

R. N. DIEHL.
EXERCISING APPARATUS.
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1,138,196.

Patented May 4, 1915.

Fig. 1.

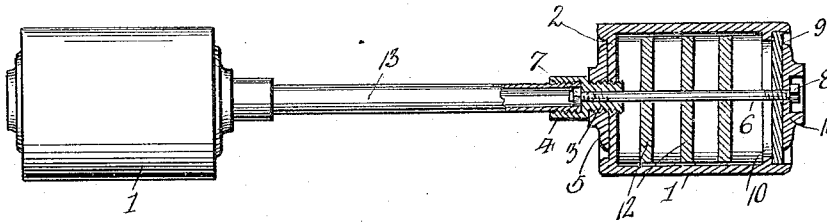


Fig. 2.



Fig. 3.

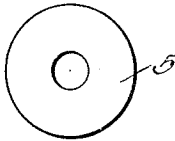


Fig. 4.



Fig. 6.



Fig. 5.



WITNESSES

G. M. Spring
W. D. Jones

INVENTOR

Robert N. Diehl,
Richard B. Brown
his Attorney

UNITED STATES PATENT OFFICE.

ROBERT N. DIEHL, OF OILFIELDS, CALIFORNIA.

EXERCISING APPARATUS.

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To all whom it may concern:

Be it known that I, ROBERT N. DIEHL, a citizen of the United States, residing at Oilfields, in the county of Fresno and State of California, have invented new and useful Improvements in Exercising Apparatus, of which the following is a specification.

My invention relates to an exercising apparatus.

10 The object of my invention is to provide a device having a plurality of bell members which may be connected by a removable elongated member to form a bar-bell, and which members may also be connected by
15 a shorter removable member to form a dumb-bell, and which members may also receive separate handles to adapt them as kettle-bells.

20 Another object of my invention is to provide novel means in the bells whereby the weight thereof may be regulated.

The invention resides in the novel and advantageous construction hereinafter described and illustrated in the accompanying
25 drawings.

In these drawings:—Figure 1 is a view showing the device used as a dumb-bell, being partly in section. Fig. 2 is a detail view partly in elevation and partly in section showing a bell rod or bolt and attaching member. Figs. 3 and 4 respectively,
30 are detail front and sectional views of a washer plate used in connection with the device. Fig. 5 is a detail of the wrench used in connection with the bolts of the device, and, Fig. 6 is a detail view of one of the bells having a handle applied thereto and serving as a kettle-bell.

Referring to the drawings, 1 designates
40 the bells of the device which are formed preferably of a hollow cylinder at one end of which is solidly secured a plate such as 2. Said plate is provided with a central screw threaded opening which is engaged
45 by a screw threaded shank 3 of an attaching member. Said member is provided with an enlarged portion 4 provided with interior screw threads. A washer such as 5 is preferably interposed between
50 the plate 2 and the enlarged portion 4. Through the attaching member passes a bolt 6 provided with a head or nut 7 at one end, preferably within the portion 4, and with a nut 8 at its opposite end. Said
55 bolt 6 passes through a removable disk or plate 9 which bears against an inwardly

projecting flange 10, provided on the bell cylinder. The nut 8 is preferably located beyond the disk 9 and clamps between the same and said disk a washer or plate 11
60 provided with a recess in which the nut 8 is situated.

Along the bolt 6 interior of the bells, are provided any suitable number of removable disks or division plates 12. Said bells are
65 adapted to be supplied with any suitable weight medium desired, such as shot, sand or scrap metal. The weight medium is maintained within the bells between the disks 11, so that in case it is desired to re-
70 duce the weight of the bells, one or more of the disks 11 may be removed so as to permit the weight medium between the same to be removed, thereby providing means whereby any desired portion of the weight
75 medium may be removed.

When the bells are used in connection with a dumb-bell, a tube 13 provided with screw threads at each end, engages the screw threads of the portion 4 and thereby connects
80 the bells to the same and forms a dumb-bell. When the device is used as a bar-bell, the tube 13 is of the same construction but considerably longer. When the device is used to form kettle-bells the screw
85 threads of the part 4 are engaged by screw threads of a removable handle 14, as shown in Fig. 6.

The preferred form of wrench used in adjusting the nuts is shown in Fig. 5.
90

It will be seen that the attaching members provide a separate means on each bell to be engaged by a connecting tube or handle such as 13, or to be engaged by separate handles
95 such as 14 whereby a dumb-bell device is provided whose bells may also be used in connection with a bar-bell, and with a kettle-bell.

It is clear that changes of the details of construction may be made without departing from the spirit and scope of the appended claims.
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Having thus described my invention, what I claim is:—

1. The combination with an exercising apparatus of hollow bell members, a connecting member between said bell members and having engagement therewith, an interior flange on said bells, bolts passing through said bells and engaging said connecting
105 member, plates on said bolts, said plates engaging said interior flanges upon said
110

5 bells whereby to form a closure for said bells, and a plurality of division plates disposed upon said bolts for equalizing the weight within said bell members and providing against excess dislodgement of weights within said bells.

2. The combination with an exercising apparatus of hollow bell members, a connecting member between said bell members and having engagement therewith, attaching means for each bell, means passing through said bell members and engaging each attaching member to secure said bells to said connecting member, plates on said means forming closures for said bells, and a plurality of division plates removably carried by said means within the hollow portion of said bells for subdividing the weight within said bell members.

20 3. An exercising apparatus including cylindrical bell members, an integral closure for one end of each member, a flange formed

adjacent the other ends thereof, a removable closure abutting said flange, connecting means between said closures, and means carried by first said means to subdivide the interior of said bell between said closures. 25

4. An exercising apparatus including hollow bell members, an integral closure for one end of each member, attaching members threadingly engaging said closures, flanges formed interiorly of each member adjacent their opposite ends, removable closures abutting said flanges, connecting means between each pair of closures, subdivision plates supported in adjustable and removable relation upon said connecting means, and means for connecting pairs of said bell members. 30 35

ROBT. N. DIEHL.

Witnesses:

H. P. MOFFETT,
W. E. JACOBS.

Copies of this patent may be obtained for five cents each, by addressing the "Commissioner of Patents, Washington, D. C."