

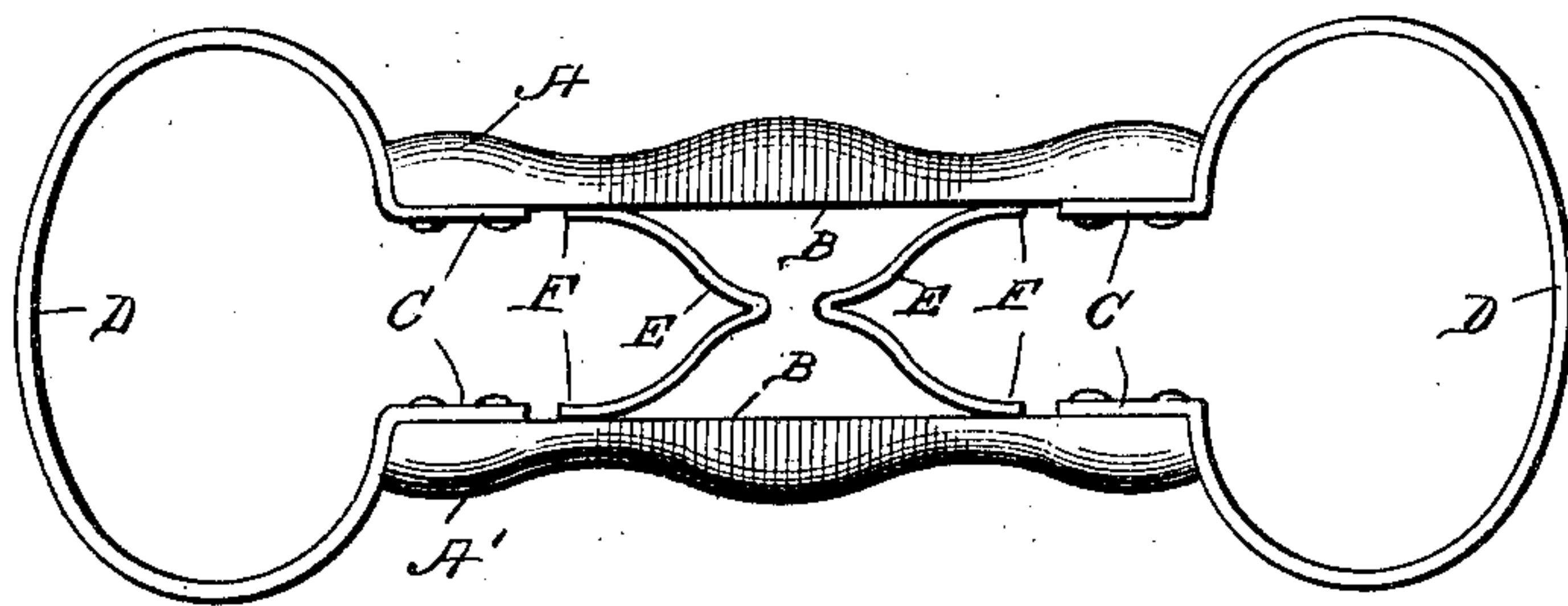
No. 770,336.

PATENTED SEPT. 20, 1904.

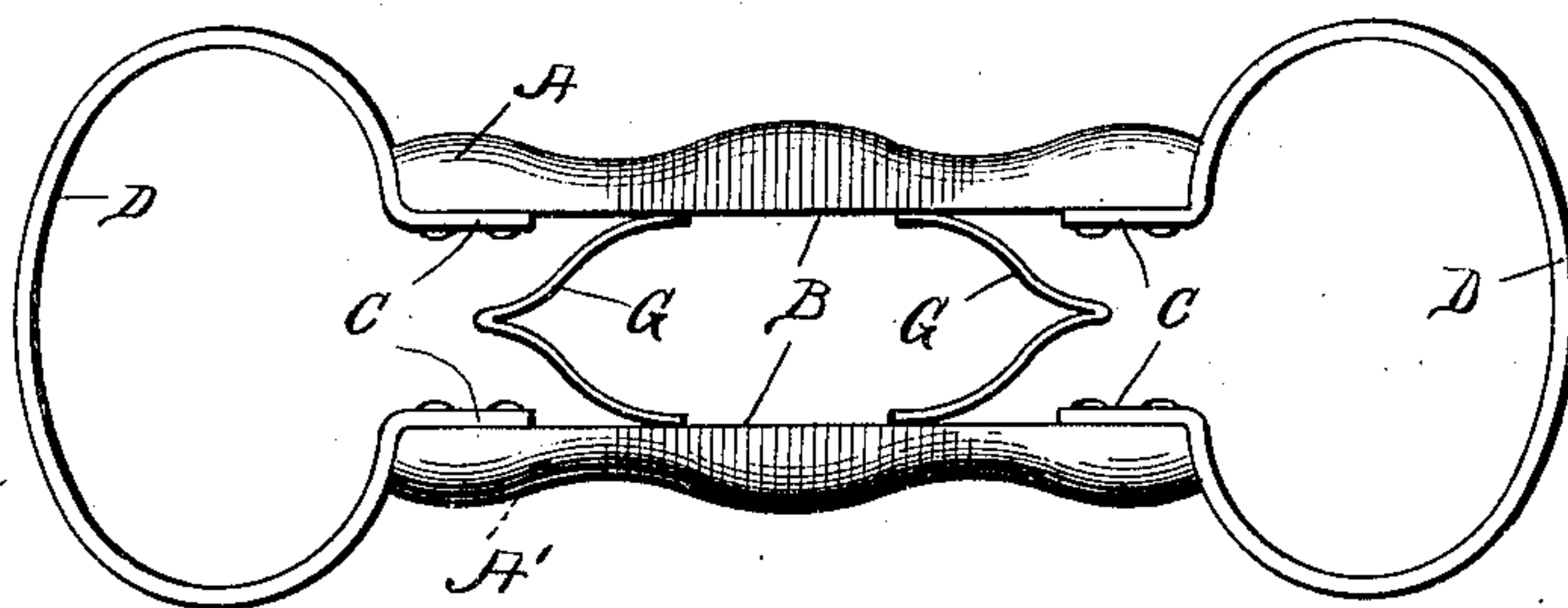
A. E. TERRY.  
SPRING GRIP FOR EXERCISING PURPOSES.  
APPLICATION FILED JULY 25, 1902.

NO MODEL.

*Fig. 1.*



*Fig. 2.*



Witnesses

*Bernard M. Offutt.*  
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By

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# UNITED STATES PATENT OFFICE.

ALFRED ERNEST TERRY, OF REDDITCH, ENGLAND.

## SPRING-GRIP FOR EXERCISING PURPOSES.

SPECIFICATION forming part of Letters Patent No. 770,336, dated September 20, 1904.

Application filed July 25, 1902. Serial No. 116,957. (No model.)

*To all whom it may concern:*

Be it known that I, ALFRED ERNEST TERRY, manufacturer, a subject of the King of Great Britain, and a resident of Novelty Works, Redditch, in the county of Worcester, England, have invented certain new and useful Improvements in Spring-Grips for Exercising Purposes, (for which I have applied for patent in Great Britain, No. 36,911, February 13, 1902,) of which the following is a specification.

This invention relates to improvements in spring-grips for exercising purposes, and has for its object a means whereby the resistance of said grips to the applied strength may be varied to any required extent without materially increasing the cost of the manufacture of said article.

Another object of my invention is the provision of a simple and inexpensive construction of spring-grip which embodies novel features of construction, substantially as disclosed herein.

In the accompanying drawings, Figure 1 is a side elevation of a complete grip made according to my invention. Fig. 2 is a similar view of a modified form thereof.

Referring to the drawings, A and A' designate the two members of the grip-handles, which are provided with the flat surfaces B and have secured upon the flat surfaces thereof near the ends the flat ends C of the substantially U-shaped springs D. This construction of spring normally holds the inner faces of the members of the grip-handles apart; but in order to properly increase the tension between these two members of the hand-grip I employ the removable springs E, which in Fig. 1 are shown with their free ends F secured upon the flat surfaces of the hand-grips and toward the ends thereof, while in Fig. 2 the springs G are secured in an inverted direction.

The hand parts of the grips may be formed in one piece with the U-shaped springs without departing from the spirit of my invention, the removable springs being used to vary the tension between the members, and may be made of any desired tension to accomplish this result.

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

1. A spring-grip consisting of two separated hand-grips having flat opposed faces, a substantially U-shaped spring having its terminals connected to the flat surfaces, one spring at each end of the grips, and a series of springs secured between the hand-grips.

2. A spring hand-grip, consisting of a grip-handle formed of two separated parts, a spring at each end of the grip-handle securing the parts together but normally holding the inner faces thereof apart, and separate springs removably fitted between the space between the two members of the grip-handles to increase or decrease the pressure of the grips on the parts of the handles.

3. An exercising-grip, comprising oppositely-disposed hand-grips, separated and normally held apart at their extremities by longitudinally-extending springs of substantially loop-like formation, and means for securing said handles to the springs, as described.

4. An exercising-grip consisting of two hand-grips and two loop-springs, one end of each loop-spring being attached to one end of each hand-grip in such a way as to prevent the hand-grips from approaching each other until pressure is applied, the construction to be substantially as described.

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

ALFRED ERNEST TERRY.

Witnesses:

WALTER H. E. BARTLAM,  
ALICE J. DAVIES.