

(No Model.)

E. M. FOLK.  
EXERCISING CLUB.

No. 257,929.

Patented May 16, 1882.

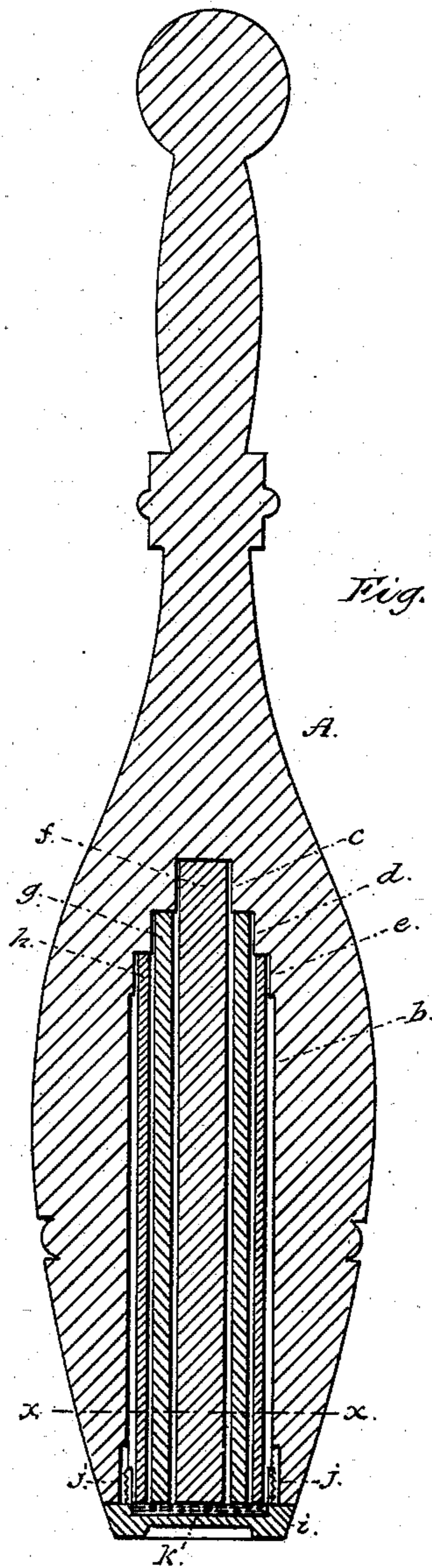
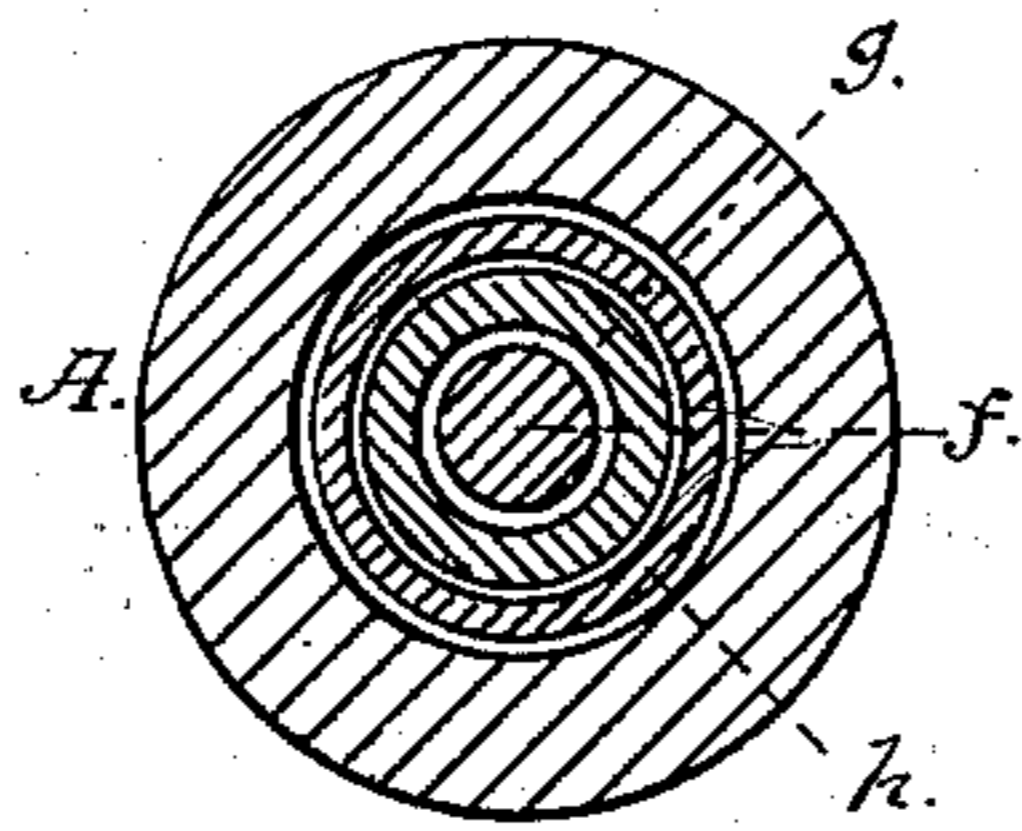


Fig. 2.



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# UNITED STATES PATENT OFFICE.

EDGAR M. FOLK, OF BROOKLYN, NEW YORK.

## EXERCISING-CLUB.

SPECIFICATION forming part of Letters Patent No. 257,929, dated May 16, 1882.

Application filed June 25, 1881. (No model.)

*To all whom it may concern:*

Be it known that I, EDGAR M. FOLK, of Brooklyn, in the county of Kings and State of New York, have invented a new and Improved Exercising-Club; and I do hereby declare that the following is a full and exact description of the same, reference being had to the accompanying drawings, and to the letters of reference marked thereon.

Figure 1 is a longitudinal section of my improved club. Fig. 2 is a transverse section taken on line *xx* in Fig. 1.

Similar letters of reference indicate corresponding parts.

The invention will first be described in connection with all that is necessary to a full understanding thereof, and then pointed out in the claims.

Referring to the drawings, A is an exercising-club of ordinary form, having in its larger end a cylindrical chamber, *b*, to which is fitted a series of removable weights which are held in place by sockets *c d e*, provided in the inner end of the chamber, corresponding to the diameter of each weight. The weight in the present case is composed of three concentric portions, *f g h*. The central portion, *f*, is inserted in socket *c*. The weight *g* surrounds the weight *f* and is inserted in socket *d*. The weight *h* surrounds the weight *g* and is inserted in socket *e*. The weights vary in length in order that they may abut equally against the rubber plate *k*. While the longest of the removable weights is shown as in the center, it is evident that it may be the exterior weight, and that the weights may be arranged in any desired relation. The head *i* closes the mouth of the said chamber, being provided with a threaded edge, which is received by the threaded ring *j*. A bayonet or other joint may be used; but for security the screw-threaded joint is preferable. A rubber plate, *k*, is permanently fixed on the inner side of the head *i* for

the purpose of steadying and silencing the weights. Any elastic equivalent packing may be used instead of rubber.

The weights may be used separately in the club, and the combination of the different weights may be adapted to various movements, part or all of the weights being used, as may be required.

The advantages claimed for my improved club are that all of the weights required for various movements are contained in a single club, and may readily be adjusted to suit the requirements of different persons or of different movements for the same person. It is compact and portable, and the weight is always equally divided throughout the club.

I do not claim herein, broadly, a chambered club and a series of concentric weights fitting in the chamber of the club, so that the weight of the club may be varied and adjusted at will, as such is shown in Patent No. 201,174, granted me March 12, 1878, upon which the invention herein claimed is an improvement.

Having thus fully described my invention, I claim as new and desire to secure by Letters Patent—

1. The combination, in a chambered club, of concentric weights and heads for the chamber, provided with annular recesses adapted to secure and hold in position the weights, substantially as set forth.

2. In a chambered club, a chamber-head provided with internal elastic packing, substantially as described.

3. The combination of the threaded head *i* and ring *j* with rubber plate *k*, as herein shown and described.

This specification signed and witnessed this 18th day of June, 1881.

EDGAR M. FOLK.

Witnesses:

WM. H. MEADOWCROFT,  
Z. F. WILBER.