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A. CURTICE

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PHYSICAL CULTURE APPARATUS

Filed Nov. 29, 1926

Fig. 1

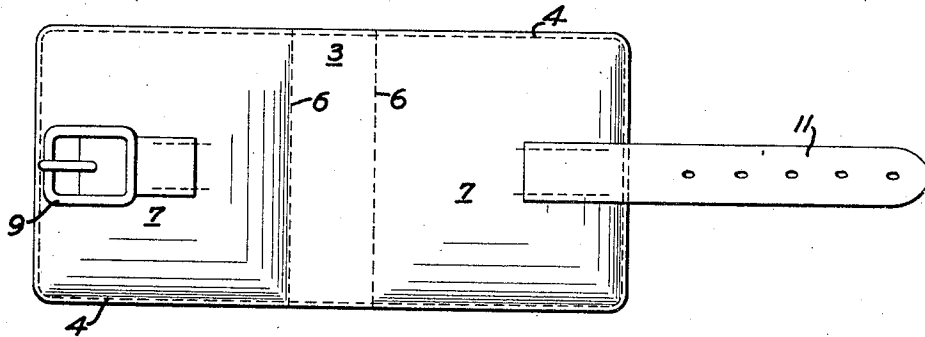


Fig. 3

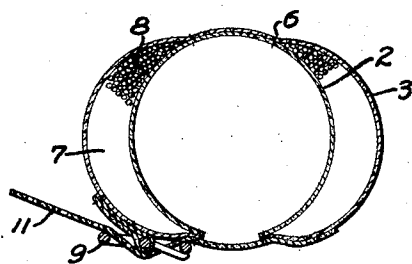
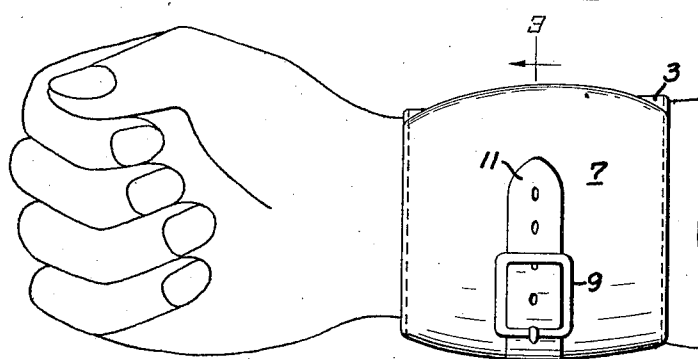


Fig. 2



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UNITED STATES PATENT OFFICE

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PHYSICAL-CULTURE APPARATUS

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My invention relates to physical culture apparatuses, and particularly to a novel weighted wrist band.

One of the objects of my invention is to provide a device which may be utilized in the all round development of the human body.

Another object of my invention is to provide a device the use of which will permit a maximum of exercise in a minimum of time.

A further object of my invention is to provide a device of compact and simple construction which can be easily handled and readily stowed and shipped.

Other objects of the invention together with the foregoing will be set forth in the following description of the preferred embodiment of means for practicing the invention, which is illustrated in the drawings accompanying and forming part of the specification. It is to be understood that I do not limit myself to the showing made by the said description and drawings, as I may adopt variations of my preferred form within the scope of my invention as set forth in the claims.

My invention is illustrated in the accompanying drawings in which:

Figure 1 is a plan view of the preferred form of my weighted wrist band.

Figure 2 is a side elevation showing the wrist band applied to the arm of a user.

Figure 3 is a vertical sectional view, the plane of section being indicated by the line 3—3 of Figure 2.

In terms of broad inclusion my invention comprises a band or strap formed with pockets in each of which is confined a weight composed preferably of comminuted material, such as small lead shot. The pockets are so placed and packed as to ensure pliability of the strap, and means are provided to permit the device to be readily secured around the user's wrists or ankles. It has been found that bands or straps so constructed and weighing from one to two pounds, if worn when undergoing setting up exercises will greatly increase the benefit derived from the exercises.

Dumb-bells of the grip and solid type have heretofore been used for development of the

arms and body; but it is found that the strain on the fore arm, resulting from holding or gripping the dumb-bells in one's hand while exercising, is excessive and usually causes most users to quit exercising before the lungs, chest, shoulders and upper arms get their due share of exercise. By the use of my novel wrist weights, the lungs, chest, shoulders and upper arms are the first part of the body to feel the result of the exercise.

Referring to the drawings in detail; the form of my invention shown comprises a band or strap formed of two like strips 2 and 3 of flexible material, preferably leather, secured about their edges by stitches 4. Transverse rows of stitches 6 also connect the strips 2 and 3 and divide the band into sections thereby forming pockets 7 between the strips. As noted in Fig. 3 one of the strips 3 is slightly longer than the strip 2 to facilitate the formation of the pockets. Within each of the pockets is confined a weight 8 which may be in any of a number of forms. I prefer to make the weight 8 of a comminuted material such as lead shot, sand, or the like, because this form when loosely packed makes the band very comfortable to wear and readily conformable to the shape of the user's limb. This form also permits the total weight of the band to be readily changed.

Adjustable means are provided for securing the band to the user's limb. For this purpose I have shown a buckle 9 secured to the outer side of the weighted portion of the band so as to lie substantially within the adjacent end and a strap 11 secured to the other end of the band. It is obvious that various other securing means might be employed, for instance, the weighted band could be mounted on a horseshoe shaped steel spring of sufficient pliability to be readily snapped around the user's wrists or ankles, however I prefer to use a buckle and strap as this makes a simple construction and a reliable fastening.

While my invention can be used to advantage when going through almost any form of exercise, certain exercises will be found more beneficial than others. With one of the devices on each wrist, holding the arms stiff at the elbows and raising them forward

and upward and then outward and down, develops the lungs, chest, arms and shoulders in record time.

When used as anklets an individual lying
5 on his back and raising and lowering his legs stiff at the knees, or moving his legs with a cycling motion in the air, will find the strength of his legs and abdomen will develop in record time.

10 My invention will be found particularly useful for musicians who wish to strengthen their arms while playing, and pugilists who could use the device while bag punching or shadow sparring.

15 I claim as my invention and desire to secure by Letters Patent—

1. A physical development device comprising a flexible band, weights equably distributed thereabout, and securing means
20 mounted on the outer side of the weighted portion of the band and including a part which is secured within one of the weighted end edges of said band to draw the weighted ends substantially into contact.

25 2. A physical development device comprising a flexible band with a plurality of pockets therein, weights in said pockets and means for securing said band to a limb of a user including a buckle and a strap, the buckle being secured to the outer portion of the band
30 at a point within the adjacent weighted end edge so that when engaged with the strap the weighted end edges are drawn into substantial contact, and the band serving to prevent
35 the action of the buckle on the wrists of the wearer.

3. A physical development device in the form of a band comprising a strip of flexible material, another strip of flexible material
40 longer than the first strip and secured to the latter at its edges and at intermediate positions to form a plurality of pockets, weights in said pockets, and means for securing the band to the limb of a user.

45 4. A physical development device in the form of a band comprising a strip of flexible material, another strip of flexible material longer than said first strip secured to the latter at its edges and at intermediate positions to form a plurality of pockets, weights
50 of comminuted material in said pockets, and means for securing the band to the limb of a user.

In testimony whereof, I have hereunto set
55 my hand.

AUSTIN CURTICE.