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(54) **CRANK WEIGHTS**

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(76) **Inventor: Artus L. Satterfield, Irvington, NJ**
(US)

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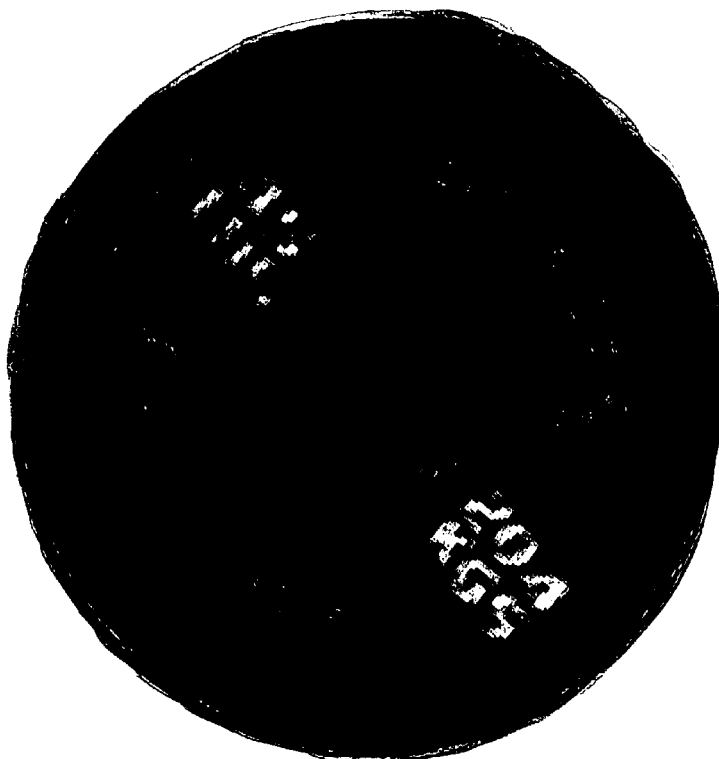
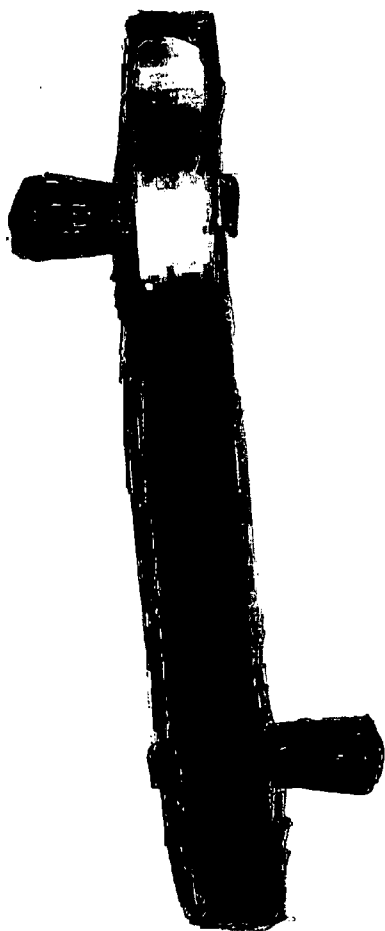
Correspondence Address:
ARTUS L. SATTERFIELD
221 19th AVE
IRVINGTON, NJ 07111 (US)

(57) **ABSTRACT**

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Free standing plate or ball weight which is rotated in front of or above the body by crank handles which is suitable for strength building and aerobic exercise for confined and bedridden people.

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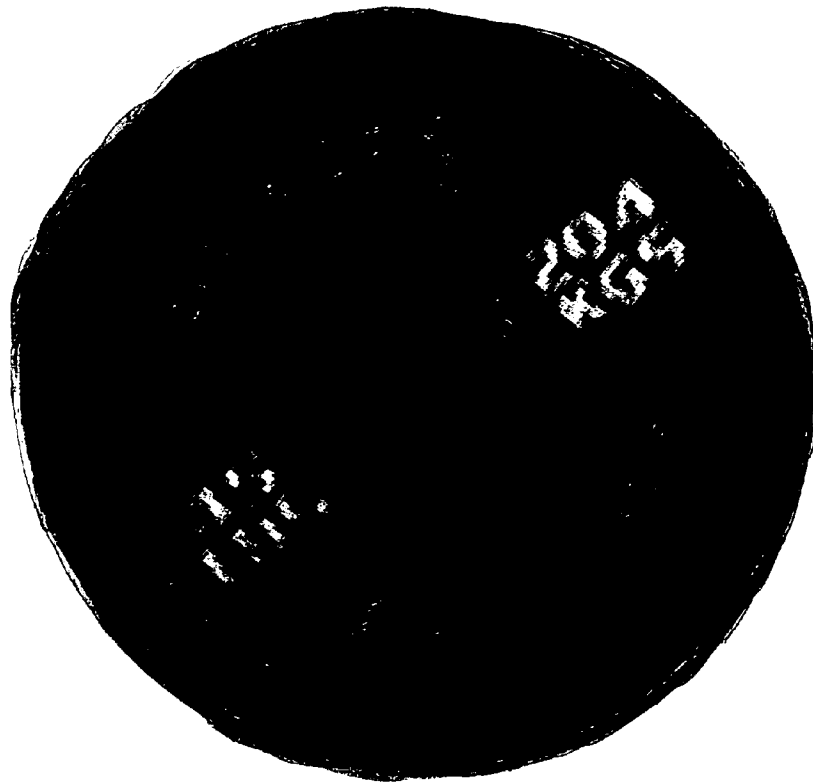
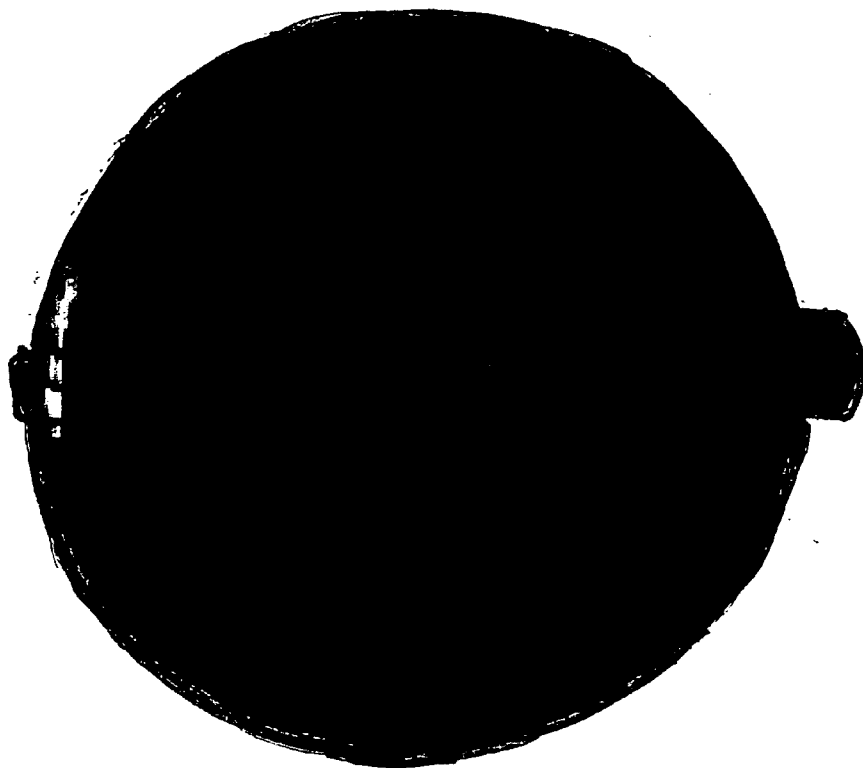


FIG 1



FIG 2.
SCREW
NUT
ARM
HANDLE



FREE WEIGHT WITH CRANK HANDLES

HANDLE SCREW

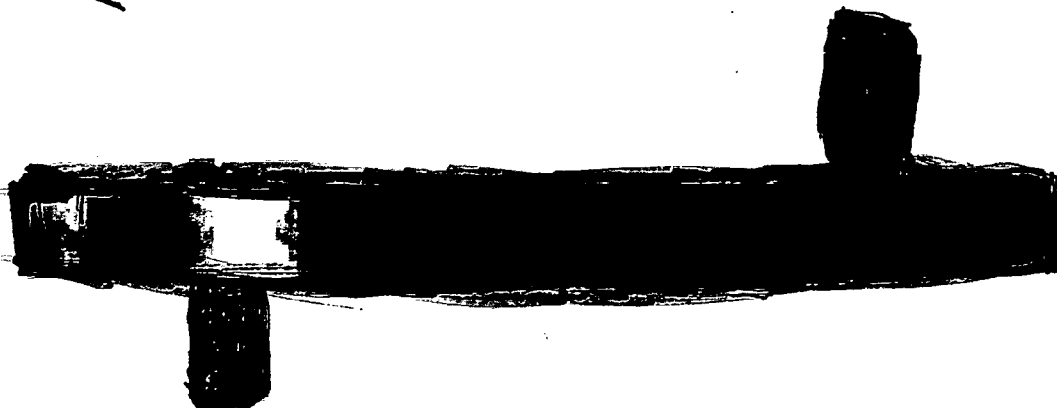


FIG 3

CRANK WEIGHTS

BACKGROUND-DESCRIPTION OF PRIOR ART

[0001] Plate weights are used on a bar and require a set aside area fro weight lifting.

[0002] Punching bags require a stationary fixture. Medicine ball require two or more participants.

OBJECT AND ADVANTAGE

[0003] Crank weights can be carried from room to room and require no set aside area.

[0004] Crank weights provide the aerobic benefits of a punching bag and the strength building of weight lifting without assistance.

DESCRIPTION

[0005] **FIG. 1** shows the ball weight with crank arms and handles.

[0006] **FIG. 2** shows the plate weight with crank arms and handles.

[0007] **FIG. 3** shows the plate weight with crank handles attached to the plate weight.

APPLICATION

[0008] Crank weights are lifted and held in front of or above the body and rotated with the crank handles in a cycling motion.

SUMMARY, RAMIFICATIONS AND SCOPE

[0009] Crank weights can be used unaided by confined and bedridden persons for strength training and aerobic exercise.

1. Aerobic exerciser and strength training device suitable for confined and bedridden people that rotates with crank handles in a cycling motion.

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