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ADJUSTABLY WEIGHTED DUMBBELL

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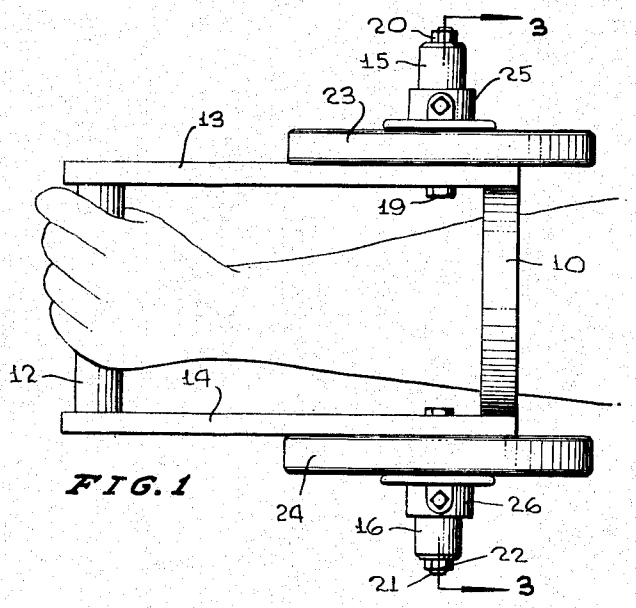


FIG. 1

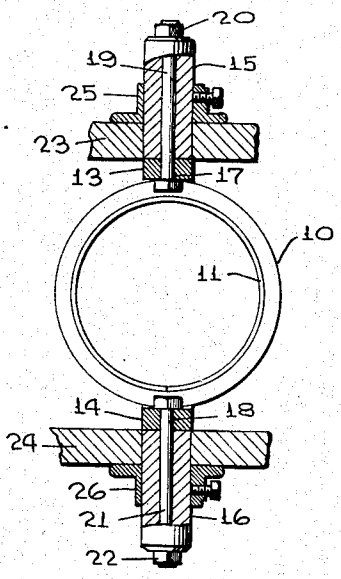


FIG. 3

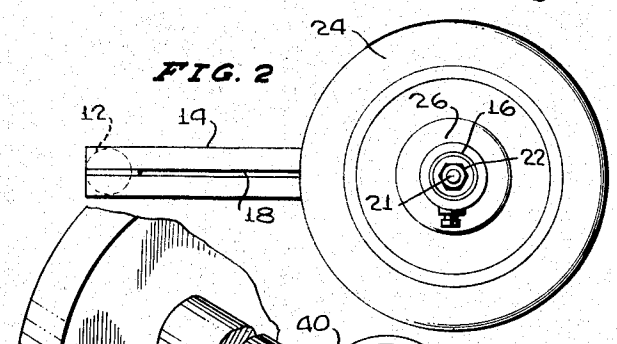


FIG. 2

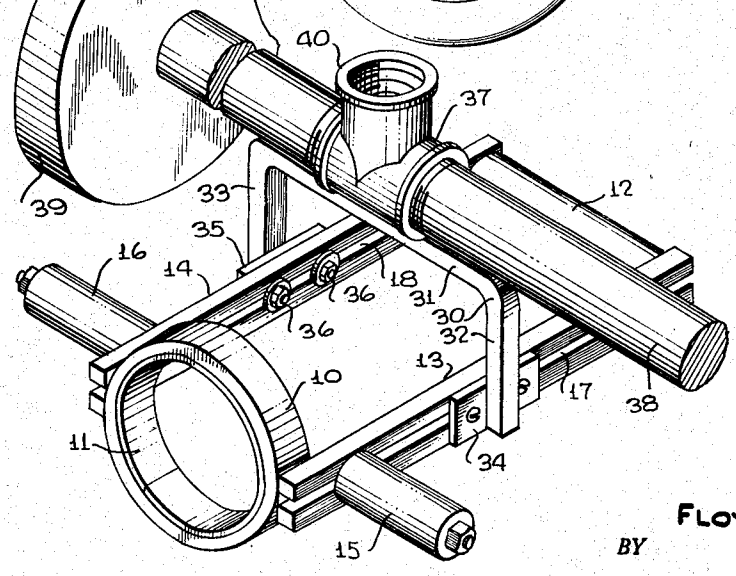


FIG. 4

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ADJUSTABLY WEIGHTED DUMBBELL

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4 Claims. (Cl. 272—84)

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This invention relates to exercising devices, and more particularly to a special exercising device of the dumbbell type.

It is among the objects of the invention to provide an improved exercising device of the dumbbell type which is effective to support weights on the arms above the hands in order that heavier weights can be handled with shorter leverage for certain exercises in a series of progressive weight handling exercises; which may be of any desired length less than the arm length of the user and may have a length greater than the length of the forearms, so that the elbows will be held straight while the device is being used; which provides for adjustably moving the weights toward and away from the hands of the user and for increasing or decreasing the weights to vary the exercises; which includes means for connecting a pair of the exercising devices to a single weight carrying bar; and which is simple, strong and durable in construction, economical to manufacture, and easy to use.

Other objects and advantages will become apparent from a consideration of the following description and appended claims in conjunction with the accompanying drawing, wherein:

Figure 1 is a top plan view of an exercising device illustrative of the invention, shown in operative position on the arm of a user;

Figure 2 is a side elevational view of the device illustrated in Figure 1;

Figure 3 is a cross-sectional view on the line 3—3 of Figure 1; and

Figure 4 is a perspective view showing an attachment for connecting the device to a weight carrying bar.

With continued reference to the drawing, the device comprises an arm receiving ring 10 of a size to loosely receive the arm of the user either below or above the elbow, which ring is provided internally thereof with a padding 11 of resilient material, a handle 12 in the form of a cylindrical body spaced from the ring 10 and disposed substantially perpendicular to a diameter of the ring, and a pair of straight side bars 13 and 14 extending from the ring 10 to the handle 12, and each secured at one end to the ring and at its other end to the handle at the corresponding end of the latter.

The side bars 13 and 14 are secured, each at one end, to the ring 10 at the diametrically opposite locations on the ring, and are secured at their other ends to the handle 12 at respectively opposite ends of the handle, and the ring 10

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has its edges in spaced apart and substantially parallel planes which are perpendicular to the side bars 13 and 14 and substantially parallel to the handle 12. The longitudinal center lines of the handle and of the side bars lie substantially in a plane which perpendicularly intersects the planes including the edges of the ring and includes a diameter of the ring.

Weight supporting pins 15 and 16 are adjustably mounted on the side bars 13 and 14, respectively. Each of these pins is connected at one end to the corresponding side bar and projects substantially perpendicularly from the associated side bar in a direction away from the other side bar, and these pins are adjustably movable longitudinally of the side bars to position the weights carried thereby at different distances from the hand of the person using the device.

In the arrangement illustrated, each side bar is provided with a medially disposed, longitudinally extending slot, as indicated at 17 and 18 in Figure 4, and each of the pins 15 and 16 comprises an elongated, cylindrical body having a bore extending coaxially therethrough. A bolt 19 extends through the slot in the side bar 13 and through the bore in the pin 15 with its head bearing against the inner side of the side bar and a nut 20 is threaded onto the outer end of the bolt and bears against the outer end of the pin 15 to adjustably connect this pin to the side bar 13. A similar bolt 21 extends through the slot in the side bar 14 and through the bore in the pin 16 with its head bearing against the inner side of the bar 14, and a nut 22 threaded onto the outer end of the bolt bears against the outer end of the pin 16 to adjustably secure this pin to the side bar 14.

Centrally apertured, disc-shaped weights, as indicated at 23 and 24, such as dumbbell or bar bell weights, are mounted on the pins 15 and 16, respectively, and secured thereon by the collars 25 and 26 detachably mounted on the pins at the outer sides of the weights.

The pins are long enough for each pin to receive several weights or to receive weights of different sizes, so that the amount of weight carried by the device can be varied as desired.

By positioning the weights between the hand and the shoulder of the user, the weights are handled with a shorter leverage from the shoulder than if they were held in the hand, and a greater amount of weight can be handled with the present device.

In the progressive series of weight handling exercises the weights may be shifted toward or

away from the hands of the user and may be increased or decreased as may be desirable for the different exercises.

For certain exercises it is desirable to have a pair of the devices connected to a single weight carrying bar, such as the bar of a bar bell, and for this purpose an attachment is provided, as particularly illustrated in Figure 4.

The attachment comprises a strong, U-shaped bail or bracket 30 having an intermediate or bight portion 31 and a pair of spaced apart and substantially parallel legs 32 and 33 extending in the same direction from the respectively opposite ends of the bight portion and substantially perpendicular to the latter. Apertured plates 34 and 35 are secured to the legs 32 and 33 at the inner sides and at the outer or distal ends of the legs, and bolts or screws 36 extend through the apertures in these plates and through the slots 17 and 18 in the side bars 13 and 14 to adjustably secure the bail to the side bars. It will be noted that the distance between the legs 32 and 33 of the bail is just sufficient to receive the side bars and the attaching plates 34 and 35 between the legs.

A receptacle 37 in the form of a T-fitting is secured to the outer side of the bight portion 31 of the bail 30 substantially at the mid-length location of the bight portion. In the arrangement illustrated, the cross portion of this T-fitting is secured, by suitable means such as welding, to the bail and the stem of the T-fitting projects outwardly from the bight portion of the bail. The cross portion of the socket or T-fitting receives the bar 38 of an exercising device, such as a bell bar, which bar may carry weights, as indicated at 39, near its opposite ends.

As stated above, it is contemplated that a pair of the devices will be mounted in side-by-side relationship on the bar 38, but, as the two devices are substantially identical in construction, it has been considered necessary to illustrate one only of the devices attached to the bar of the bell bar.

The exercising devices may be held in position longitudinally of the bar 38 by threading a plug or set screw 40 through the internally screw-threaded stem portion of the socket or fitting 37 to bear at its inner end against the bar 38.

The invention may be embodied in other specific forms without departing from the spirit or essential characteristics thereof. The present embodiment is, therefore, to be considered in all respects as illustrative and not restrictive, the scope of the invention being indicated by the appended claims rather than by the foregoing description, and all changes which come within the meaning and range of equivalency of the claims are, therefore, intended to be embraced therein.

What is claimed is:

1. An exercising device comprising a free unitary structure and including an arm receiving ring, a handle spaced from said ring and disposed substantially parallel to a diameter thereof, side bars extending in spaced apart and substantially parallel relationship between said ring and said handle and each secured at one end to said ring and at its other end to said handle, pins connected one to each side bar for movements of adjustment longitudinally of the side bars, and projecting outwardly from the corresponding side bars, and weights mounted on said pins.

2. An exercising device comprising an arm receiving ring, a handle spaced from said ring and disposed substantially parallel to a diameter thereof, side bars extending in spaced apart and substantially parallel relationship between said ring and said handle and each secured at one end to said ring and at its other end to said handle, and weight carrying pins connected one to each side bar for movements of adjustment longitudinally of the side bars, said handle being substantially perpendicular to said side bars, said ring having its edges in planes substantially perpendicular to said side bars, and each of said weight carrying pins being connected at one end to the corresponding side bar and projecting substantially perpendicularly therefrom in a direction away from the other side bar.

3. An exercising device comprising an arm receiving ring, a handle spaced from said ring and disposed substantially parallel to a diameter thereof, side bars extending in spaced apart and substantially parallel relationship between said ring and said handle and each secured at one end to said ring and at its other end to said handle, and weight carrying pins connected one to each side bar for movements of adjustment longitudinally of the side bars, each of said side bars having a slot extending longitudinally thereof and each of said pins having a bore extending longitudinally therethrough, and bolts extending one through each pin and through the slot of the corresponding side bar to adjustably connect said pins to said side bars.

4. An exercising device comprising an arm receiving ring, a handle spaced from said ring and disposed substantially parallel to a diameter thereof, side bars extending in spaced apart and substantially parallel relationship between said ring and said handle and each secured at one end to said ring and at its other end to said handle, and weight carrying pins connected one to each side bar for movements of adjustment longitudinally of the side bars, each of said side bars having a slot extending longitudinally thereof and each of said pins having a bore extending longitudinally therethrough, bolts extending one through each pin and through the slot of the corresponding side bar to adjustably connect said pins to said side bars, and a padding of resilient material disposed within and secured to said ring.

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The following references are of record in the file of this patent:

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