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W. S. SHANE

3,180,641

EXERCISING DEVICE FOR MARKSMEN

Filed May 15, 1962

Fig. 1

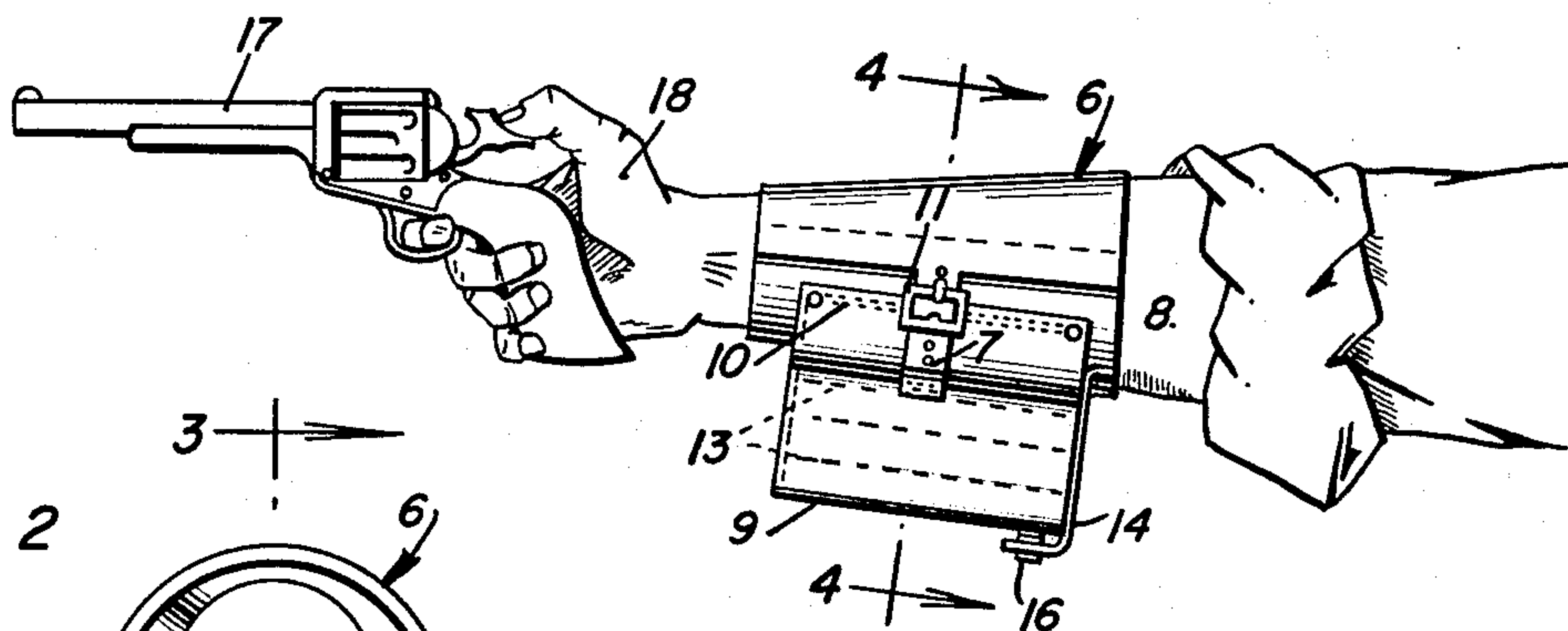


Fig. 2

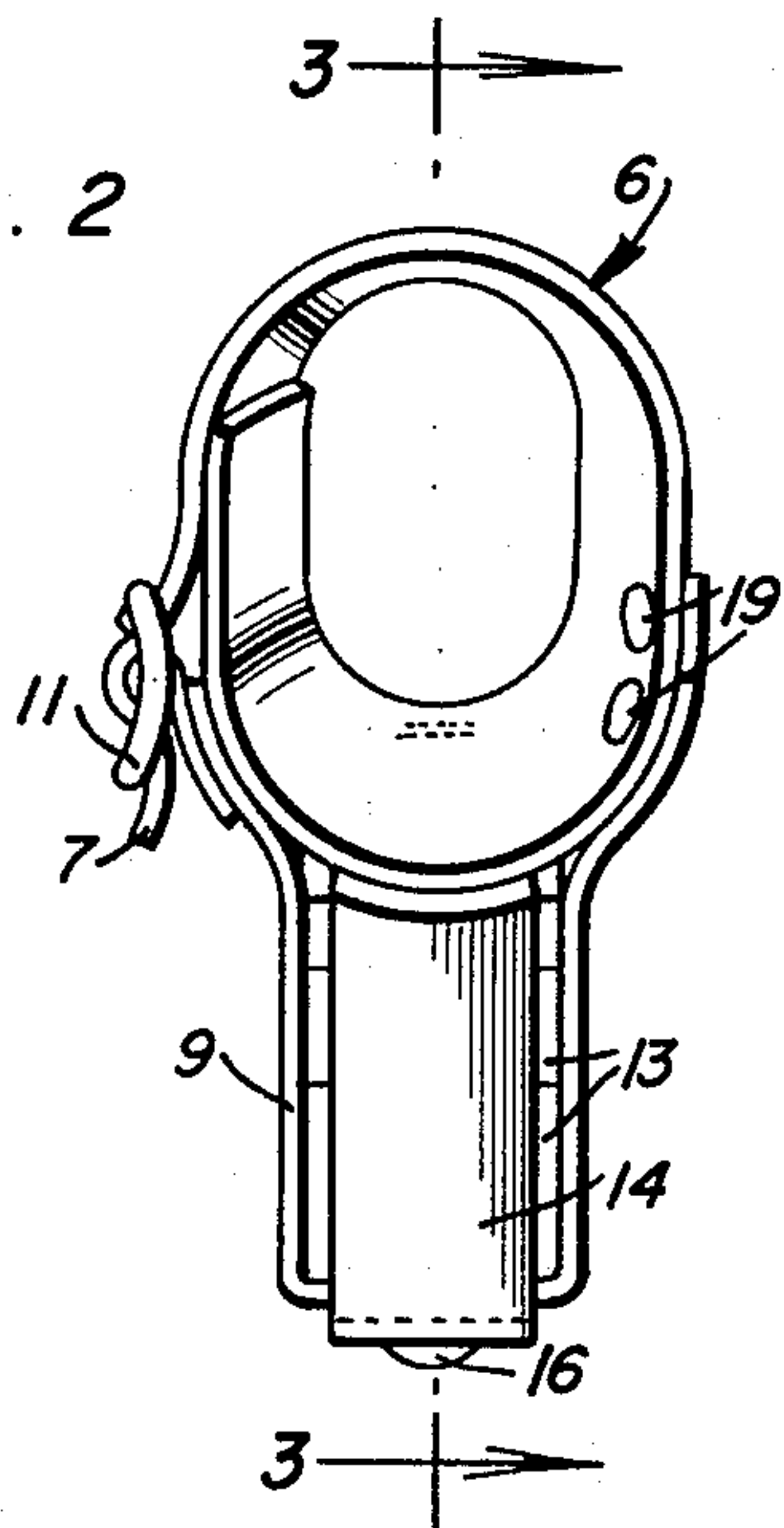


Fig. 3

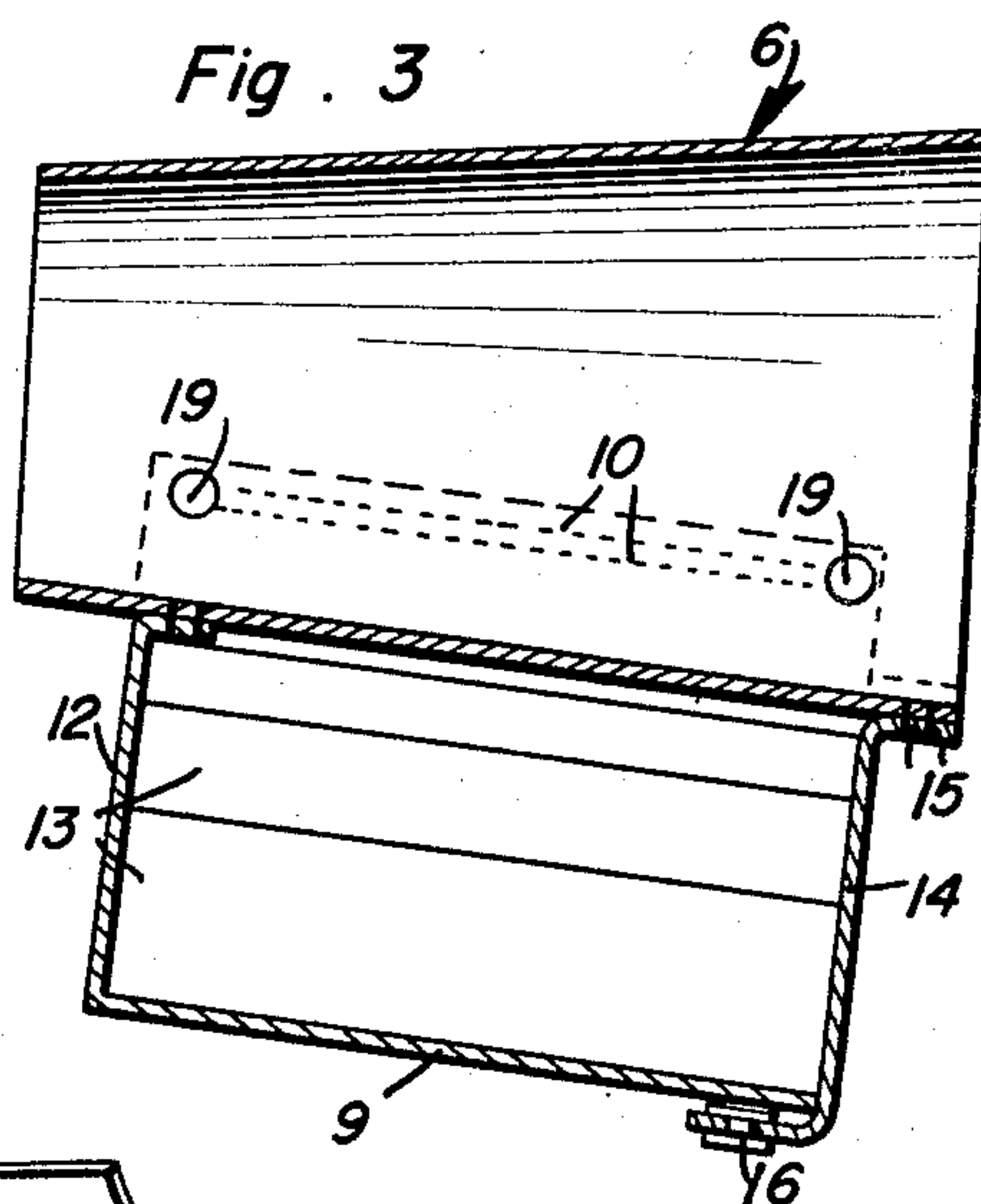


Fig. 4

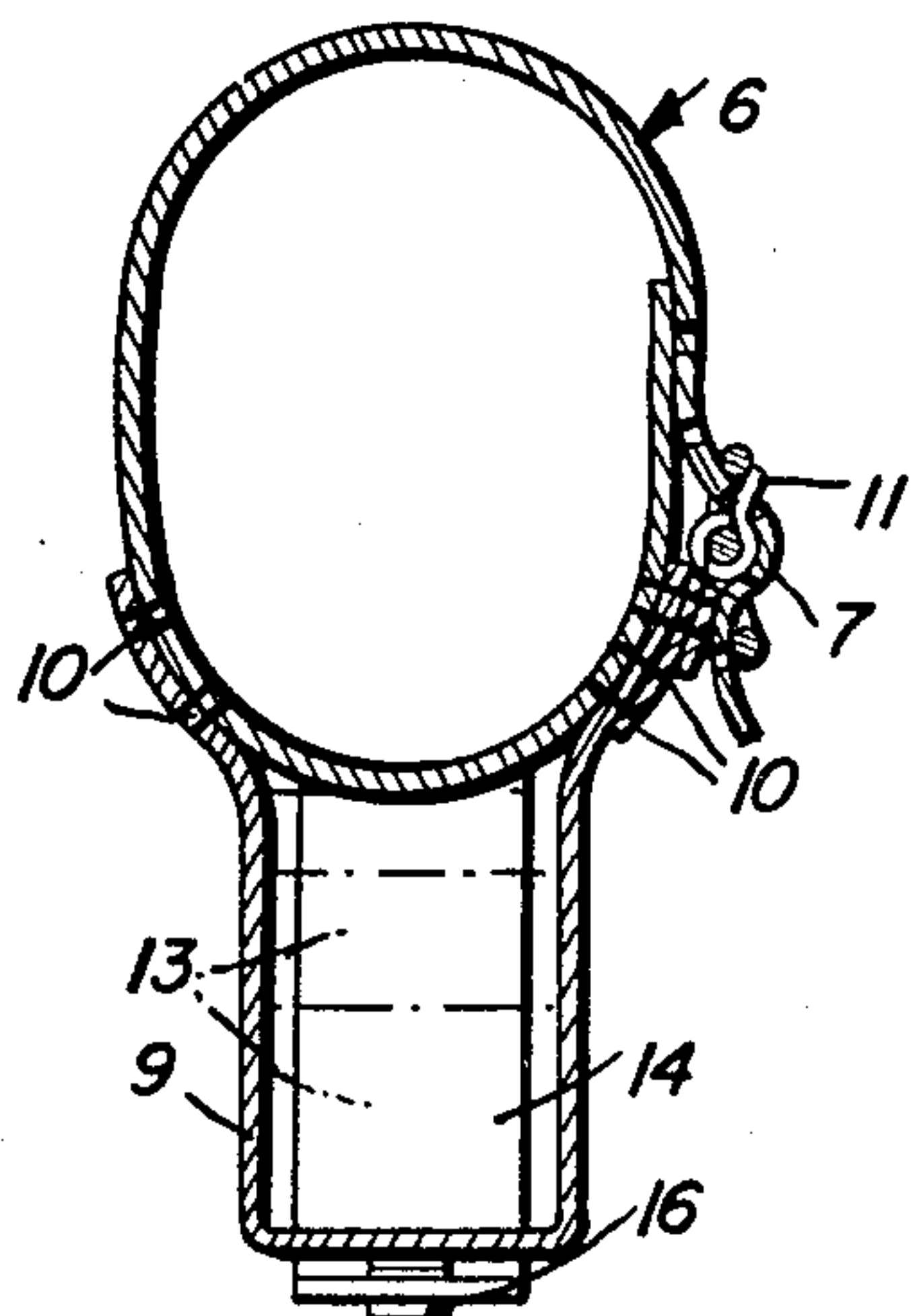
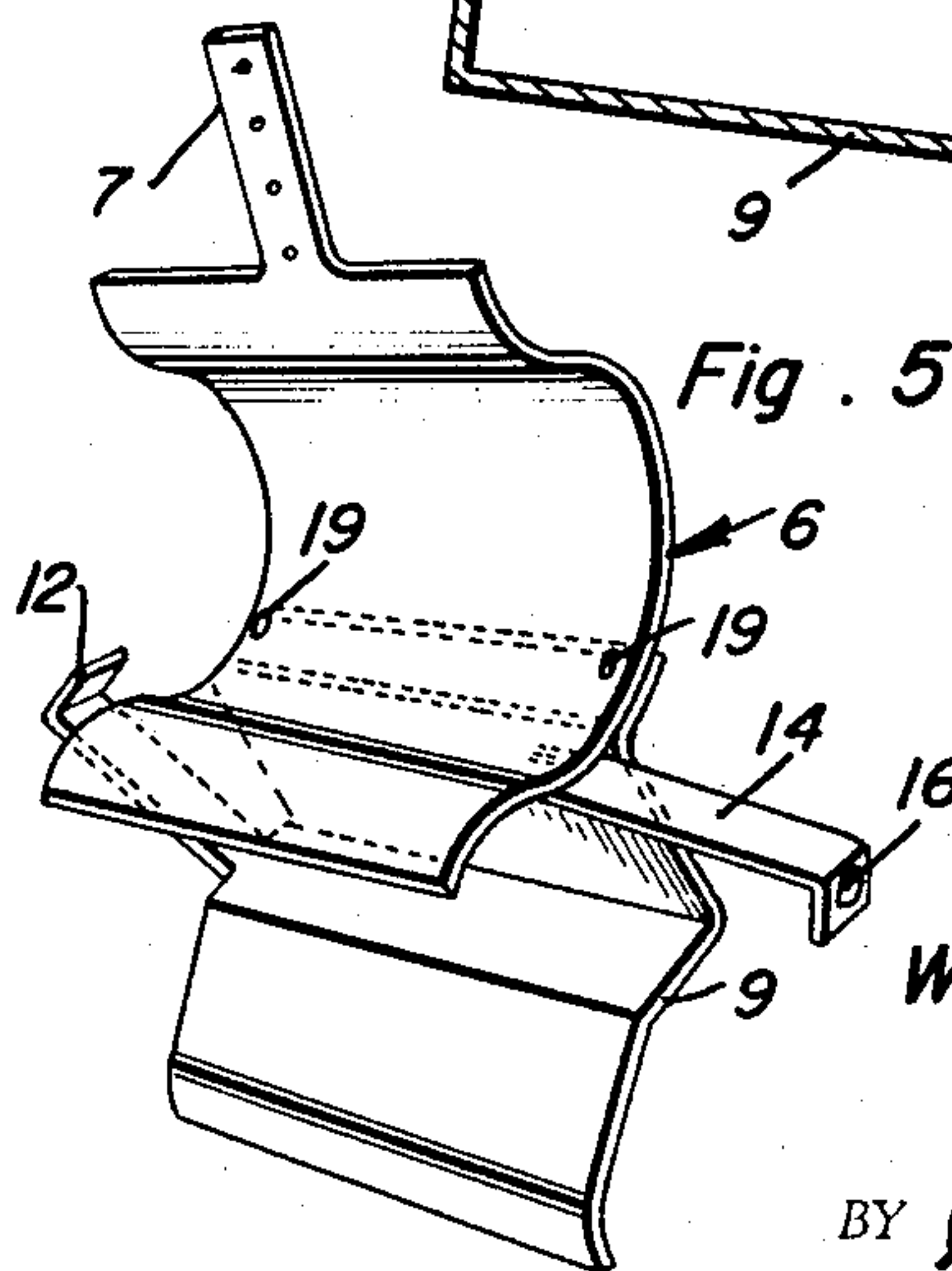


Fig. 5



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EXERCISING DEVICE FOR MARKSMEN

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3 Claims. (Cl. 272—80)

This invention relates to new and useful improvements in exercising devices particularly for marksmen and has for its primary object to provide, in a manner as herein-after set forth, novel means for training and strengthening the body and shooting arm muscles of handgun shooters.

Another important object of the present invention is to provide a shooting arm training and exercising device of the weight type wherein the weight may be conveniently varied to suit the individual user.

Still another important object of the invention is to provide a device of the aforementioned character which is adapted to be used during dry firing practice, thus permitting the muscle strengthening and practicing exercises to be performed simultaneously, thereby saving considerable time in the overall training program.

Another object is to provide an improved "Dry-Fire" training device of the character set forth which is readily adjustable to fit arms of various sizes.

Other objects of the present invention are to provide an improved training arm weight which is comparatively simple in construction, strong, durable, compact, comfortable and which may be manufactured at low cost.

These together with other objects and advantages which will become subsequently apparent reside in the details of construction and operation as more fully hereinafter described and claimed, reference being had to the accompanying drawing forming a part hereof, wherein like numerals refer to like parts throughout, and in which:

FIGURE 1 is a side elevational view, showing an exercising device embodying the present invention in use;

FIGURE 2 is a view in rear end elevation of the device;

FIGURE 3 is a vertical longitudinal sectional view, taken substantially on the line 3—3 of FIGURE 2;

FIGURE 4 is a view in transverse section through the device, taken substantially on the line 4—4 of FIGURE 1; and

FIGURE 5 is a perspective view of the partially assembled device.

Referring now to the drawing in detail, it will be seen that the embodiment of the invention which has been illustrated comprises a longitudinally split, substantially frusto-conical sleeve or band of leather, plastic, canvas or other suitable flexible material which is designated generally by reference numeral 6. The sleeve or band 6, which may also be of any desired dimensions, is provided on one of its longitudinal edges and at an intermediate point with an apertured strap 7. As shown to advantage in FIGURE 1 of the drawing, the sleeve 6 is shaped and proportioned to comfortably fit the forearm and wrist of a handgun shooter, as indicated at 8.

Suspended from the lower portion of the sleeve 6 is a generally U-shaped sling or loop of suitable flexible material providing a longitudinally elongated pocket 9. In the embodiment shown, the longitudinal marginal portions of the pocket 9 are stitched at 10 to the sleeve 6. Mounted on one of the longitudinal marginal portions of the pocket 9 is a suitable buckle 11 with which the strap 7 is engageable for adjustably securing the sleeve 6 on the arm of the shooter. Any other suitable fastening means may be provided for this purpose.

The pocket 9 further includes a forward end wall 12. Reference numeral 13 designates weights of various sizes and of suitable metal which are removably mounted in the pocket 9. A flap or tongue 14 at the rear end of the pocket 9 retains the weights 13 therein. In the embodiment shown, the flap or tongue 14 has one end portion

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secured at 15 beneath the inner end portion of the sleeve 6. The other or free end portion of the tongue or flap 14 is detachably secured by suitable fasteners 16 beneath the rear end portion of the pocket 9.

It is thought that the use of the device will be readily apparent from a consideration of the foregoing. Briefly, the longitudinally split sleeve or band 6 is positioned on the shooting arm 8 of the user, adjusted and secured through the medium of the strap 7 and the buckle 11. The desired weights 13 may be slipped in the pocket 9 either before or after the device is applied to the arm. The construction and arrangement, it will be observed, is such that with the arm 8 in shooting position, as shown, the weights 13 hang or are suspended from the lower portion of the sleeve 6 thus facilitating maintaining the device in the correct position in addition to ensuring maximum comfort. In FIGURE 1 of the drawing reference numeral 17 designates a handgun in the form of a revolver in firing position in the hand 18 of the user. Of course, access is readily had to the weight pocket 9 simply by releasing the tongue or flap 14 at 16. Rivets 19 may also be utilized for securing the pocket 9 to the sleeve or band 6.

The foregoing is considered as illustrative only of the principles of the invention. Further, since numerous modifications and changes will readily occur to those skilled in the art, it is not desired to limit the invention to the exact construction and operation shown and described, and accordingly all suitable modifications and equivalents may be resorted to, falling within the scope of the invention as claimed.

What is claimed as new is as follows:

1. A handgun marksman's shooting arm exercising device comprising a flexible sleeve for mounting on the forearm of a shooter and conforming to the shape thereof so as to define a substantially oval transverse section, an elongated pocket mounted longitudinally on the sleeve in a manner so as to depend therebeneath when the forearm is in a horizontal shooting position with the palm of the hand in a generally vertical plane and with the thumb uppermost, said pocket including spaced generally vertical sides, said sides including elongated upper edges secured to the lower portion of said sleeve at laterally spaced points, and weight means in said pocket, the vertical center plane of pocket being substantially coextensive with the vertical center plane of the forearm in the horizontal shooting position so as to avoid the introduction of any twist into the arm of the shooter.

2. The combination of claim 1, said weight means comprising a plurality of metallic plates of various thicknesses selectively insertable in and removable from the pocket, and a closure means on said pocket capable of selectively opening and closing said pocket.

3. The combination of claim 1, said sleeve being longitudinally split from end-to-end for radial adjustment and including lapped longitudinal marginal portions, and means for securing the sleeve in radially adjusted position on the forearm.

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