July 12, 1949. J. BIDAK 2,475,656

EXERCISING DEVICE

Filed March 6, 1946

Fig. 1.

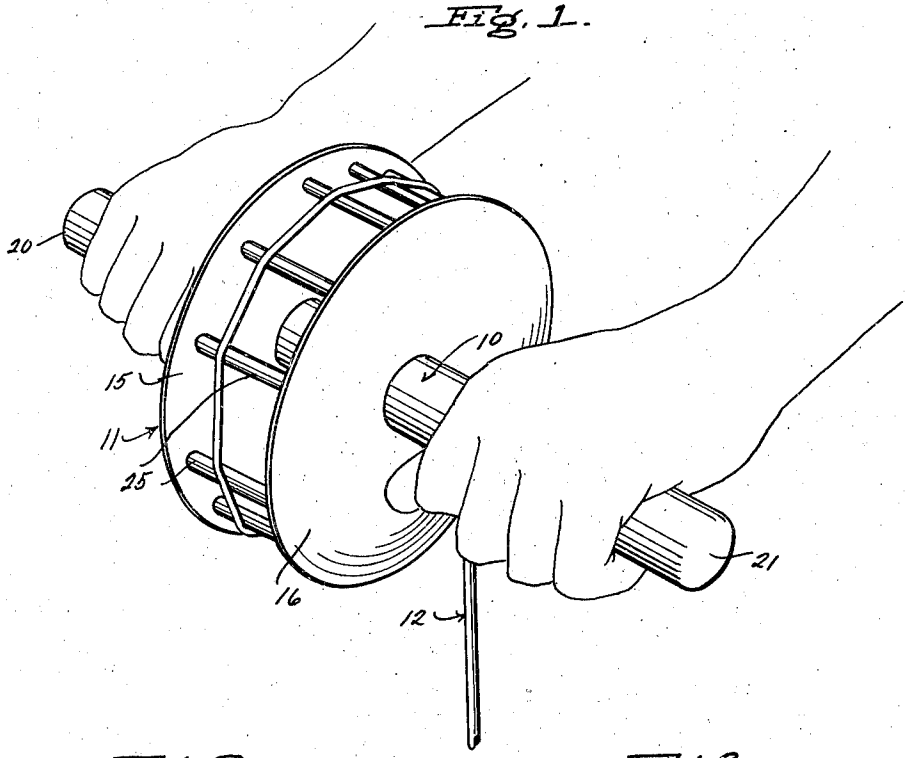


Fig. 2.

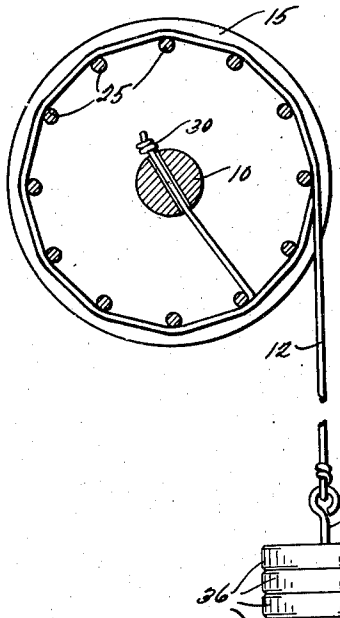
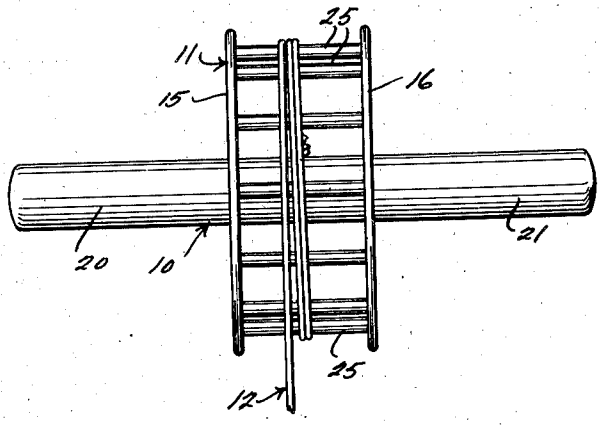
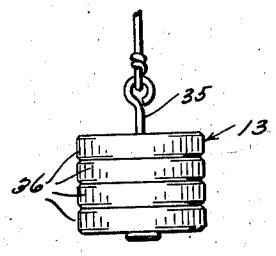


Fig. 3.





INVENTOR.

John Bidak.

BY Lancaster, Allen & Rommel

ATTORNEYS.

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EXERCISING DEVICE

John Bidak, Detroit, Mich.

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3 Claims. (Cl. 272—67)

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This invention relates to improvements in exercising devices.

The primary object of this invention is the provision of an exercising device primarily intended to exercise the muscles of hands, wrists and forearms without appreciable fatigue to the shoulder muscles.

I am aware that heretofore it has been proposed to exercise hand, wrist and forearm muscles by holding a weight attached exercising device at arm's elngth. In devices of this sort, which are now in use, the shoulder musscles tire sooner than the muscles of the forearms, wrists and hands due to the effort required to hold the weight at arm's length in front of the exerciser for the duration of the exercise. As a result, the individual is compelled to rest and thereby loses much of the value of exercising the muscles of hand, wrist and forearms. To eliminate this I propose to utilize a shaft of a predetermined diameter to be held in the hands of the exerciser, upon which a drum of appreciably larger diameter is placed and upon which is attached a weight suspended cord. In winding the cord upon the drum vigorous exercise is given the hands, wrists and forearm muscles without appreciable shoulder fatigue.

Other objects and advantages of this invention will appear in the following detailed description.

In the accompanying drawing, forming a part of this specification, and wherein similar reference characters designate corresponding parts throughout the several views,

Figure 1 is a perspective view showing the improved exercising device in the hands of an operator.

Figure 2 is a cross sectional view normal to the shaft of the drum showing the weighted cord partially wound thereon.

Figure 3 is an elevational view of the improved exercising device.

It is understood that this exercising device may be made as simple and inexpensive as possible, but if desired, it may be made of expensive materials. In the main I prefer to provide a shaft 10 of a predetermined length and diameter having a drum 11 keyed therewith upon which a flexible cord 12 may be wound; the latter having weight means 13 at the end thereof.

The shaft 10 may be made of wood, plastic, metal or other material of predetermined length and diameter.

The drum 11 may consist of discs 15 and 16 centrally apertured and keyed as by glueing or in any other manner in predetermined spaced relation upon the shaft 10 so as to leave hand hold

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portions 20 and 21 projecting at opposite sides of the discs 15 and 16 respectively. The discs 15 and 16 at equal radial distances from the axis of the shaft 10 have attached therewith rungs or pins 25 which may be socketed and keyed in the discs 15 and 16 in any approved manner. These pins or rungs 25 form an annular arrangement upon which the cord 12 is wound. The latter may be secured to one of the rungs 25 as by tying thereto, or it may be diametrically secured as shown at 30, in Figure 2 of the drawing, to the shaft between the discs 15 and 16 and threaded therefrom to the exterior of the rungs so that it may be wound thereon.

The weight arrangement 13 may consist of a conventional supporting hook or member 35 upon which weights 36 of detachable nature may be secured, so that the total weight may vary to suit the individual who is exercising.

As an example of the benefits to be achieved with the present exercising device, so far as exercising and development of hand, wrist and arm muscles are concerned, if the diameter of the drum is ten inches, a weight of five pounds supported upon the cord will provide as much work for the hands, wrists and forearm muscles as will a weight of twenty-five pounds on the standard exercising arrangements of the prior art. Therefore the hand, wrist and forearm muscles will secure the maximum exercising benefits without fatigue to the shoulder muscles.

It is within the contemplation of my invention to support the extreme ends of the shafts 20 and 21 in a floor supporting standard so the exercising device can be used without any muscular fatigue whatsoever of the shoulder muscles.

It will be noted that the rungs 25 are placed inwardly from the outer peripheral edges of the discs 15 and 16. This leaves flanged portions which will prevent the cord from slipping off the exercising drum.

Various changes in the shape, size and arrangement of parts may be made to the form of invention herein shown and described, without departing from the spirit of the invention or the scope of the following claims.

I claim:

1. In a muscular exercising device the combination of a drum-like member including side disc portions and a peripheral arrangement of rungs connected with and extending therebetween, hand hold extensions connected with opposite sides of the drum, a cord connected with the drum and windable upon said rungs, and variable weight means for said cord.

2. In a muscular exercising device the combination of a shaft, a laterally flanged drum keyed upon the shaft between the ends thereof, the ends of the shaft providing hand hold portions at opposite sides of and centrally of the drum, the drum defining a channel with flanges at opposite sides thereof, a flexible cord windable upon said drum between said flanges, and weight means for the free end of the cord.

3. In an exercising device for exercising the muscles of the hand, wrist and forearm, the combination of a winding drum having a peripheral winding arrangement thereon, a cable connected to the drum for winding upon said winding arrangement, a weight for connection to the cable for depending from the drum, and hand grasping devices connected centrally at opposite sides

of the drum of a nature to permit the grasping of the same in the two hands of a user, the drum at the sides thereof being free of projections which would interfere with the winding of the drum thru rotation thereof in the hands of the user.

JOHN BIDAK.

REFERENCES CITED

The following references are of record in the file of this patent:

UNITED STATES PATENTS

Number	Name	Date
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