No. 734,062. PATENTED JULY 21, 1903.

F. HARRIS.

DUMB BELL.

APPLICATION FILED FEB. 14, 1903.

NO MODEL.

Fig. 1.

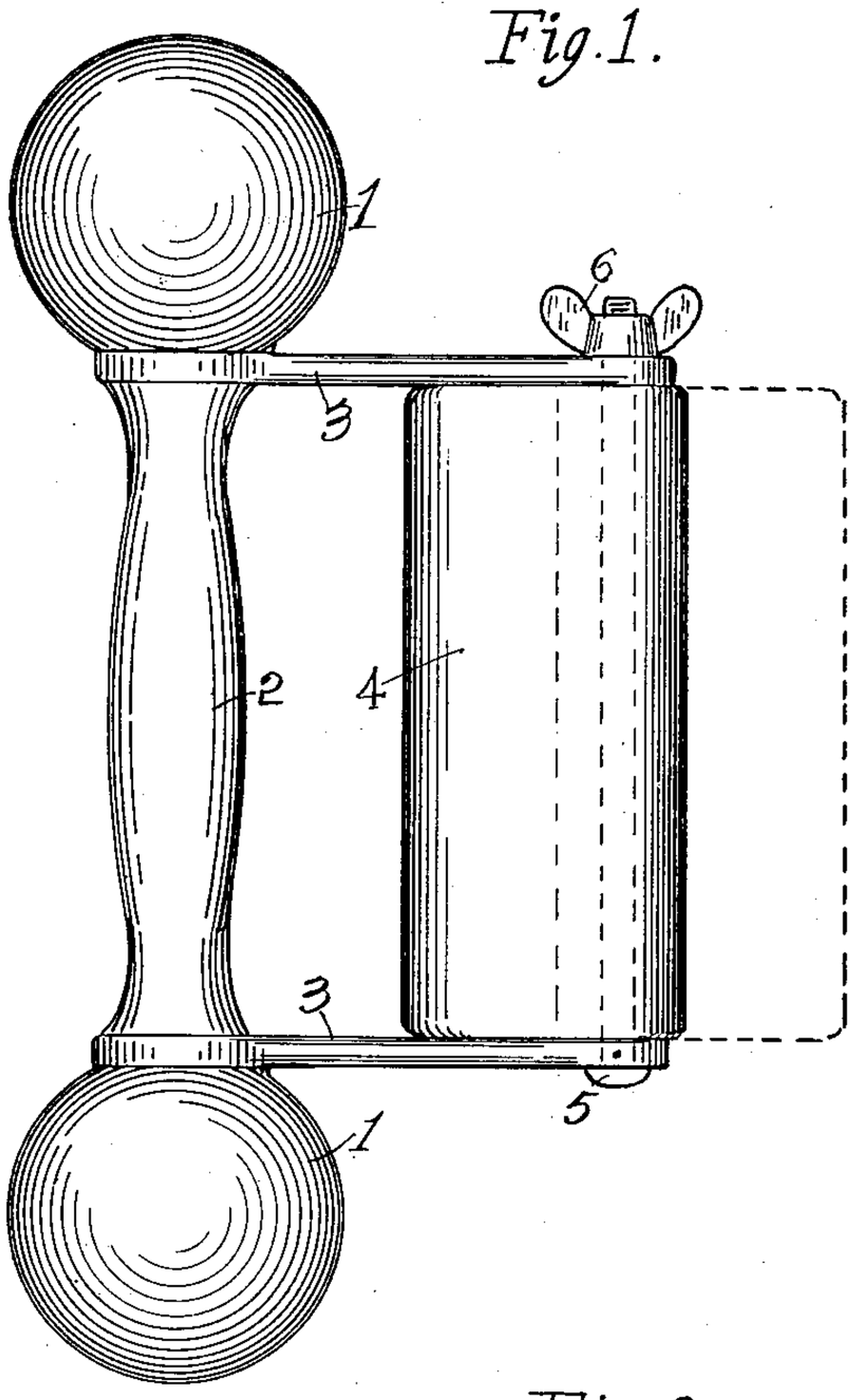
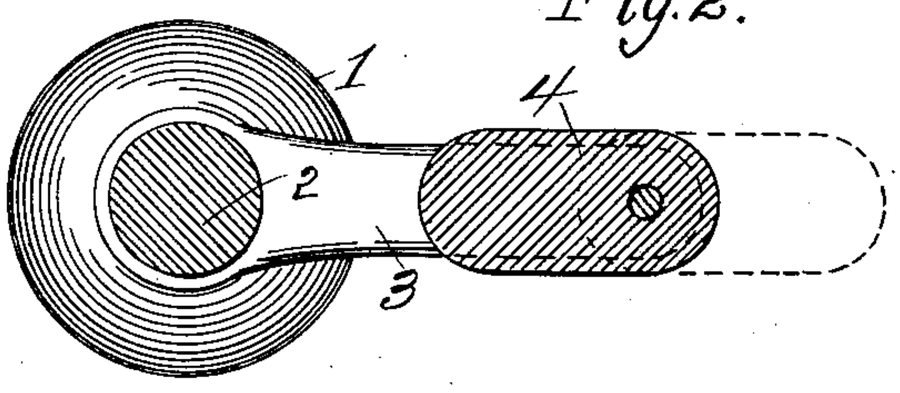


Fig. 2.



WITNESSES:

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No. 734,062. Patented July 21, 1903.

UNITED STATES PATENT OFFICE.

FREDERICK HARRIS, OF TOLEDO, OHIO.

DUMB-BELL.

SPECIFICATION forming part of Letters Patent No. 734,062, dated July 21, 1903.

Application filed February 14, 1903. Serial No. 143,346. (No model.)

To all whom it may concern:

Be it known that I, FREDERICK HARRIS, a citizen of the United States, residing at Toledo, in the county of Lucas and State of Ohio, have invented certain new and useful Improvements in Dumb-Bells; and I do declare the following to be a full, clear, and exact description of the invention, such as will enable others skilled in the art to which it appertains to make and use the same, reference being had to the accompanying drawings, and to the figures of reference marked thereon, which form a part of this specification.

My invention relates to and its object is to provide a dumb-bell in which the distance of the weights from the hand of the operator and their position in relation to their support may be varied and adjusted.

An important object in the use of a dumb-bell is the development of the muscles of the hand and fingers. Much of the benefit to be derived in this particular by the use of this appliance is lost by reason of the shape of the handle heretofore commonly employed.

A further object of my invention is to provide a handle for a dumb-bell which shall be of such conformation as will permit a firmer and more vigorous grasp of the hand and in which the position of the fingers in relation to the weight may be varied.

My invention is also designed to furnish a dumb-bell which by proper adjustment may be employed for leg and foot exercises.

I attain the objects here indicated by means of the devices and arrangement of parts hereinafter described, and shown and illustrated in the accompanying drawings, in which—

Figure 1 is a side elevation of my dumb-bell, and Fig. 2 a central transverse sectional plan view.

Like numerals of reference indicate like parts in both figures.

In the drawings, 1 1 are the weights, usually spherical in form, but which may be of any desired shape, connected by the usual handle 2. Projecting radially from the ends of the handle 2 are arms 3 3, which are parallel and in the same plane. Between the outer extremities of the arms 3 is disposed a handle 4, which in transverse section is somewhat elongated, as shown in Fig. 2, of such dimension as to extend the reach or grasp of the fingers and thumb. Lengthwise through the handle near one of its edges is a hole, which coincides with two corresponding holes in the ends of the arms 3. Through these three holes passes a bolt 5, having at one end a head, the other projecting screw-threaded extremity being provided with a thumb-nut 6. The bolt 5 serves as a pivot or hinge upon which the handle 4 may be swung inwardly, as shown in solid lines in Figs. 1 and 2, or outwardly, as illustrated by the dotted lines, thus varying the distance between the handle and the weight, and consequently varying the leverage and power requisite in manipulating the device and permitting the use of smaller lighter dumb-bells than those of the common form. The handle 4 may be turned on its pivot to any desired position and may be rigidly secured at any point to which it may be turned by setting up the thumb-nut 6, causing the ends of the arms 3 to clamp between them the ends of the handle 4. When the handle 4 is turned outwardly, as indicated by the dotted lines, there is sufficient space between the handle 2 and the handle 4 to receive the end of the foot, and the dumb-bell may now be used as a means for exercising the foot and leg.

An additional advantage of the construction herein set forth is that my dumb-bells when the handles are extended may be used for nearly all of the movements in which Indian clubs are employed.

If desired, the dumb-bell may be held in the hand by means of the usual handle 2 and used in the ordinary way.

Having described my invention, what I claim, and desire to secure by Letters Patent, is—

1. In a dumb-bell, two weights, a gripping-handle connecting the same, arms projecting radially from the axis of the weights, and a supplementary gripping-handle secured between the extremities of the arms.

2. In a dumb-bell, two weights, a handle connecting the same, radial arms projecting from near the ends of said handle, a supplementary handle, pivotal connections between the arms and said supplementary handle upon which connections the supplementary handle may be swung, and means for securing the said latter handle in adjusted position.

3. In a dumb-bell, two weights, a pair of radial arms, a handle secured to the extremity of said radial arms, said handle being elongated in transverse section substantially as shown and described.

4. A dumb-bell comprising in its construction two weights, a handle connecting the same, a pair of radial arms, a supplementary handle elongated in transverse section, pivotal connections between the latter handle and the radial arms, and means for securing said latter handle in adjusted position.

In testimony whereof I affix my signature in presence of two witnesses.

FREDERICK HARRIS.

Witnesses:
B. J. LONG,
S. A. DORLAND.