March 15, 1927. 1,620,910

H. E. MINNICH

EXERCISING DEVICE

Filed Feb. 15, 1923

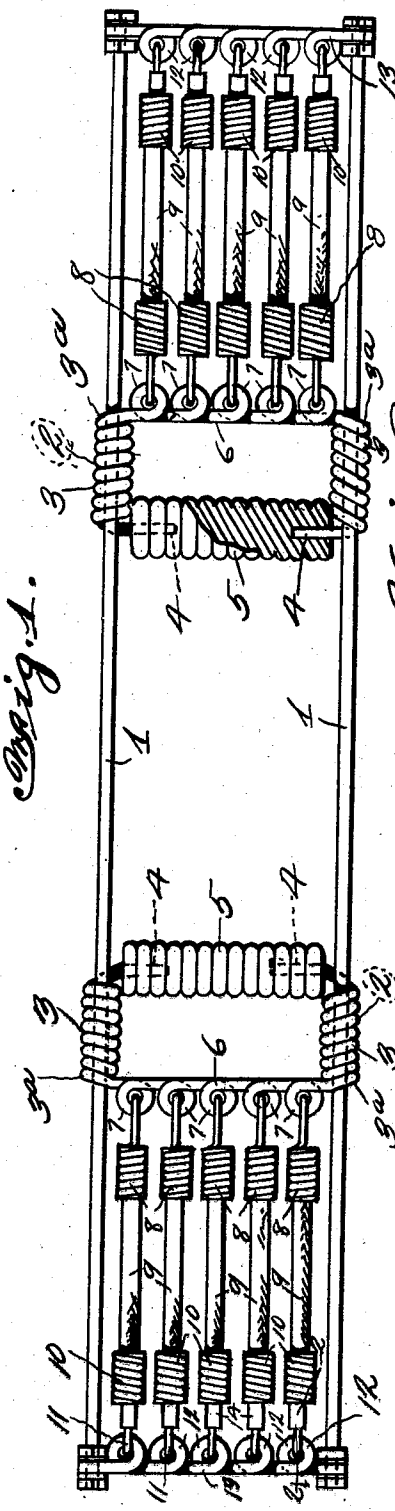

Fig. 1.

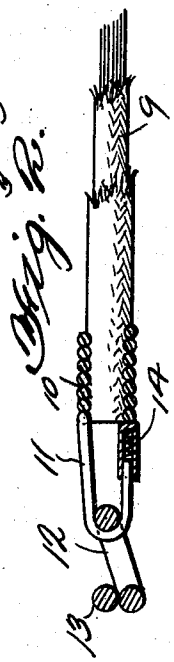

Fig. 2.

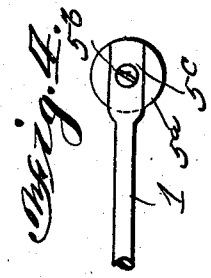

Fig. 4.

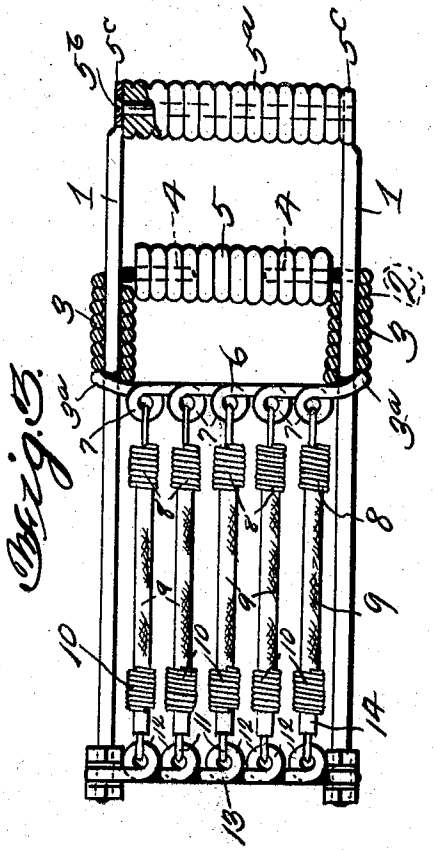

Fig. 3.

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UNITED STATES PATENT OFFICE.

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EXERCISING DEVICE.

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The invention relates to exercising devices, and has for its object to provide a device of this character comprising spaced rods, the ends of which are transversely connected together by bars, hand grip slidable members mounted on the spaced bars and yieldable members connected to the hand grip slidable members and to the transverse connection between the bars at their ends. The hand grip members are adapted to be grasped by the hands of the operator and forced together against the action of the yieldable members, thereby causing a movement of the muscles from the waist upwardly.

A further object is to connect the yieldable members to transversely disposed members formed from a single piece of material and bent to form spaced eyes for the reception of detachable hooks carried by the yieldable members.

A further object is to form slidable handle members from a single piece of wire bent to form inwardly extending grip receiving members and provided with convolutions in which the guide bars are slidably mounted. Also to provide the outer convolutions with a connecting bar bent to form a plurality of eyes, to which eyes the adjacent ends of the yieldable members are connected.

With the above and other objects in view the invention resides in the combination and arrangement of parts as hereinafter set forth, shown in the drawing, described and claimed, it being understood that changes in the precise embodiment of the invention may be made within the scope of what is claimed without departing from the spirit of the invention.

In the drawing:

Figure 1 is a top plan view of the exerciser,

Figure 2 is a detail sectional view taken on line 2—2 of Figure 1.

Figure 3 is a top plan view of a modified form of exerciser adapted for use with one hand.

Figure 4 is a side elevation of one end of the exerciser shown in Figure 3.

Referring to the drawing, the numeral 1 designates spaced guide rods in parallel relation to each other, and on which guide rods the handle members 2 are slidably mounted. The handle members 2 are formed from a single piece of wire bent to provide a spaced plurality of convolutions 3, which are slidably mounted on the guide rods 1, and inwardly extending axially aligned arms 4, on which the hand grip members 5 are mounted. The outer convolutions 3^a are connected together by transversely disposed members 6, which members are bent to provide a plurality of spaced eyes 7. Connected to the eyes 7 are the inner ends of coiled springs 8, which coiled springs have secured therein the inner ends of elastic members 9. The outer ends of the elastic members 9 are secured within the coiled spring 10, which coiled springs terminate in hooks 11, which are received by eyes 12 carried by the ends of the guide bars. In operation the operator grasps with his hands the members 5 and forces the same together, thereby stretching the elastic members 9, and consequently exercising the muscles. By this particular form of exercise, the operator works all of the muscles from the waist upwardly. The eyes 12 are carried by a transversely disposed bar 13, formed from relatively heavy wire, and are formed by bending the wire. The ends of the bar 13 at each end of the device are connected to the guide rods 1. It will be seen that the device is formed from rod material in such a manner as to eliminate machine work, therefore the device can be cheaply constructed and be twisted to form by cheaper labor. The hooks 11 are detachably connected to the eyes 12, and to prevent the hooks from coming unhooked from the eyes 12, the ends of the hooks are provided with spring actuated caps 14, as clearly shown in Figure 2.

Referring to Figure 3 wherein the modified form of the device is shown, and one which is adapted to be used by a single hand of the operator, the structure is substantially the same, with the exception that the guide rods 1, adjacent one of the handle members 5 is provided with a stationary handle member 5^a which is mounted on a transversely disposed screw 5^b, connecting the flat portions 5^c of the guide rods 1 together. In this form the operator grasps the handle members 5 and 5^a, and by opening and closing the hand against the action of the elastic members 9 exercises the muscles of the wrist and arm.

From the above it will be seen that an exercising device is provided, which is simple in construction, positive in its operation

and one which may be cheaply constructed.

The invention having been set forth what is claimed as new and useful is:—

An exercising device comprising an oblong frame, inwardly extending elastic members carried by the ends of the frame and extending towards each other and anchored to the ends of the frame, slidable grip members slidably mounted on the opposite sides of the frame, said grip members comprising tubular members formed from a plurality of convolutions, the outer convolution being connected together and provided with a plurality of eyes formed by convolutions, elastic members having their inner ends anchored to said eyes, the inner ends of said tubular members terminating in inwardly extending axially alined members, and hand grips into which the axially alined members extend.

In testimony whereof I have signed my name to this specification.

HARRY E. MINNICH.