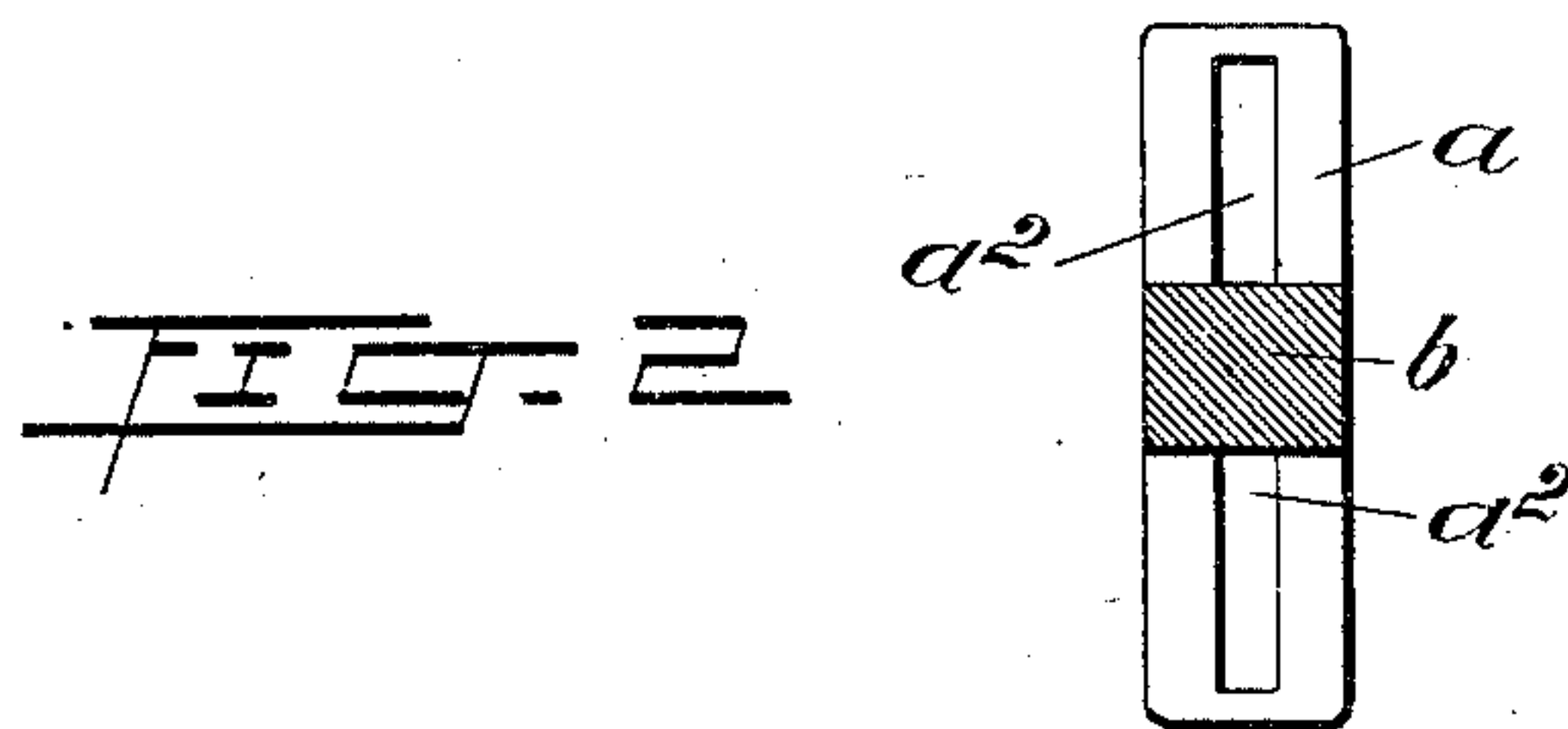
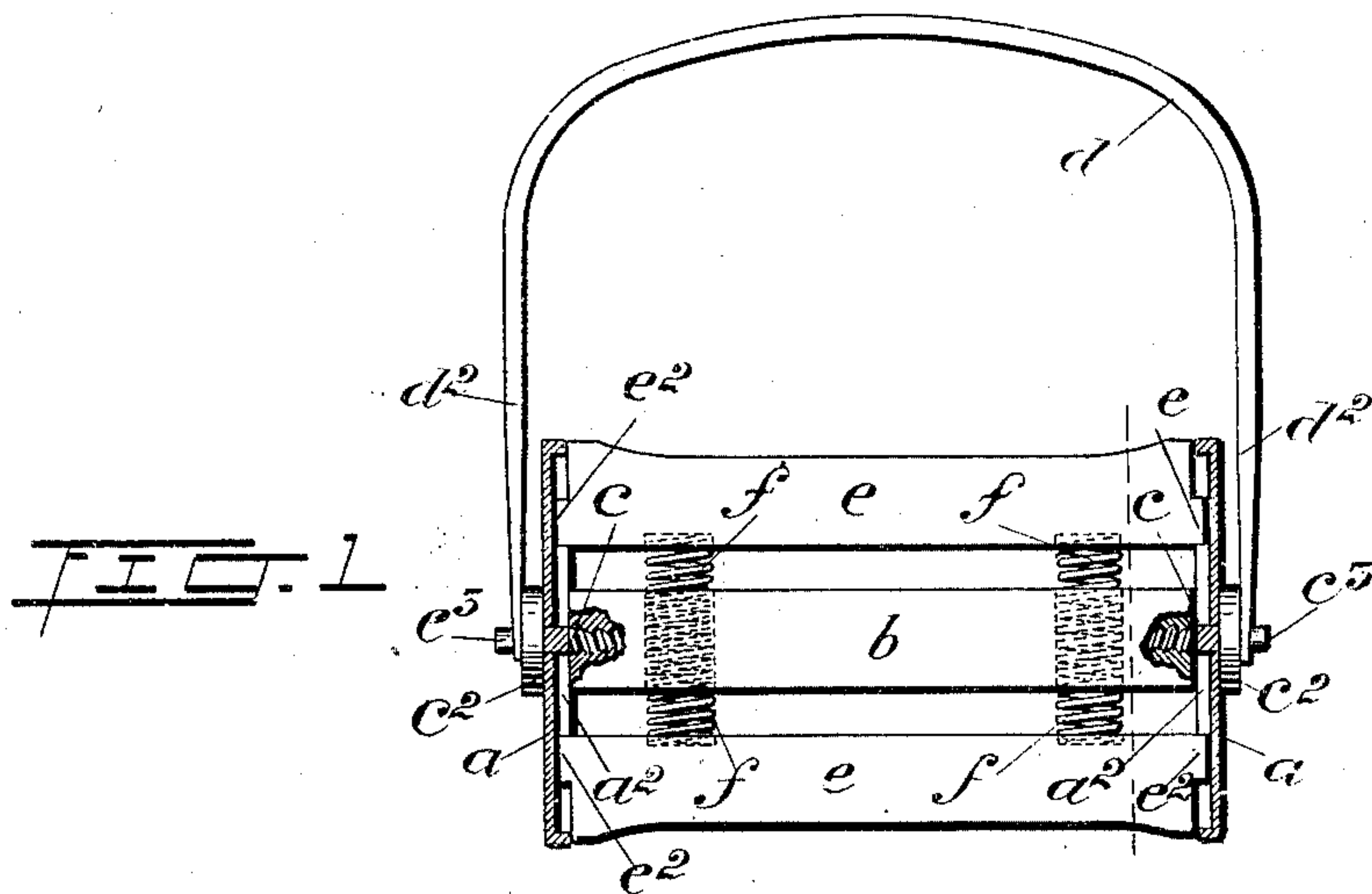


No. 756,480.

PATENTED APR. 5, 1904.

W. R. DUNBAR.
EXERCISING DEVICE.
APPLICATION FILED JULY 10, 1903.

NO MODEL.



WITNESSES

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UNITED STATES PATENT OFFICE.

WALLACE RICHARDSON DUNBAR, OF EVERETT, MASSACHUSETTS.

EXERCISING DEVICE.

SPECIFICATION forming part of Letters Patent No. 756,480, dated April 5, 1904.

Application filed July 10, 1903. Serial No. 164,964. (No model.)

To all whom it may concern:

Be it known that I, WALLACE RICHARDSON DUNBAR, a citizen of the United States, residing at Everett, in the county of Middlesex and State of Massachusetts, have invented certain new and useful Improvements in Exercising Devices, of which the following is a specification, such as will enable those skilled in the art to which it appertains to make and use the same.

The object of this invention is to provide an exercising device which is designed particularly for exercising the fingers, wrists, and arms, but which may be used in connection with dumb-bells or other weights or in connection with rope or cord machines of this class which are operated by pulling upon handles connected with ropes or cords and which involve weights, springs, or elastics; and with these and other objects in view the invention consists in a device of the class specified constructed as hereinafter described and claimed.

The invention is fully disclosed in the following specification, of which the accompanying drawings form a part, in which the separate parts of my improvement are designated by suitable reference characters in each of the views, and in which—

Figure 1 is a sectional side view of a device employing my invention, and Fig. 2 a section on the line 2-2 of Fig. 1 with the bail detached.

In the practice of my invention I provide two end pieces *a*, which are cast from any suitable metal and the inner sides of which are provided each with a longitudinal groove or recess *a*². In the form of construction shown these grooves or recesses extend approximately the full length of the end pieces *a*; but, as will hereinafter appear, this is not necessary, as they may be formed in each end of the end pieces *a*.

The end pieces *a* are secured together by a central block *b* and screws *c*, which are passed through said end pieces into the ends of said block, and said block is also preferably composed of metal. The screws *c* are provided with collars or heads *c*², which are provided with a central lug or projection *c*³, on which is mounted a bail *d*, the ends of which are provided with holes or openings to receive

the lugs or projections *c*³, and the side arms *d*² of the bail *d* may be sprung onto the lugs or projections *c*³ or detached therefrom whenever desired.

At the opposite sides of the central block *b* are radially and laterally movable blocks *e*, the ends of which are provided with lugs or projections *e*², which are rectangular in cross-section and movable in the grooves or recesses *a*², and between the blocks *e* and the central block *a* are placed springs *f*, which in the form of construction shown pass through the block *b* and the ends of which fit in corresponding recesses in the blocks *e*; but it is not necessary that these springs pass through the block *b*, and any suitable means for holding said springs in place may be employed.

By grasping this device in the hand the blocks *e* may be compressed in the direction of the block *b* by simply contracting the fingers, and when the fingers are relaxed the springs *f* will force the blocks *e* outwardly, and a rapid repetition of this movement will result in a thorough exercise of the muscles of the fingers, hand, and forearm. A dumb-bell or other suitable weight may be connected with the bail *d*, and the movements customary in exercising with dumb-bells may be gone through with at the same time that the muscles of the hand and wrist are being exercised, and by means of the bail *d* this device may be connected with an exercising machine or apparatus of the class hereinbefore referred to involving weights, springs, or elastic devices and pulling cords or ropes.

It will thus be seen that my improvement may be used separately or in connection with various other forms of exercising devices, machines, or apparatus, and my invention is not limited to the exact details of construction herein shown and described, and various changes in and modifications of the same may be made without departing from the spirit of my invention or sacrificing its advantages.

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

1. A device of the class described, comprising end members having grooves in their inner faces, a central block to which said end mem-

bers are secured, laterally-movable blocks at the opposite sides of the central block and provided with lugs or projections which fit in the grooves of the end members, and springs
5 placed between the laterally-movable blocks and the central block, substantially as shown and described.

2. A device of the class described, comprising end members having grooves in their inner
10 faces, a central block to which said end members are secured, laterally-movable blocks at the opposite sides of the central block and provided with lugs or projections which fit in the grooves of the end members, and springs

placed between the laterally-movable blocks 15 and the central block, and the bail detachably connected centrally with the outer sides of the end members, substantially as shown and described.

In testimony that I claim the foregoing as 20 my invention I have signed my name, in presence of the subscribing witnesses, this 3d day of July, 1903.

WALLACE RICHARDSON DUNBAR.

Witnesses:

H. AVERY,
AUGUST WEIHS.