

June 12, 1928.

1,672,944

G. F. JOWETT

DUMB BELL

Filed Sept. 1, 1927

Fig. 1.

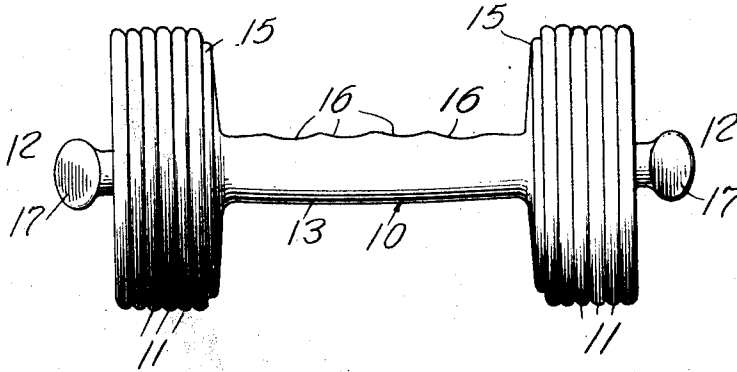


Fig. 2.

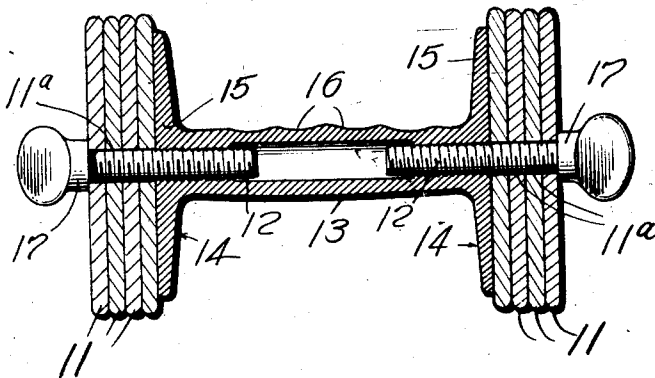
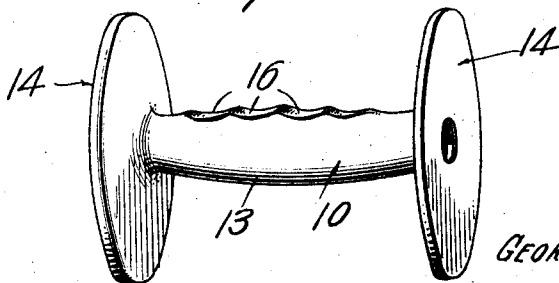


Fig. 3.



Inventor

GEORGE F. JOWETT,

Chas. K. Allen

Attorney

UNITED STATES PATENT OFFICE.

GEORGE F. JOWETT, OF PHILADELPHIA, PENNSYLVANIA, ASSIGNOR TO JOWETT INSTITUTE OF PHYSICAL CULTURE, INC., OF SCRANTON, PENNSYLVANIA, A CORPORATION OF DELAWARE.

DUMB-BELL.

Application filed September 1, 1927. Serial No. 216,956.

My invention relates to dumbbells and has for one of its important objects a very simple means for varying the weight thereof based upon scientific principles of gradual increase or decrease. The clamping means therefor being so arranged as to firmly grip the several laminated weights to prevent their loosening. The scope of my invention extends to whatever construction may be defined by or included within the terms or language of the appended claim.

In the drawings:

Figure 1 is a side elevation of my improved dumbbell;

Figure 2 is a longitudinal sectional view thereof illustrating the dumbbell with a lesser number of laminated disks, and

Figure 3 is a view in perspective of the body portion of the dumbbell.

My invention in the form or embodiment shown in the drawing and briefly described comprises the body portion, indicated generally as at 10, the laminated disks or weights, 11, and the locking means therefor, 12.

The body portion, 10, of the dumbbell preferably consists of a hand holding portion, 13, and a pair of spaced and integrally formed rims or flanges, 14. The outer surfaces or faces of the flanges, 14, are of course parallel so that the laminated weights adjacent thereto may firmly seat against it, whereas the opposite faces, 15, of the flanges are suitably tapered or gradually thickened toward the center thereof so as to present a smooth surface to the hand of the user. By forming the center of the hand holding portion, 13, slightly larger in diameter than the ends a firm grip may of course be obtained.

To effectually prevent the dumbbell from moving in the hand while exercising, I preferably form one side thereof with a plurality of finger receiving depressions, 16. It is a well recognized fact that greater benefit is derived in exercising from devices of this nature when they are firmly gripped.

The laminated disks or weights, 11, are preferably die-cast so that they may be uniform in shape and weight, and are of slightly larger diameter than the outer diameter of the flanges or rims, 14, as is clearly shown in Figures 1 and 2. The centrally located openings, 11^a, are of course formed slightly larger in diameter than the threaded portion

of the screws, 12, to permit their easy removal or replacement with respect thereto. By forming the outer edges of the disks, 11, rounded, very smooth outer surfaces are presented.

The screws, 12, for fastening the laminated weights, are each provided with the enlarged heads, 17, which are somewhat flattened for the purpose of readily gripping, so that they may be easily operated when it is desired to increase or decrease the number of disks. With particular reference to Figure 2 of the accompanying drawing, it will be noted that the hand holding portion, 13, of the body portion, 10, of the dumbbell is threaded but a relatively short distance from each of the ends, the remaining or center portion being formed with a slightly enlarged counterbore to facilitate the threading operations.

It will be readily understood therefore that dumbbells formed in this novel manner may be readily manufactured upon a high production basis as for example by the die-casting method and requiring but three separate members, namely the body portion, the laminated disks, and the retaining screws, they may be readily interchangeable and sold at a comparatively low price.

I claim:

A dumbbell comprising a main element including a hand gripping portion and end disks on such hand gripping portion, the main element having an axial bore opening through the ends thereof, such bore having end portions of relatively reduced diameter and interiorly threaded, the central portion of the bore being of relatively enlarged diameter and smooth, screw-rods threaded to cooperate with the threaded portions of the bores and having terminal operating heads of materially less diameter than that of the end disks, and a series of independent weight disks of a diameter greater than that of the end disks and designed to be held by the screw rods between such end disks and the terminal heads of the rods, said weight being formed with central openings to receive the screw rods, whereby when the dumbbell is resting on a surface the full contact is borne by the edges of the weight disks alone.

GEORGE F. JOWETT.