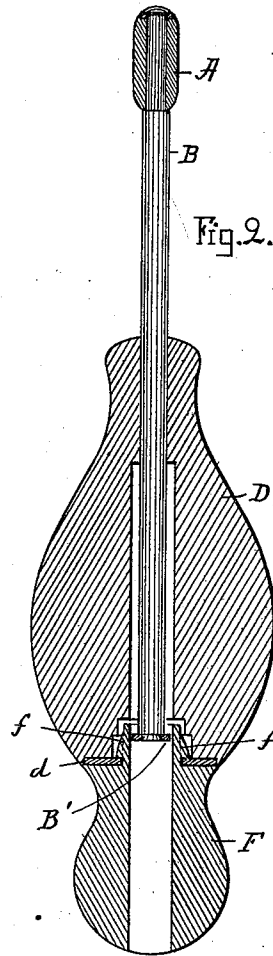
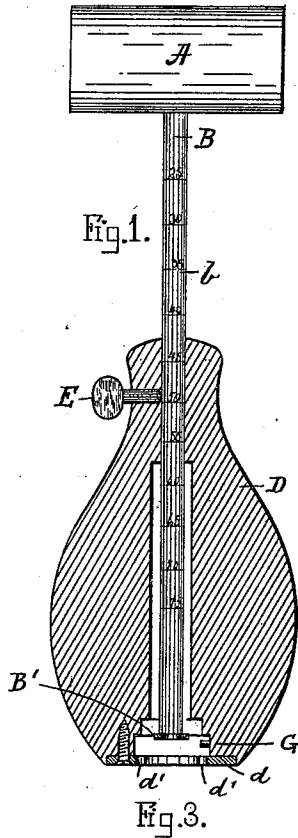


Fig. 5.

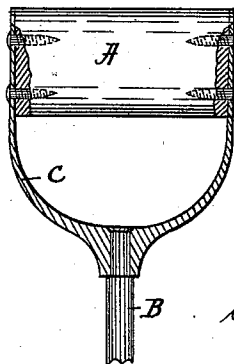
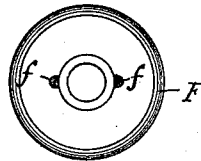


Fig. 4.



Witnesses.

Larritz N. Möller
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Inventor.

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UNITED STATES PATENT OFFICE.

RALPH R. GIBSON, OF BOSTON, MASSACHUSETTS.

GYMNASTIC CLUB.

SPECIFICATION forming part of Letters Patent No. 578,230, dated March 2, 1897.

Application filed June 29, 1896. Serial No. 597,318. (No model.)

To all whom it may concern:

Be it known that I, RALPH R. GIBSON, a citizen of Great Britain, and a resident of Boston, in the county of Suffolk and State of Massachusetts, have invented new and useful Improvements in Gymnastic Clubs, of which the following, taken in connection with the accompanying drawings, is a specification.

This invention relates to improvements in gymnastic clubs; and it is carried out as follows, reference being had to the accompanying drawings, wherein—

Figure 1 represents a sectional elevation of the invention. Fig. 2 represents a longitudinal section showing the weight attached for testing strength of wrist and forearm. Fig. 3 represents a bottom plan view of Fig. 1. Fig. 4 represents a top plan view of the detachable weight shown in Fig. 2, and Fig. 5 represents a modified form of the handle of the club.

Similar letters refer to similar parts wherever they occur on the different parts of the drawings.

A represents a suitable cross-bar or handle attached to the stem B, either direct, as shown in Figs. 1 and 2, or by means of a bail C, as shown in Fig. 5. On the stem B is longitudinally adjustable the club D, which is preferably made of wood and provided, preferably, with a set-screw E, the inner end of which bears against the stem B, as shown in Fig. 1, and by this arrangement the club D may be adjusted and secured on the stem B relative to the handle A as may be required, so as to increase or decrease the leverage relative to said handle, as shown.

The stem B is graduated, as shown at *b* in Fig. 1, so as to enable the user of the device to adjust the club D relative to such scale on the stem B from time to time as may be desired.

The stem B is provided at its lower end with a head or enlargement B' for preventing its withdrawal or detachment from the club D, as shown in Figs. 1, 2, and 3.

For the purpose of testing the strength of the wrist and forearm I use in connection with the adjustable club D an auxiliary weight F, preferably made of metal and adapted to be

detachably secured to the under side or lower end of the club D, as shown in Fig. 2.

In practice I prefer to secure to the lower end of the club D a locking-plate *d*, having notches *d'* *d'*, adapted to receive hooks or catches *f f* on the upper end of the auxiliary weight F, as shown in Figs. 1, 2, 3, and 4.

To fasten the weight F to the lower end of the club D it is only necessary to insert the hooked projections *f f* on said weight through the notches *d' d'* in the plate *d* and then by turning said weight a part of a revolution the projections *f f* are caused to be interlocked with the plate *d*, as shown in Fig. 2.

G in Figs. 1 and 3 is a stop projection on the inside of the lower end of the club D for the purpose of preventing the weight F from being turned too far around its axis while locking it to the club D.

As the stem B is graduated, it will serve to show the adjusted position of the club D relative to said stem, and the user is thus enabled to ascertain the increase of power with which he can handle and use the gymnastic club.

The auxiliary weight F may be used principally when attached to the club D for the purpose of testing the strength of the wrist and forearm, as above stated.

What I wish to secure by Letters Patent and claim is—

1. A gymnastic club D, adjustably arranged upon a graduated stem having a handle at its end substantially as and for the purpose set forth.

2. In combination a club D adjustably secured on a stem B, a notched locking-plate *d*, *d'*, secured to the lower end of said club and an auxiliary testing-weight F having hooks *f, f*, adapted to interlock with the plate *d* on the club D substantially as and for the purpose set forth.

In testimony whereof I have signed my name to this specification, in the presence of two subscribing witnesses, on this 10th day of June, A. D. 1896.

RALPH R. GIBSON.

Witnesses:

ALBAN ANDRÉN,
LAURITZ N. MÖLLER.