April 5, 1927. 1,623,869

A. GIRALDI

MUSCLE EXERCISER

Filed April 3, 1926

Fig. 1.

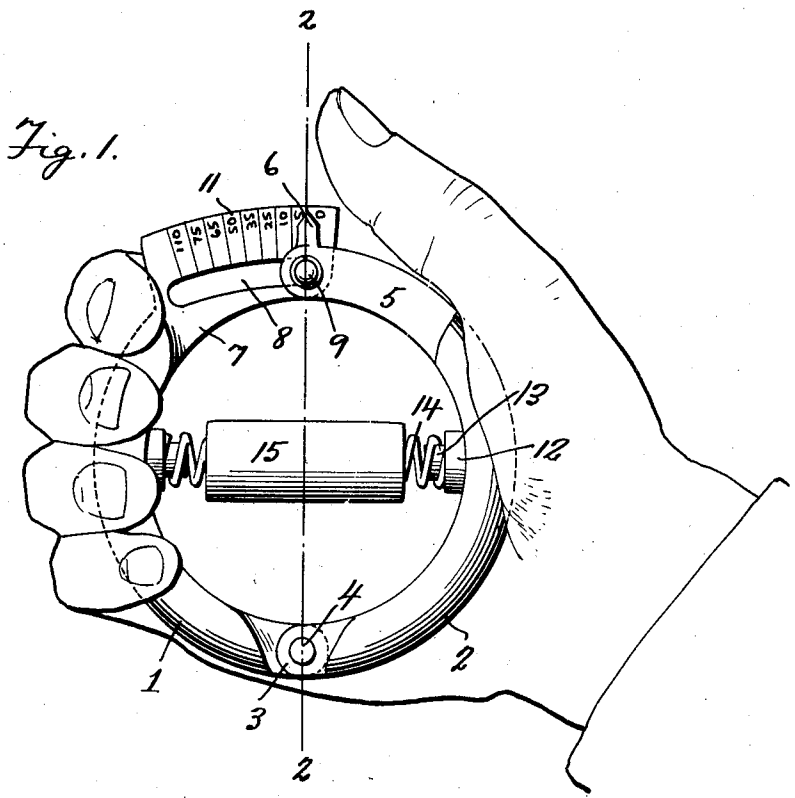


Fig. 2.

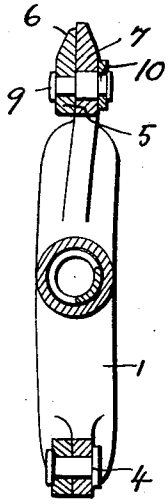
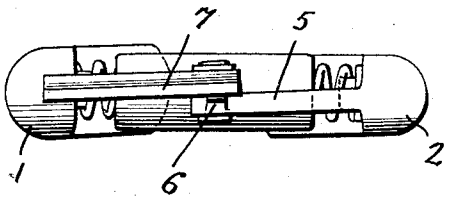


Fig. 3.



Armando Giraldi

INVENTOR

BY Victor J. Evans

ATTORNEY

WITNESS: Gerald Hennessy

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UNITED STATES PATENT OFFICE.

ARMANDO GIRALDI, OF EAST BRAINTREE, MASSACHUSETTS.

MUSCLE EXERCISER.

Application filed April 3, 1926. Serial No. 99,617.

The object is the provision of a simple device for exercising the muscles of the hand, fingers and forearm of a person as well as for determining the gripping power of the hand.

A further object is the provision of a device for this purpose that is of an extremely simple construction, which may be cheaply manufactured and marketed and which in addition to exercising and strengthening the muscles of the hand, fingers and forearms of a person, will afford amusement and friendly rivalry among different persons making use of the improvement.

To the attainment of the foregoing the invention consists in the improvement as hereinafter described and definitely claimed.

In the drawings:

Figure 1 is a view illustrating the manner in which the improvement is employed.

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

Figure 3 is an edge view of the improvement.

As disclosed by the drawings I make use of an annular or ring-shaped member which is made up of two sections. Each section has a cross sectionally rounded body 1 and 2, respectively. Each body, at one of the ends thereof, is formed with a reduced extension that terminates in eyes 3, respectively, and these eyes are pivotally connected, as at 4. The opposite end of the section 2 has a flat arched extension 5 formed on its outer end with an indicator finger 6. The free end of the second section 1 is also formed with a flat arched extension 7 which has its outer end widened and which is provided with an arcuate slot 8. The end 5 of the member 2 is provided with a pivot 9 that passes through the arcuate slot 8, and the outer end of the said pivot is engaged by a washer 10. The flat extension 7 of the member 1, outward of the slot 8, has inscribed thereon degree marks 11.

Each member 1 and 2 is centrally formed with bosses 12, respectively, each having on its outer end a lug 13. These lugs are surrounded by the ends of a helical spring 14, the strength of the spring having been previously determined. Arranged around the spring to hold the same from twisting or bulging, there is a sleeve 15. This sleeve is of a length less than that of the spring when expanded but is of a size to be received over the bosses 12 when the spring is fully compressed.

The device is positioned as illustrated in Figure 1 of the drawings, and by moving the fingers toward the thumb portion of the hand the spring will be compressed, and the indicator finger 6 will indicate on the dial plate 7, the degree of compression. By relaxing the fingers the spring will be expanded, and thus by alternately compressing and relaxing the hand the muscles thereof will be exercised and strengthened. The device may be also successfully employed for accurately registering the gripping strength of the hands of different competitors and the simplicity of my construction and the advantages thereof, when the foregoing description has been carefully read in connection with the accompanying drawings, will be readily apparent.

Having described the invention, I claim:—

1. A device for the purpose set forth, comprising a ring-like member constructed of two semi-circular sections, each having one of their ends pivotally connected together, the second end of one of the segments having a slotted extension provided with a dial plate, the free end of the second extension having a pivot passing through the slot of the first mentioned section and having a finger that is movable over the dial plate, a coil spring influencing the sections away from each other and a sleeve through which the coil spring is passed for holding the spring from twisting or bulging.

2. A device for the purpose set forth, comprising a ring-like member constructed of two semi-circular sections, each having one of their ends pivotally connected together, the second end of one of the segments having a slotted extension provided with a dial plate, the free end of the second extension having a pivot passing through the slot of the first mentioned section, and having a finger that is movable over the dial plate, a lug on the inner face of each section, a helical spring having its ends arranged over the respective lugs and a sleeve arranged over the spring for holding the same from twisting or bulging.

In testimony whereof I affix my signature.

ARMANDO GIRALDI.