

No. 708,313.

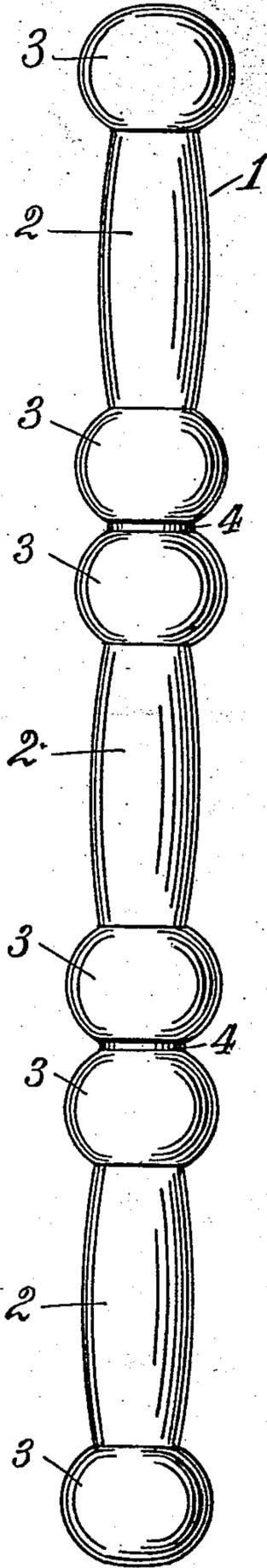
Patented Sept. 2, 1902.

F. R. BUCK.

COMBINED DUMB BELL, INDIAN CLUB, AND PULLING OR SWINGING BAR.

(Application filed Dec. 10, 1901.)

(No Model.)



WITNESSES:

H. Lockwood, Merine,
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UNITED STATES PATENT OFFICE.

FRANK R. BUCK, OF SAN FRANCISCO, CALIFORNIA.

COMBINED DUMB-BELL, INDIAN CLUB, AND PULLING OR SWINGING BAR.

SPECIFICATION forming part of Letters Patent No. 708,313, dated September 2, 1902.

Application filed December 10, 1901. Serial No. 85,375. (No model.)

To all whom it may concern:

Be it known that I, FRANK R. BUCK, a citizen of the United States, residing at San Francisco, in the county of San Francisco and State of California, have invented certain new and useful Improvements in a Combined Dumb-Bell, Indian Club, and Pulling or Swinging Bar, of which the following is a specification.

My invention relates to an improved combined dumb-bell, Indian club, and pulling or swinging bar, the object of my invention being to provide a device which can be used in a large number of exercises for physical development, so as to avoid the expense entailed by providing a separate device for each variety of exercise and also the large amount of space required for such separate devices.

In the accompanying drawing the figure is a side elevation of my improved device.

Referring to the drawing, it will be seen that the device consists of a bar 1 of suitable length, as hereinafter specified, said bar having three hand-grips 2 thereon, said hand-grips being separated from each other and also being terminated by knobs, bands, or rings 3 to prevent slipping of the hands. It will thus be seen that in the middle portion of the bar there are two pairs of adjacent knobs, rings, or bands, and it will be further observed that the bands or rings of each pair are separated by a groove 4 of suitable width and sectional contour to receive a strong cord or small rope.

This device may be employed in a large number of physical exercises, of which the following may be particularly mentioned: First, the device may be used as an Indian club, the exerciser grasping the bar at one end and using the same in the manner common with Indian clubs. Secondly, the device may be used as a dumb-bell, the exerciser holding the same by the middle grip. Thirdly, the device may be used in what are known as "back-bracing" exercises, in which the gymnast takes hold of the two end grips of the device with both hands and passes the same over his head to a more or less elevated position at the back thereof and in other positions behind the back. Fourthly, the device is very useful for combined exercises by an adult and child, in which the adult holds the central grip with one hand while the child

holds the terminal grips with both hands and strives to turn the bar about the hand of the adult, the adult resisting such turning movement. Fifthly, the device may be used in tug-of-war exercises, in which an adult takes hold of the central grip with one hand while one child takes hold of the terminal hand-grips with both hands and other children take hold of the first child, as in the game of tug-of-war. A further variety of the tug-of-war exercise is when two children sit on opposite sides of the bar and with their feet opposed to each other and both take hold of the bar with both hands and pull against each other, also when standing. Sixthly, the device may be used as a swinging bar, being suspended from the ceiling by cords or small ropes passed around the grooves 4. Seventhly, the device may be used as a pulling-bar, a single cord being secured to the bar around the grooves 4 and being passed around a hook in a door-jamb or other suitable support. Eighthly, the bar may be used as a fixed bar from which to swing by suspending the bar from the top jamb of a door by means of hooks passed underneath the grooves 4.

Various other modes of using the device for exercising purposes will suggest themselves.

The bar may be made of any convenient and desirable size, according to the size and strength of the person using it; but for general use it will be found that a bar eighteen inches long will be suitable for adults and a bar fifteen inches long will be suitable for children.

The device may be made of either wood, metal, hard rubber, or any other suitable material, or it may be made partly of one material and partly of another. When made of hard wood, the device is neat, light, simple, strong, and durable and with ordinary care will last a lifetime; also, from a sanitary point it is easily kept clean, as it comprises no fabric and has no small grooves or crevices to harbor the germs of diseases.

I claim—

1. A combination dumb-bell, Indian club, and pulling or swinging bar, comprising a bar having formed thereon a central hand-grip and two terminal hand-grips and having also formed thereon terminal knobs on the

outside of the terminal hand-grips, and bands separating the terminal hand-grips from the central hand-grip, said knobs and bands being all immovably secured on the bar at equal intervals of substantially a hand's breadth and each such interval of the bar being free or unobstructed throughout its entire length, to afford a hand-grip over the whole of said interval, substantially as described.

10 2. A combination dumb-bell, Indian club, and pulling or swinging bar, comprising a bar having formed thereon a central hand-grip and two terminal hand-grips, said cen-

tral hand-grip being separated from the terminal hand-grips by pairs of bands, the bands of each pair being rigidly secured to each other, but separated by a groove suitable for receiving a cord or small rope, substantially as described. 15

In witness whereof I have hereunto set my hand in the presence of two subscribing witnesses. 20

FRANK R. BUCK.

Witnesses:

FRANCIS M. WRIGHT,
CECELIA POWNING.