United States Patent

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[54] **EXERCISE BAR**
4 Claims, 2 Drawing Figs.

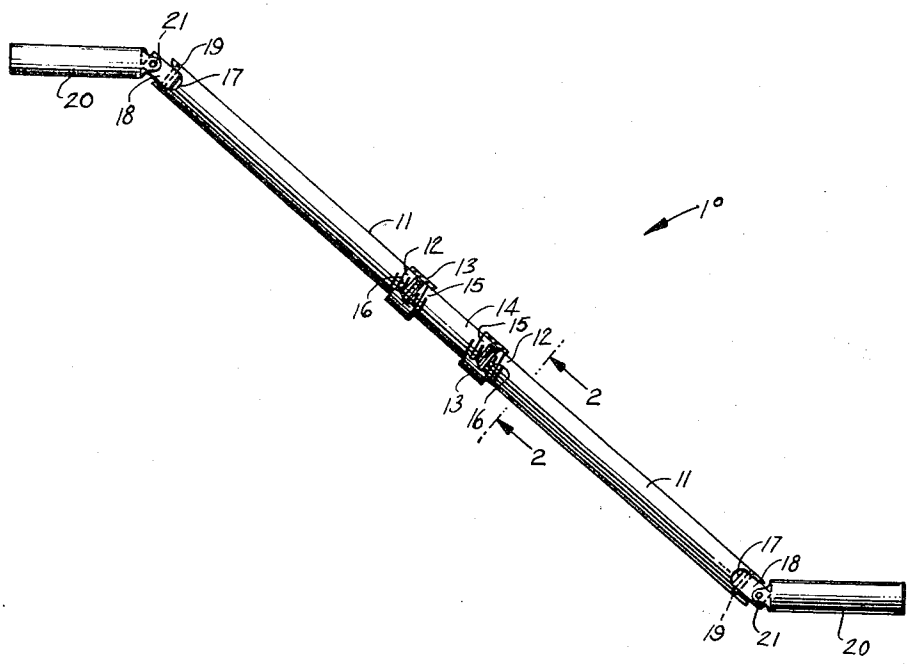
[52] **U.S. Cl.** **272/81,** 272/67, 272/84
[51] **Int. Cl.** **A63b 21/00**
[50] **Field of Search** ..... 272/67, 79—84; 81/177 (R), 177

[56] **References Cited**
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ABSTRACT: A hand-held device employing weights and a twisting and revolving method of motion. The weights are removably connected to the device by a pair of sleeves which join a weight member to the bar portions. Each bar portion has universal-type joints at the ends which are equipped with handle grips.



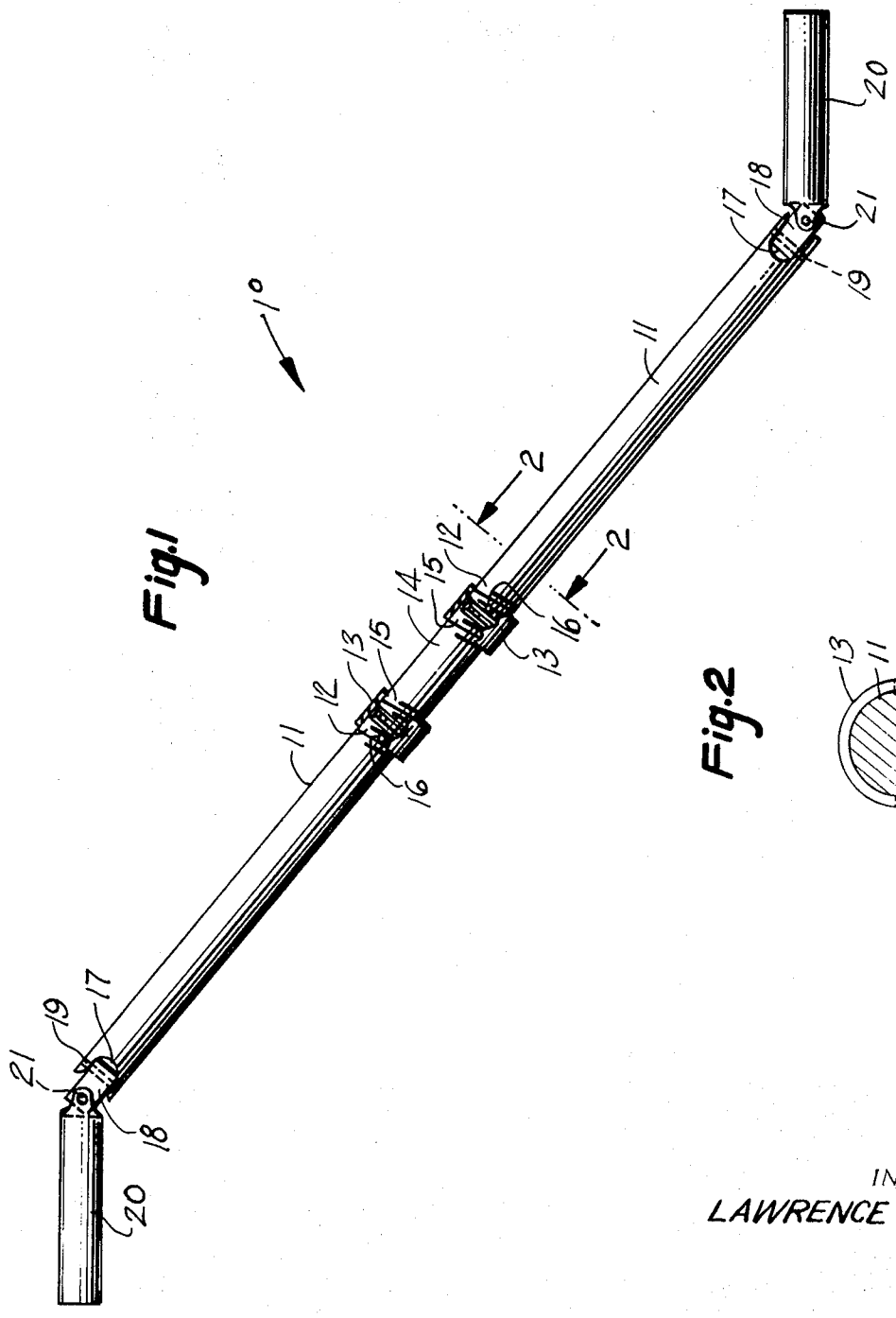


Fig.1

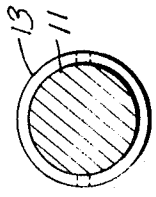


Fig.2

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EXERCISE BAR

This invention relates to devices for use in gym workouts, and more particularly to an exercise bar.

It is therefore the main purpose of this invention to provide an exercise bar which will utilize weights to which will be imparted a twisting and revolving motion.

Another object of this invention is to provide a bar of the type described which will include a weightlifting action while the interconnecting components allowing for the changing of weights to suit the user.

Another object of this invention is to provide a bar for exercising in which the use of weights will be optional.

A further object of this invention is to provide an exercise bar which due to the twisting action when used, will cause the user's back to become involved which will put tendons and unused muscles into action which is not accomplished by ordinary weightlifting.

A further object of this invention is to provide a bar which will be composed of a plurality of screwed together parts, the outer portions of the entire assembly including a universal joint to which is attached the handle grips which are grasped one in the left hand and one in the right hand in order to operate the device.

Other objects of the present invention are to provide an exercise bar which is simple in design, inexpensive to manufacture, rugged in construction, easy to use and efficient in operation.

These and other objects will become readily evident upon a study of the following specification and the accompanying drawing wherein:

FIG. 1 is a plan view of the present invention shown partly broken away; and

FIG. 2 is an enlarged transverse view taken along the lines 2–2 of FIG. 1.

According to this invention, an exercise bar **10** is shown to include a pair of elongated rods **11** having an externally threaded end **12**. Rods **11** are threaded into one end of a pair of spaced-apart sleeves **13**.

A short rod **14**, positioned between rods **11**, is provided with externally threaded ends **15** which are received in the opposite ends of sleeve **13**. Rods **11** are pinned to sleeves **13** by means of a transverse pin **16**.

It shall be noted that sleeves **13** are removable from rod **14** in order that a weight (not shown) may be included in the assembly when desired, and also in order to insert a longer rod **14** in order to extend the length to suit a person with a longer reach.

A U-shaped opening **17** at the opposite ends of rods **11** freely receives a rectangular block member **18** which is pinned by a transverse pin **19**. Blocks **18** are also freely carried within one end of handles **20** and are pinned by transverse pin **21**, the combination forming a universal joint enabling the user when grasping the handles **20** to impart a twisting rotation to the assembly.

I claim:

1. An exercising bar comprising: a pair of elongated and aligned rod members, a first central rod portion, a pair of sleeves providing means removably connecting said central rod portion between said aligned rod members,

a pair of universal joints carried by said rod members; and

handle means connected to said universal joints for holding said bar for the manipulation thereof.

2. The combination according to claim **1**, wherein said elongated rod portions of said device are externally threaded at one end and are received in one end of said sleeves, said sleeves being spaced apart and threadingly receiving said central rod, said sleeves being removed from said central rod in order to connect between said elongated rod portions.

3. The combination according to claim **2** including:

a transverse pin extending through the threaded end of said elongated rod members to secure said sleeves to the rod members,

said universal joints provided at the other ends of said rod members, and

grip means provided on said handle means in order to manipulate said bar in a twisting and rotating fashion to exercise the user's muscles.

4. The combination according to claim **3** including:

additional central rod portions of lengths different from each other and different from said first central rod portion whereby a central rod portion may be replaced with one of a different length in order to accommodate persons having different arm lengths.