

No. 675,314.

Patented May 28, 1901.

F. B. ABENHEIM.
DUMB BELL AND INDIAN CLUB.

(Application filed Aug. 21, 1900.)

(No Model.)

Fig 1.

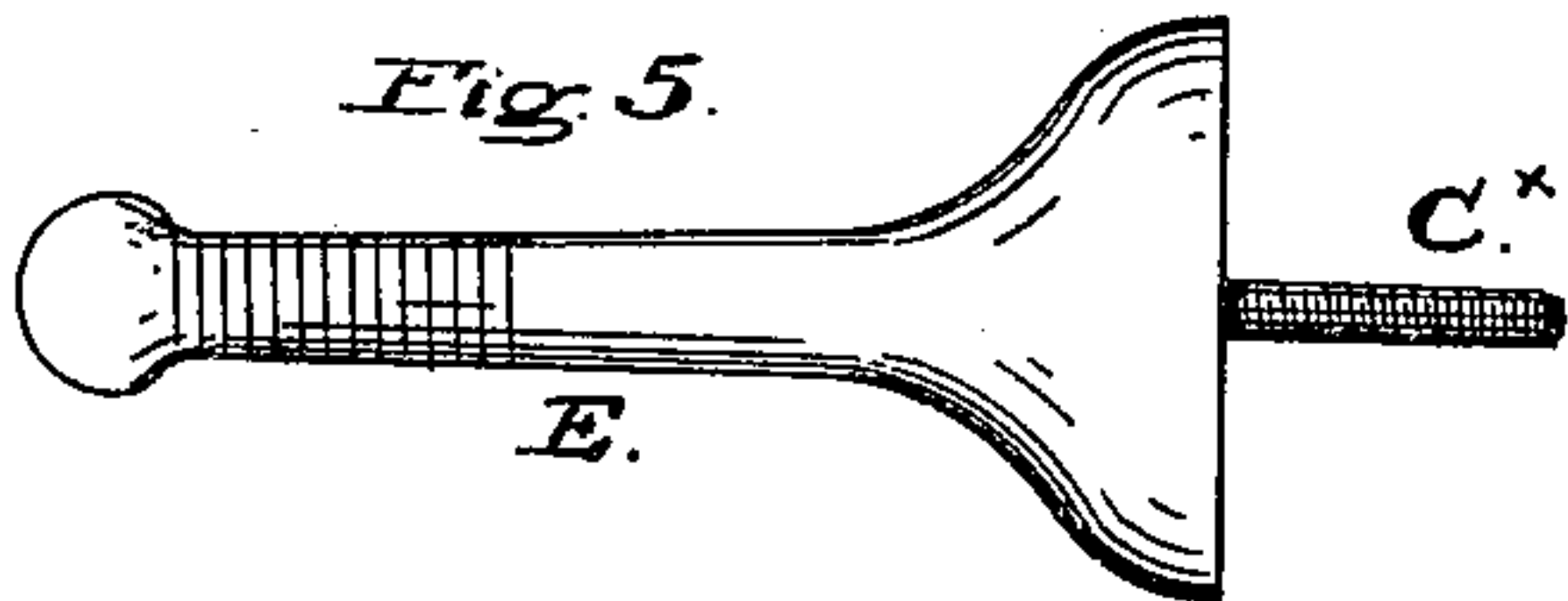
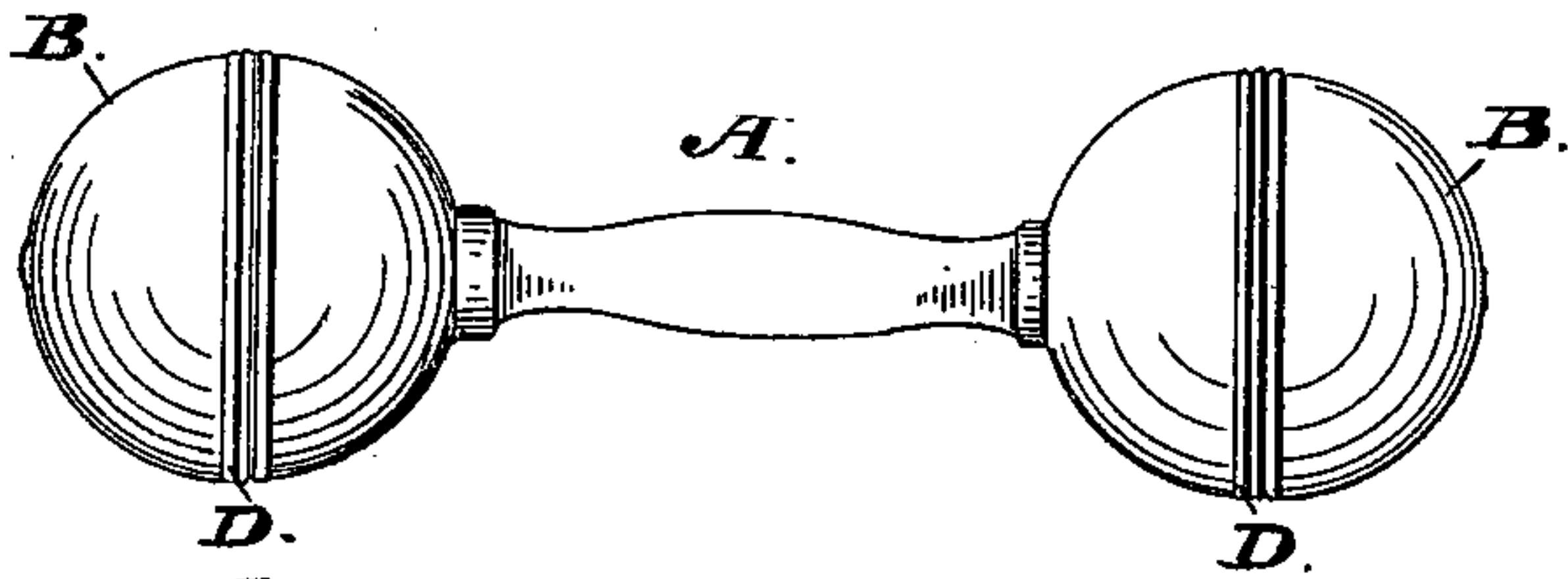


Fig 2.

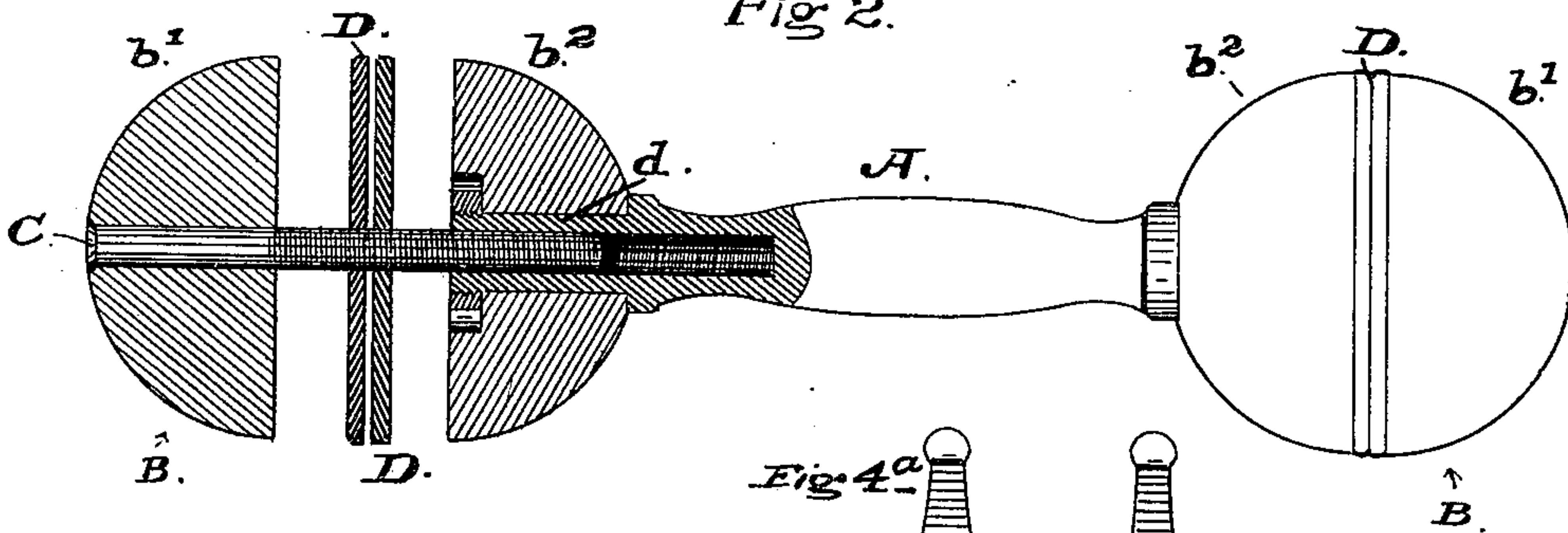


Fig 4^a

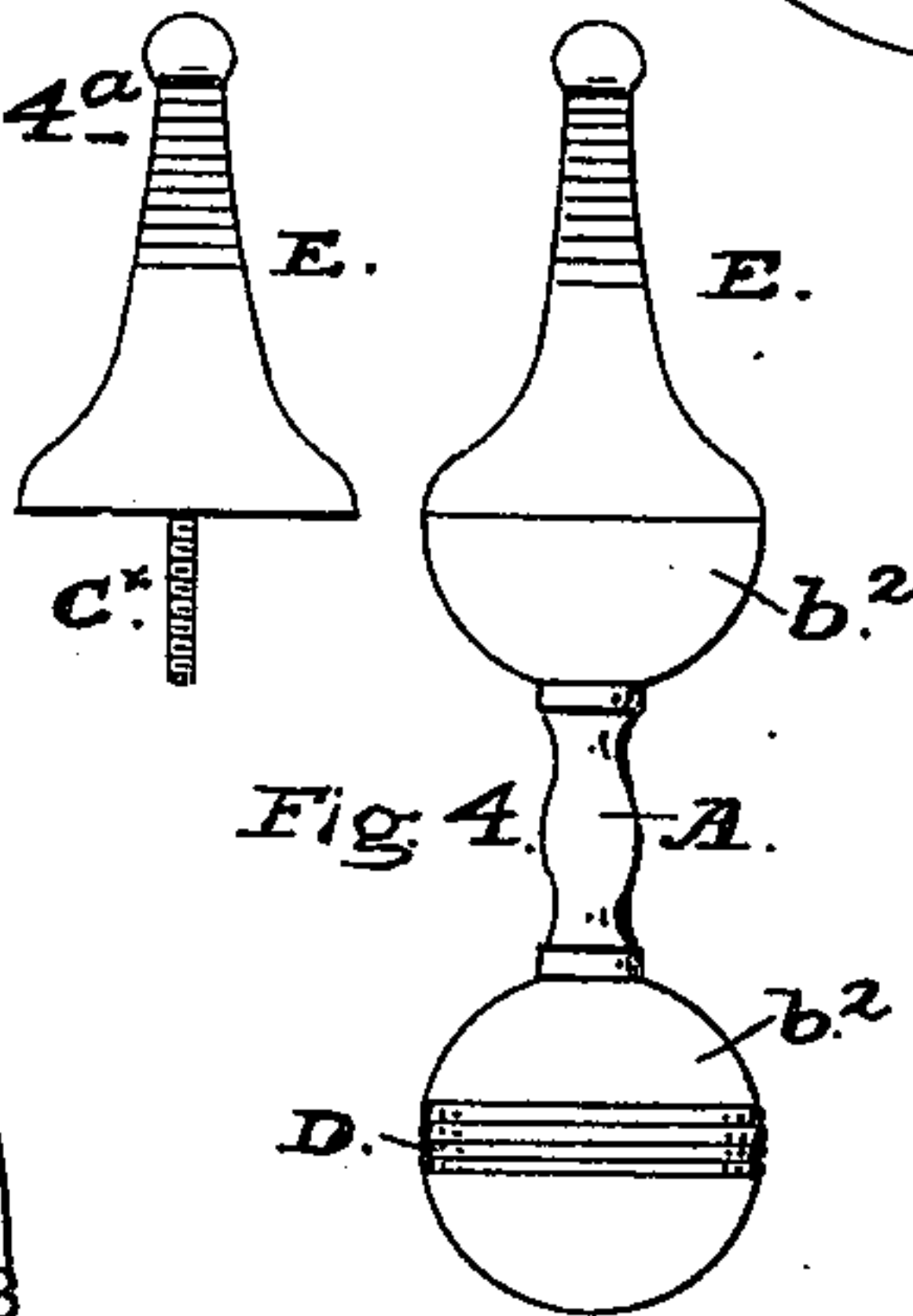
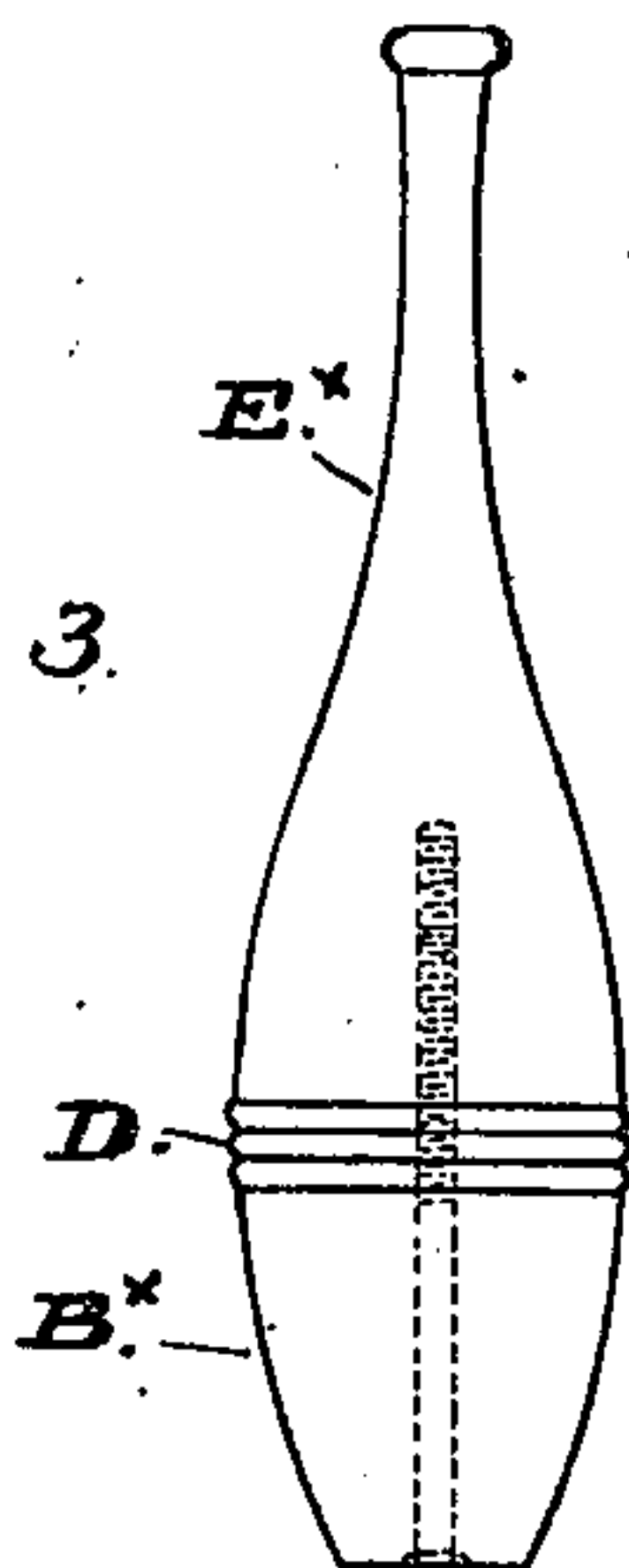


Fig 3.



Witnesses:
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UNITED STATES PATENT OFFICE.

FREDERIC B. ABENHEIM, OF SAN FRANCISCO, CALIFORNIA.

DUMB-BELL AND INDIAN CLUB.

SPECIFICATION forming part of Letters Patent No. 675,314, dated May 28, 1901.

Application filed August 21, 1900. Serial No. 27,533. (No model.)

To all whom it may concern:

Be it known that I, FREDERIC B. ABENHEIM, a citizen of the United States, residing in the city and county of San Francisco, in the State of California, have invented new and useful Improvements in Dumb-Bells and Indian Clubs, of which the following is a specification.

This invention relates to improvements made in dumb-bells of that class or description in which provision is made for graduating the weight, so as to adapt the same for the use of different persons, or to increase the weight, as conditions may require.

The present improvements have for their object mainly to provide for a ready adjustment of parts, whereby the same can be separated and put together without requiring any special skill or the use of tools, to preserve the shape and symmetry of the article under all conditions of change or adjustment, and to enable a considerable degree of change or variation in the weight to be made without materially affecting the size or dimensions of the article.

These improvements are applicable to the construction of graduated Indian clubs, as well as to dumb-bells.

To these ends and objects my said improvements consist in certain novel parts and combination of parts, as hereinafter set forth and claimed in the specification, reference being had to the accompanying drawings, forming part thereof.

Figure 1 of the said drawings is a general view of a dumb-bell embodying my invention. Fig. 2 is a longitudinal sectional view showing the separable parts on one end detached from the handle. Fig. 3 illustrates the application of the improvements to the construction of Indian clubs. Figs. 4 and 4^a illustrate a slight modification in which a handle is substituted for one of the removable heads of the dumb-bell to convert the implement at pleasure into a club.

A indicates the handle, and B B the bells or heads on the ends. Each head is composed of two solid hemispherical parts or sections b' b^2 , of which one is permanently fixed to or

is formed integral with the handle A, while the other section is fastened to the part b^2 by a long screw-threaded rod or spindle C, fixed in the part b' , and a nut or threaded socket d , set in the other part. Between the two sections are several flat disks D D, of lead or other heavy metal, corresponding in diameter to the transverse diameter of the head at the line of separation and having a central hole for the screw C. The weight of the head is changed and graduated to suit the user by unscrewing the other section b of the head and placing on the spindle one or more disks D and then inserting the screw in the socket of the other part and screwing it down tightly to place. By this means the parts are drawn up closely together, clamping the disks between them.

A considerable variation in the weight of the head can be produced with relatively thin disks, because all the disks are of the same diameter and are solid from the periphery to the central hole, and a number of them can be introduced between the parts b b^2 without affecting the symmetrical appearance or shape of the head, the screw-spindle being made of sufficient length for that purpose.

In applying this improvement to an Indian club, the screw C is fixed in the removable end portion B^x, Fig. 3, and the threaded nut or socket for the screw is set in the end of the handle portion E^x, the removable disks D being interposed between the two sections to obtain the desired weight.

In the modification illustrated in Figs. 4 and 4^a a relatively short handle portion E is secured to one end of the dumb-bell, after removing one of the hemispherical heads b' , and a handle-grip is thereby substituted for the handle A for using the implement like a club instead of like a dumb-bell. A screw C^x is fixed in the broad end of the handle E for screwing it into the socket in the end of the dumb-bell.

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

The herein-described dumb-bell comprising two heads united by a handle and each

composed of two sections, one of which is fixed on the handle and the other is removable, a fixed nut in one section, a fixed screw-threaded spindle in the other section fitted
5 to work in the nut, and a plurality of relatively thin disk-shaped weights having a central aperture for placing them on the spindle, said disks having approximately the same diameter as the head and clamped between the two sections thereof. 10

In testimony that I claim the foregoing I have hereunto set my hand and seal.

FREDERIC B. ABENHEIM. [L. s.]

Witnesses:

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