

Dec. 24, 1963

K. ACS ETAL

3,115,338

EXERCISE DEVICE COMPRISING PORTABLE HANDLES

Filed Nov. 23, 1960

FIG. 1.

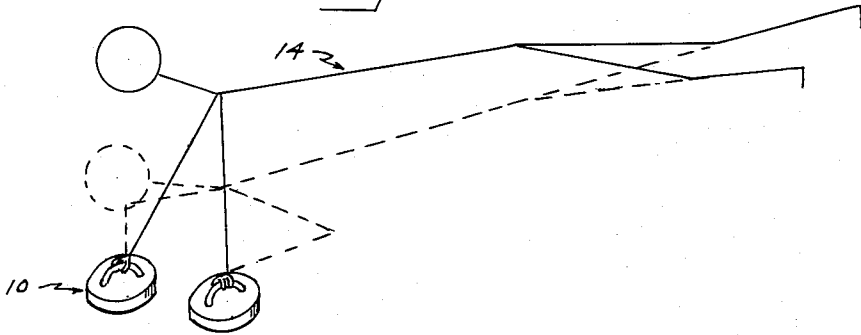


FIG. 2.

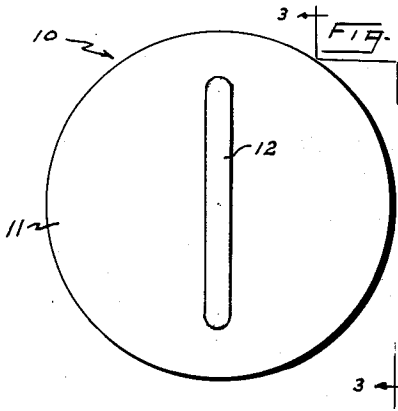


FIG. 3.

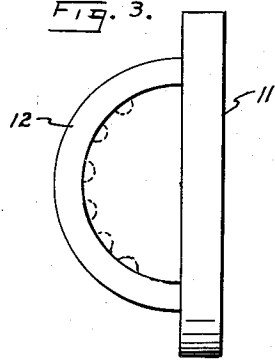


FIG. 6.

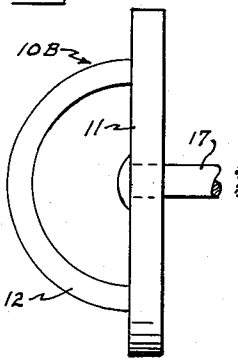


FIG. 5.

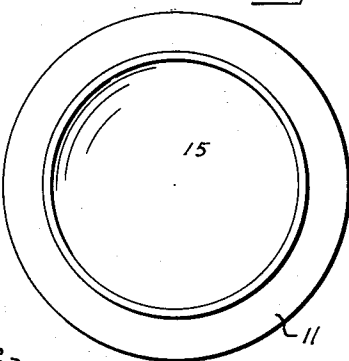


FIG. 4.

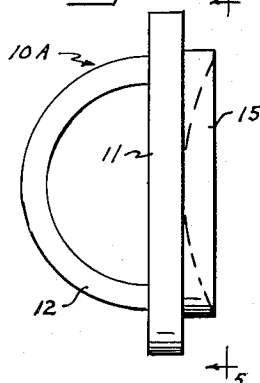
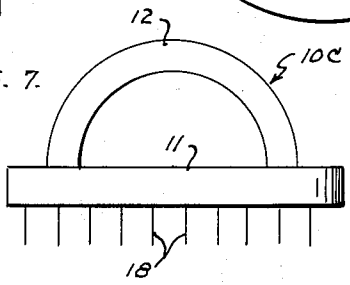


FIG. 7.



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3,115,338
EXERCISE DEVICE COMPRISING PORTABLE HANDLES

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Filed Nov. 23, 1960, Ser. No. 71,234

3 Claims. (Cl. 272-57)

This invention relates to an exercising device and more particularly to a pair of handles that are rigidly supported on a base to assist a person in various exercises by providing a more adaptable hand gripping position.

The prior art illustrates many forms of exercising devices such as Patent 2,939,704 illustrating an athletic training accessory. This patent is primarily concerned with a forearm support to assist the person in performing a hand stand. Also Patent 2,919,918 which is primarily designed to assist a person in performing a head stand. Patent No. 1,660,130 is a gymnastic appliance which is provided to replace wall bars, a bench, table or horizontal bar and permit the person to perform the various gymnastic exercises provided by these bars. Also Patent 2,914,326 which is an exercise device for infants which is designed to permit the muscular development of an infant by crawling and climbing with the device. There are also a number of patents showing weight lifting devices and spring tensioned devices for muscular development.

It is an object of this invention to provide an exercising device in the form of a pair of portable handles which may be utilized in various exercises to provide a more adaptable grip for the individual performing the exercise.

A further object of this invention is to provide an exercising device in the form of a pair of portable handles that may be used in any adjusted horizontal position for push-up exercises.

A still further object of this invention is to provide an exercising device in the form of a pair of portable handles that may be used in an adjusted vertical position as against or adhering to a wall for reducing exercises.

A further object of this invention is to provide an exercising device in the form of a pair of portable handles that may be used in a desired predetermined overhead position for pull-up exercises.

A still further object of this invention is to provide an exercising device in the form of a pair of portable handles that may be easily attached to various weighted objects to provide a weight lifting exercising device.

A still further object of this invention is to provide an exercising device in the form of portable handles that may be attached to the end of a resilient object such as a spring to permit the type of exercise in which the springs are pulled.

Other objects of this invention may be apparent by reference to the accompanying detailed description and the drawings in which

FIG. 1 is a schematic illustration of the device as used in push-up exercises,

FIG. 2 is a plan view of one of the elements,

FIG. 3 is a side elevational view taken on line 3-3 of FIG. 2,

FIG. 4 is a side elevational view showing a further embodiment of this invention,

FIG. 5 is a plan view taken on line 5-5 of FIG. 4,

FIG. 6 is a side elevational view showing a further embodiment of this invention, and

FIG. 7 is a side elevational view of a still further embodiment of this invention.

Referring to the drawings and particularly FIGS. 1, 2 and 3 there is illustrated an exercising device 10 which in use is used in pairs as shown in FIG. 1. The device

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is comprised of a base 11 and a handle 12. The base for convenience is shown as a circular element with the handle 12 mounted on one face of the base. The handle 12 may take a half round configuration as probably the most adaptable form. The device as illustrated in FIGS. 2 and 3 may be formed of any rigid material such as wood, metal, plastic, etc. The device may be made as two separate elements 11 and 12 or the device may be cast or molded as a single element. Referring to FIG. 1 there is illustrated a schematic of a person 14 utilizing a pair of the devices 10 one gripped in each hand for the so-called push-up exercise which has become one of the most used exercises for the individual. In this exercise a person simply grasps the two elements 10 and places them at any desired position according to the size of the person and thus accommodates the device to his or her proportions and with the hand gripping handle 12 there is a feeling of better balance during the exercise.

Referring to FIGS. 4 and 5 there is illustrated a further embodiment of this invention in which there are similarly provided a pair of exercising devices 10A. In this embodiment the handle 12 is the same and the base 11 is the same. However to provide a greater variety of exercises, the base 11 on its underside is provided with a rubber suction cup 15 which may be securely affixed to the base 11. Thus in use device 10A may be used as described in FIG. 1 but it may also be used to adhere to a vertical wall and permit the individual to perform various reducing exercises while maintaining a perfect balance by means of the device 10A. In this instance a single handle 12 may be used or a pair as in the former embodiment.

A still further embodiment of this invention is illustrated in FIG. 6 in which the device 10B is similar to the device 10 shown in FIGS. 2 and 3 having a handle 12 and a base 11. In this embodiment the base 11 is provided with a center bolt 17 so that the device may be affixed to a wall or to a ceiling or overhead support to enlarge the various exercises that may be performed with this device. It is apparent that the device may be used without bolt 17 as described in FIG. 1 and may be used with bolt 17 as described in FIGS. 4 and 5 and in addition may be affixed to an overhead support to permit the exerciser to perform pull-up or gymnastic exercises as the case may be. In this embodiment especially when the device is to be supported overhead, the handle 12 must be of greater strength to insure complete support and the handle 12 may be mounted as shown in FIG. 6 by extending the ends of handle 12 through the base 11 and threadably securing nuts on the ends of the handle 12. Or as in the previous embodiment, the device may be cast as a single element of a material to provide the desired strength.

The embodiment illustrated in FIG. 6 lends itself to various other exercising devices, for example, the base 11 by means of the bolt 17 may be attached to one or a plurality of weights for a weight lifting exercise. And in another variation of muscle developing exercise, the bolt 17 may be attached to the end of a resilient element such as a spring where the resilient element is attached at its opposite end to a fixed structure. This permits the individual to perform the various exercises prescribed for this type of device. In this form of device the bolt 17 may also be formed with a hook at one end to permit the device to be easily attached to a spring and removed as desired.

Referring to FIG. 7 there is illustrated a still further embodiment of this invention in which the device 10C is similar to the other embodiments comprised of a handle 12 and a base 11. However in this embodiment, the base 11 on its underside is provided with a plurality of hobnails or spikes 18. With this type of gripping element, the exercising device 10C provides a better gripping

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base where the device is used outside such as in a lawn or on rough terrain.

Although the device has been shown with a circular base 11 it is to be understood that the base 11 may be of any desired configuration as long as it provides the desired support in a single plane in all directions. It is also to be understood that handle 12 may be smaller or larger in cross section to provide a proper gripping surface for a child or a grown-up according to the hand using same. Although the handle 12 has been shown as a smooth surface handle, the inner surface of the half circular formed handle may be provided with a plurality of finger gripping grooves to improve the grip and prevent the hand from slipping. Or the handle 12 may be provided with a rubber sleeve fitted snugly about handle 12 and slideably compressable to the grip of the hand to improve the feel of the grip during exercises. It is also to be understood that the device, although primarily designed for a plurality of exercises, may be temporarily attached or mounted to any other device to increase the utility of the device to which it is attached such as playground equipment provided for the youngster in which additional exercises are desired. Various other changes may be made in the material, its configuration, its weight or with a slight degree of flexibility without departing from the spirit of this invention and this invention shall be limited only by the appended claims.

What is claimed is:

1. An exercising device which includes two hand

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rigidly supported upright half-round shaped gripping handles each device comprised of a solid flat base with each handle protruding at right angles from its base and affixed to its base, said base being round in configuration to spread the weight equally in use.

2. In a device according to claim 1 in which the handle and base are formed as an integral unit.

3. In a device according to claim 1 in which the handle is formed to fit the configuration of the fingers and is secured to the solid base as a separate element.

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