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Gemmel et al.

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[54] **PRACTICE WEIGHT FOR ICE SKATES**

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Feb. 2, 1972 Canada 133731

[52] **U.S. Cl.** ..... **280/11.37 E**

[51] **Int. Cl.** **A63c 3/00**

[58] **Field of Search** ..... 280/11.37 E, 11.12, 11.17, 280/11.37 R, 11.1 R

[56] **References Cited**

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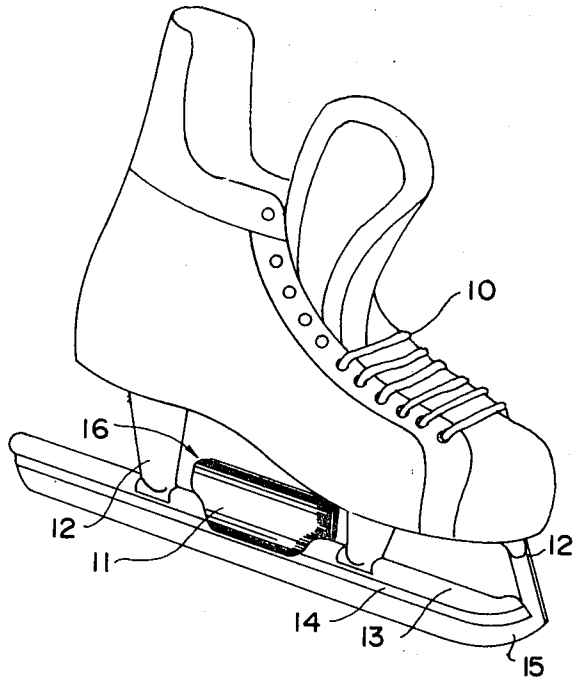
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Assistant Examiner—Milton L. Smith
Attorney, Agent, or Firm—Stanley G. Ade

[57] **ABSTRACT**

A weight is made in two portions with a semi-cylindrical bore through each portion. These portions fit around the center tube of an ice skate and are clamped thereto by means of a wing nut and bolt. Skating with the weight strengthens the leg muscles and improves the skating action.

4 Claims, 4 Drawing Figures



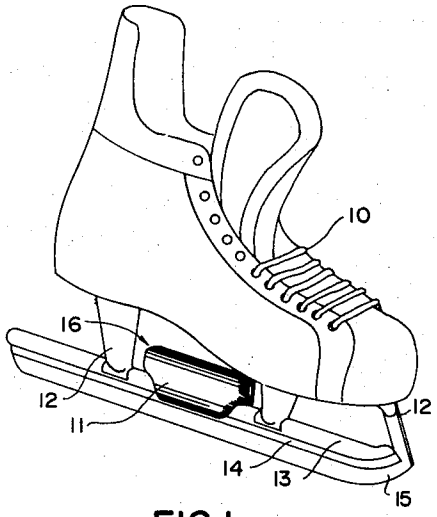


FIG. 1

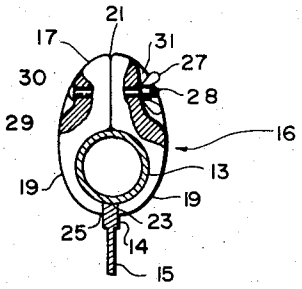


FIG. 3

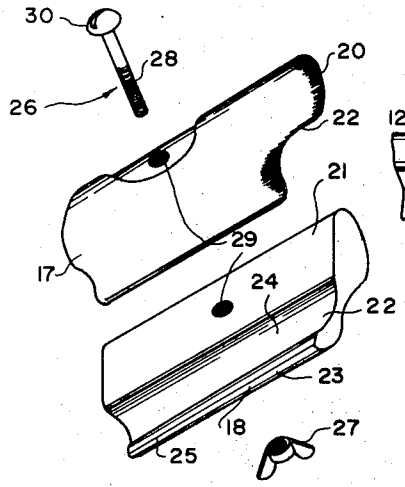


FIG. 4

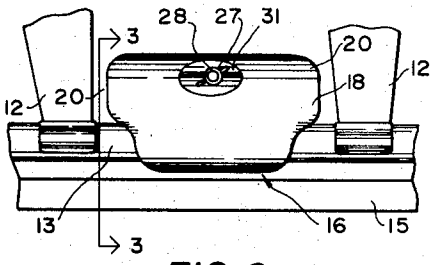


FIG. 2

PRACTICE WEIGHT FOR ICE SKATES

BACKGROUND OF THE INVENTION

It is well known that ice skaters, particularly ice hockey skaters have to spend considerable time conditioning the leg and thigh muscles particularly at the beginning of the season.

This is not only time consuming and arduous but often when a skater is injured during the season, it is almost impossible for him to "skate" back into condition due to lack of time.

SUMMARY OF THE INVENTION

The present invention overcomes these disadvantages by providing a practice weight attachable to each skate the use of which strengthens leg muscles rapidly and easily, and cuts down considerably the time required to get the leg muscles into condition.

The principal object and essence of the invention is therefore to provide a practice weight which is easily clamped to the central tube of the skate between the foot plate and the skate blade holder, the use of which improves the strength of the leg muscles of the skater.

Another object of the invention is to provide a device of the character herewithin described which is easily secured and detached from the central tube by means of a wing nut and bolt assembly or similar clamping means.

A still further object of the invention is to provide a device of the character herewithin described in which the clamping means is recessed and the outer surfaces of the weight are smoothly rounded thus eliminating any danger of the practice weight from damaging other personnel on the ice surface.

A still further object of the invention is to provide a device of the character herewithin described in which the weights can be made progressively heavier as training proceeds.

Still another object of the invention is to provide a device of the character herewithin described which is simple in construction, economical in manufacture, and otherwise well suited to the purpose for which it is designed.

With the foregoing objects in view, and such other or further purposes, advantages or novel features as may become apparent from consideration of this disclosure and specification, the present invention consists of the inventive concept which is comprised, embodied, embraced, or included in the means, method, process, product, construction, composition, arrangement of parts or new use of any of the foregoing, herein exemplified in one or more specific embodiments of such concept, reference being had to the accompanying drawings in which:

DESCRIPTION OF THE DRAWINGS

FIG. **1** is an isometric view of the invention installed upon an ice skate which in turn is secured to the underside of a skating boot.

FIG. **2** is an enlarged fragmentary side elevation of the invention installed upon the central tube.

FIG. **3** is a section substantially along the line **3—3** of FIG. **2.**

FIG. **4** is an exploded isometric view of the weight assembly per se.

In the drawings like characters of reference indicate corresponding parts in the different figures.

DETAILED DESCRIPTION

Proceeding therefore to describe the invention in detail, reference should first be made to FIG. **1** which shows a boot **10** from which an ice skate collectively designated **11** is secured by means of the support **12.** These supports also engage around the longitudinally extending central tube **13** of the skate to which is also secured a blade holder **14** and the longitudinally extending blade **15.**

The invention collectively designated **16** is preferably made of lead or some similar material and consists of two halves **17** and **18** which are substantially similar in configuration. Each half consists of an arcuately curved outer surface **19,** curved ends **20** and a planar inner surface **21.**

A semi-cylindrical bore **22** is formed longitudinally through the inner surface opening out onto said surface and being formed adjacent the lower edge **23** of the halves but spaced slightly upwardly therefrom.

When engaged around the central tube **13,** the planar faces **21** are in interfacial relationship with the walls **24** of the bores engaging snuggly around tube **13** as clearly shown. The portions **25** of the planar walls **21,** below the bores and adjacent the lower edges **23** are recessed slightly so that they engage one upon each side of the blade holder **14** as clearly shown in FIG. **3.**

Clamp means collectively designated **26** are provided to hold the two halves in the position described and illustrated, said clamping means preferably taking the form of a wing nut **27** and an associated bolt **28.** The bolt engages through apertures **29** formed through the two halves above the bores **22** and both the bolt head **30** and the wing nut **27** are preferably recessed within recesses **31** formed on the outer surfaces of the halves so that they do not extend when installed. This, together with the rounded configuration of the outer surfaces of the halves, ensures that no damage occurs to other personnel during skating.

In operation, the devices are clamped to the central tubes **13** approximately mid-way along the length thereof and the weights may be increased in size as practice progresses. They are easily attached and detached from the tube and do not interfere with the construction or operation of the skate in any way.

Various modifications may be constructed or performed within the scope of the inventive concept disclosed. Therefore what has been set forth is intended to illustrate such concept and is not for the purpose of limiting protection to any herein particularly described embodiment thereof.

What we claim as our invention is:

1. A practice weight for detachable securement to the central longitudinal tube of ice skates immediately above the skate blade holder comprising a pair of weight portions, means on said portions engaging around the central tube of the associated skate and means cooperating between said portions to detachably clamp same to said tube, each of said portions being provided with an arcuately curved outer surface when viewed in end elevation, the ends of said portions being rounded whereby said weight, when installed, presents a smoothly curved outer surface.

2. The weight according to claim **1** in which each of said portions comprises a longitudinally extending member, a longitudinally extending semi-cylindrical bore formed within one face of said member and adja-

cent to but spaced upwardly from the lower edge thereof, the wall of said bores engaging around said tube, the lower edges of said portions engaging against the blade holder of the associated skate, one upon each side thereof.

3. The weight according to claim **1** in which said means to detachably clamp said portions longitudinally around said tube includes a wing nut and bolt assembly extending transversely through said portions above said bores, said wing nut and the ends of said bolt being recessed within said portions when installed.

4. The weight according to claim **2** in which said means to detachably clamp said portions longitudinally around said tube includes a wing nut and bolt assembly extending transversely through said portions above said bores, said wing nut and the ends of said bolt being recessed within said portions when installed.

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