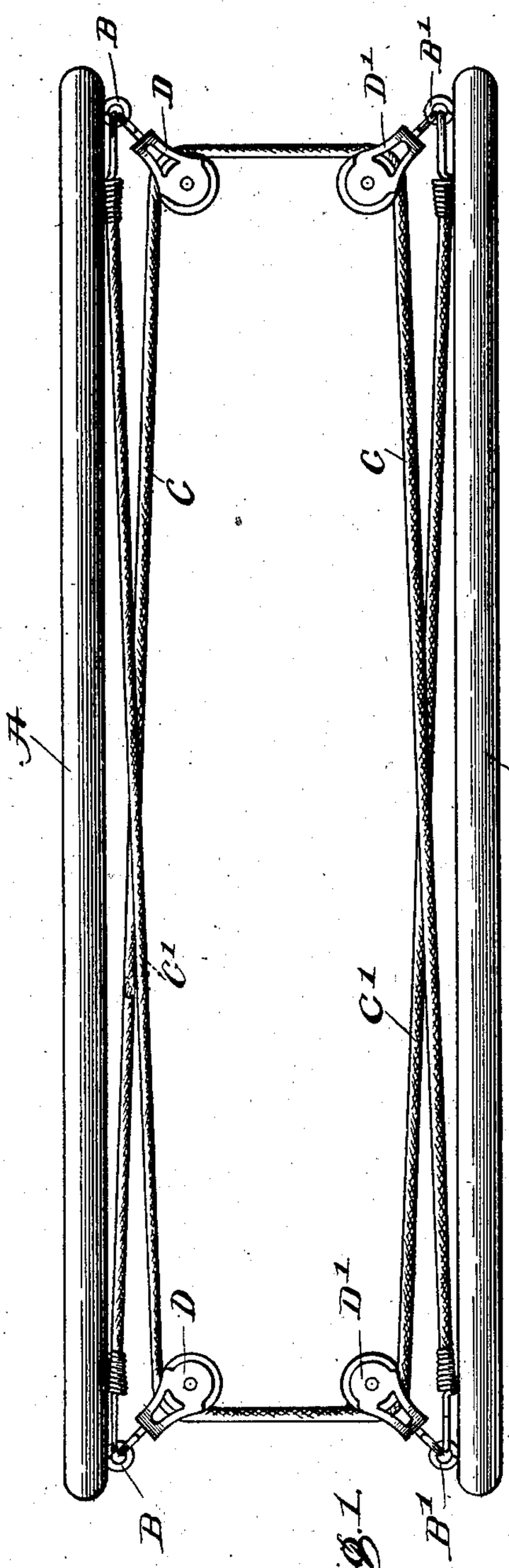
No. 741,966. PATENTED OCT. 20, 1903.

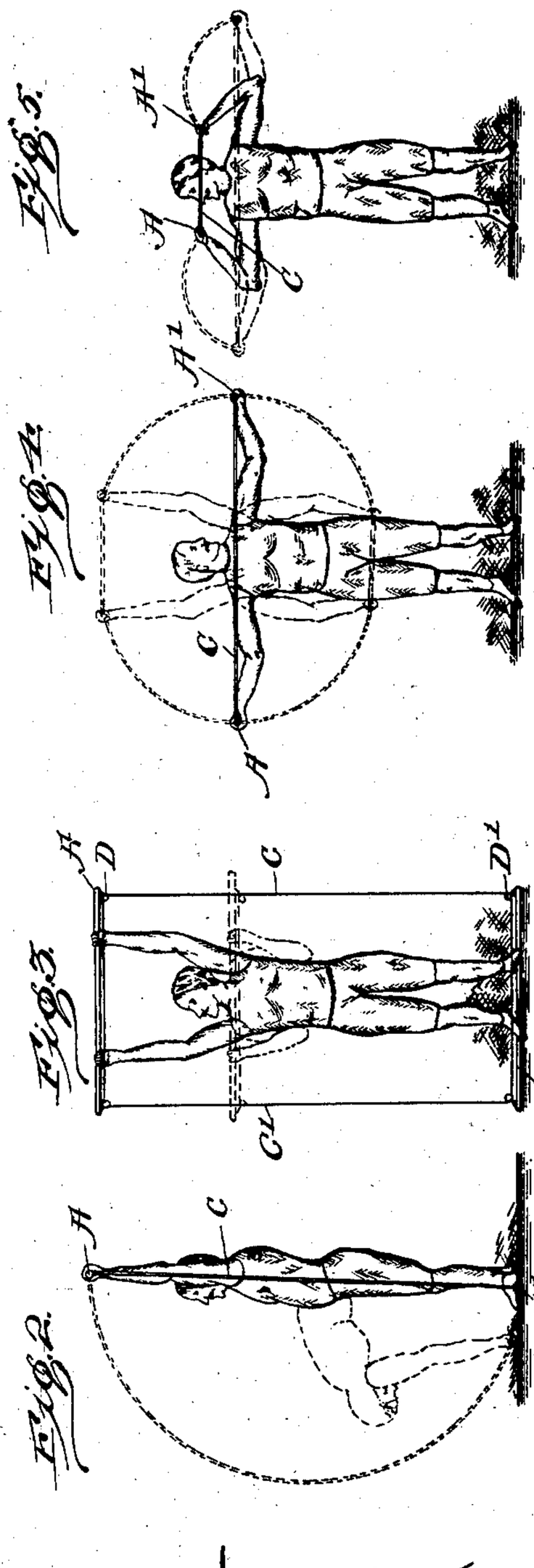
C. HERNSHEIM.

EXERCISING DEVICE.

APPLICATION FILED MAY 11, 1903.

NO MODEL.





WITNESSES:

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No. 741,966. Patented October 20, 1903.

UNITED STATES PATENT OFFICE.

CHARLES HERNSHEIM, OF NEW YORK, N. Y.

EXERCISING DEVICE.

SPECIFICATION forming part of Letters Patent No. 741,966, dated October 20, 1903.

Application filed May 11, 1903. Serial No. 156,595. (No model.)

To all whom it may concern:

Be it known that I, CHARLES HERNSHEIM, a citizen of the United States, residing in New York, county and State of New York, have invented new and useful Improvements in Exercising Devices, of which the following is a specification.

My invention relates to the use of two bars or wands in conjunction with elastics and pulleys, so that the principles of the bar-bell and of the wand may be used in one portable device for the purpose of physical development. I attain these objects by the device illustrated in the accompanying drawings.

Figure I in the drawings is a vertical section of the device. A and A′ are the wands or bars, made of wood or other material, hollow or solid, as desired. B and B′ are rings which may be screwed or riveted at the extremities of A A′. C and C′ are elastic cords of various tensions, as desired. D and D′ are pulleys attached to the rings B B′.

Figs. II and III illustrate the device while in operation in different positions, the operator holding a wand in each hand.

Figs. IV and V illustrate the device while in use by the operator, one wand being placed beneath the feet, while the other is firmly held with both hands.

The elastic cord C is fastened to the ring B and passed thence through the pulley D and thence through the pulley D′ on the other wand to the ring B′ at the other extremity of the last-named wand, to which it is fastened. The two wands thus attached may be separated as desired, the elastic cords making a constant tension. Many gymnastic exercises are thus made possible, bringing into effect a new and useful tension not effected by other exercising devices. The wands may be hollow and the pulleys and cords placed within the hollow wands, with outlets at the ends of the wands permitting the cords to cross from one wand to the other. Hollow spherical bells may be attached to the ends of the wands, which may be weighted as desired, or the bells may be solid. The bars or wands may be extended sufficiently beyond the pulleys and elastic cords to leave space for handles. By these means I bring about the following effects, which are not found in other exercising devices: extreme simplicity, portability, unequaled efficiency, and safety.

The device is simple in construction and is not easily broken. The two wands or bars are preferably about three feet in length. Each of the two elastic cords runs over two pulleys. This double use of pulleys makes it possible to employ elastic cords of great length, thereby securing approximate uniformity of resistance and a stretch or elasticity amounting to eight feet or more.

The device is always ready for use. It weighs about two pounds. It need not be fastened to the floor or wall. The operator may hold a wand in either hand (see Figs. II and III) or may stand upon one wand and hold the other with both hands. (See Figs. IV and V.)

The device exercises every muscle without readjustment or rearrangement. It brings into effect the principles of the bar-bell and of the wands. It is a satisfactory substitute for pulley-weights and for light dumb-bells and combines movements of different gymnastic devices in a way not effected by any other device.

When the wands are used without the heavy bell, there is no danger of accident, for the reason that the device is complete in itself and is simply constructed with a small number of parts.

What I claim as my invention, and desire to secure by Letters Patent, is—

1. An exercising device consisting of two wands of any material, to the ends of which are attached pulleys and elastic ropes connecting the two wands substantially as described.

2. In an exercising device the combination of two wands made of any material with elastic cords passing through pulleys, attached to the ends of the wands, for the purpose specified and substantially as described.

3. In an exercising device the combination of two hollow wands, made of any material and four pulleys and two elastic cords, the pulleys being attached within the hollow wands and the cords passing through the interior of the hollow wands and through the pulleys of the wands so that the wands are connected, substantially as described.

4. In an exercising device the combination of two wands of any material at the four ends of which hollow spherical bells are attached, with pulleys fastened near the four extremities of the wands, and the four ends of two elastic cords also fastened near the said extremities so that each cord passes from the extremity to which it is fastened through the pulley at the opposite extremity, and thence through the pulley on the extremity of the other wand and thence to the other extremity of the last-named wand where it is fastened, substantially as described.

5. In an exercising device the combination of wands connected by two elastic cords running through pulleys with handles extending beyond the cords and pulleys, substantially as described.

In testimony whereof I have signed my name to this specification in the presence of two subscribing witnesses.

CHARLES HERNSHEIM.

Witnesses:
E. D. MACMANNUS,
ELINOR J. FRIEDRICHS.