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R. BLAKOE

EXERCISING APPARATUS

Filed Feb. 17, 1925

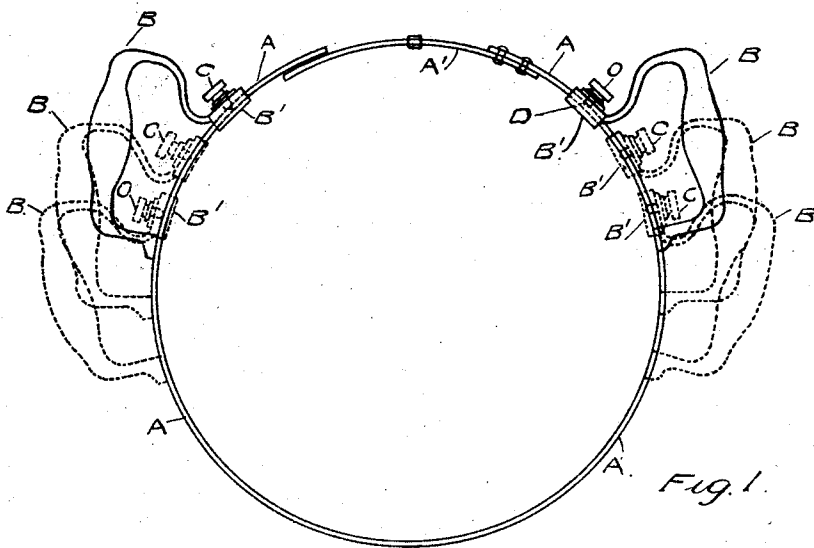


Fig. 1.

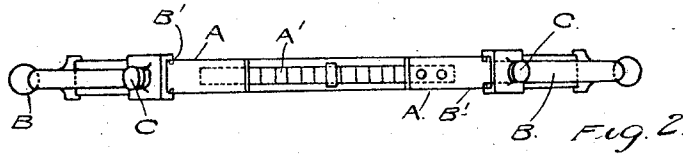


Fig. 2.

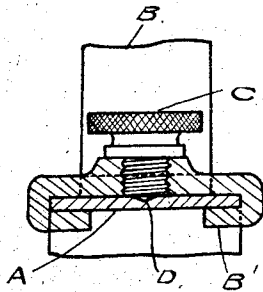


Fig. 3.

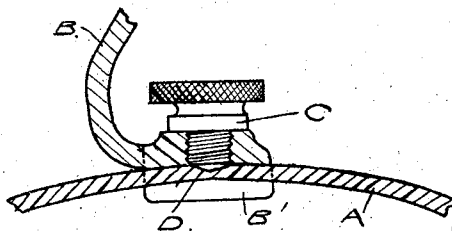


Fig. 4.

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UNITED STATES PATENT OFFICE.

ROBERT BLAKOE, OF LONDON, ENGLAND.

EXERCISING APPARATUS.

Application filed February 17, 1925. Serial No. 9,853.

To all whom it may concern:

Be it known that I, ROBERT BLAKOE, a subject of the King of Great Britain and Ireland, and residing at London, W. 1, England, have invented certain new and useful Improvements in or Relating to Exercising Apparatus, of which the following is a specification.

My invention relates to improvements in or relating to exercising apparatus, and has for its object to so construct such as to enable the smallest of three or other number of sizes to be used in the one small size apparatus. I obtain strengths of say 30 lbs., 75 lbs., and 150 lbs. or other strengths, thereby obtaining a very considerable reduction in manufacturing costs by having only one small open ring or loop and at the same time giving the user the advantage of the three or other number of different sizes, i. e., one size and strength of spring loop suffices instead of having different sizes of springs for different strengths and exercises, all as hereinafter described with reference to the drawings and pointed out in the claims.

In order that my invention may be properly understood and readily carried into effect, I have hereunto appended one sheet of drawings, of which—

Figure 1 is a side elevation of a loop developer illustrating my invention.

Figure 2 is a plan.

Figure 3 is a sectional view showing means for fixing handles.

Figure 4 is a cross section of Figure 3.

In carrying out my invention and referring to the drawings, I provide the open ring or loop A with a sliding handle or handles B suitably adjustably connected to the loop A which make the smallest loop the strength of the other two according to the position to which the handles B are fixed when the loop is to be used. In the drawings I have shown three different positions of the handles B therefore three different strengths, and the lower down the loop A the handles B are, the greater the resistance.

The method of attachment of the handles to the loop may vary, but I have shown a very simple and effective means. I pro-

vide a turned-over piece B¹ which is capable of being slid on the loop A and I form a recess D in the loop A in which the end of a screw C engages and when the screw is tightened up, the handles B are firmly retained in situ. A¹ is the graded scale which bridges the two ends of the loop A, one end of the graduated scale A¹ being riveted to one end of the loop A while the other end slides freely on the inner face of the opposite end of the loop A.

The same advantage is obtained when pulling the loop open as when forcing it closed.

When it is desired to use the developer, the person takes a grip of the two handles B, after first having adjusted these to the desired strength, and endeavours to close the open space between the two ends of the loop A. This action causes the most important trunk muscles with all the muscles of the hands, wrists and arms and other muscles to be put into exercise and having the graded scale marked in lbs. the result of the effort made is clearly shown.

In opening the loop, entirely different muscles are brought into action to those used when closing it.

The posterior muscles as well as the anterior muscles are also developed by my invention.

Claims.

1. Exercising apparatus comprising a spring open ring and handles adjustably secured on said ring at points spaced from and on opposite sides of the open side of the ring, to vary the size and strength of the ring according to the adjustment of the handles thereon.

2. Exercising apparatus comprising a spring open ring having a graduated scale at one end slidably related to the other end of said ring, and handles adjustably secured on said ring at points spaced from and on opposite sides of the open side of the ring, to vary the size and strength of the ring according to the adjustment of the handles thereon.

In testimony whereof I affix my signature.

ROBERT BLAKOE.