

F. H. BLAKE.
EXERCISING DEVICE.
APPLICATION FILED MAY 23, 1921.

1,432,013.

Patented Oct. 17, 1922.

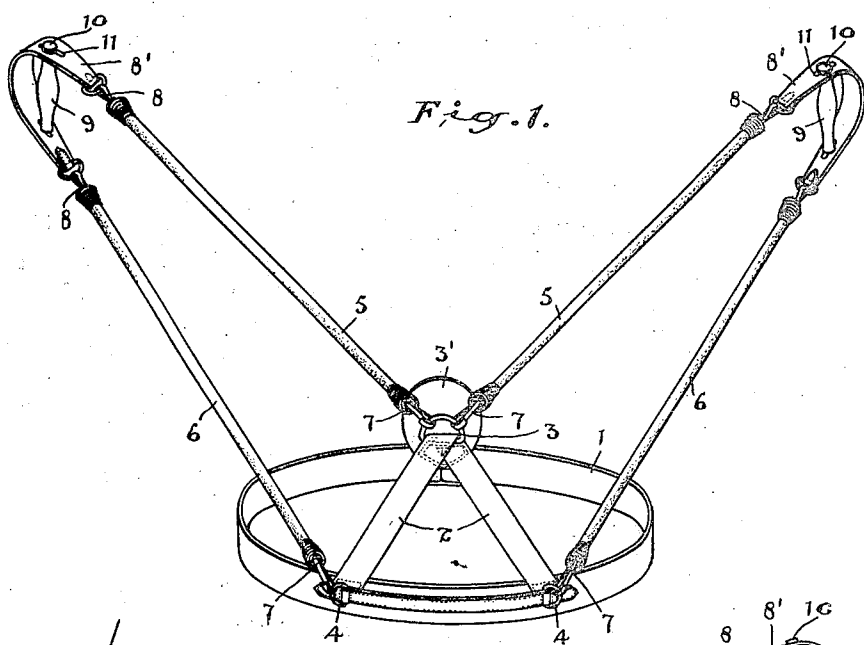


Fig. 1.

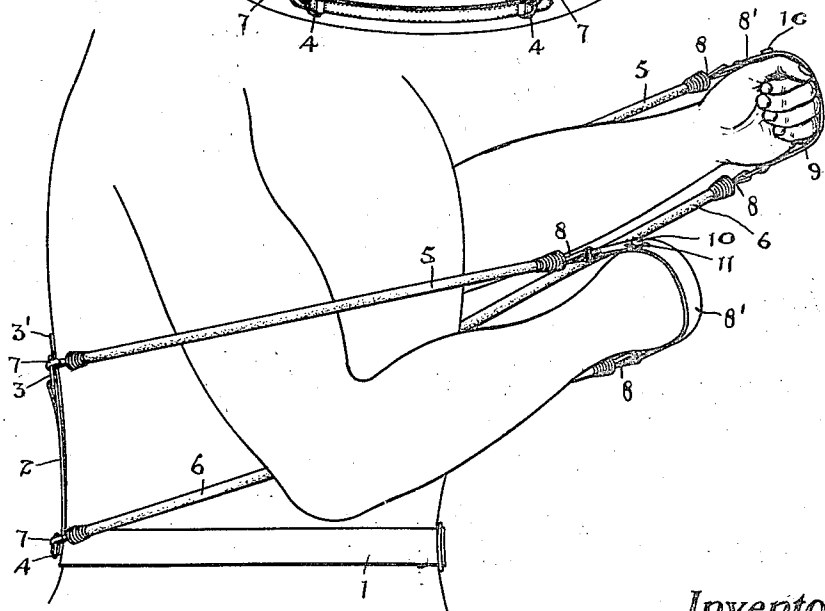


Fig. 2.

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UNITED STATES PATENT OFFICE.

FREDERICK HERBERT BLAKE, OF TORONTO, ONTARIO, CANADA.

EXERCISING DEVICE.

Application filed May 23, 1921. Serial No. 471,639.

To all whom it may concern:

Be it known that I, FREDERICK HERBERT BLAKE, a subject of the King of Great Britain, and resident of the city of Toronto, county of York, Province of Ontario, in the Dominion of Canada, have invented certain new and useful Improvements in Exercising Devices, described in the following specification and illustrated in the accompanying drawings, that form part of the same.

The principal objects of the invention are to provide means whereby athletes, gymnasts and others may properly exercise for muscle development without the necessity of installed apparatus, such as punching bags, weight machines, etc., and to devise an exercising device to be placed directly upon the person which will effect the required muscular development and which is particularly adapted for use in shadow boxing.

The principal feature of the invention consists in an improvement to the structure disclosed in my co-pending application No. 361,999 in which the thrust of the arm is taken upon the outer side of the fist by means of a flexible strap interposed into the loop of the elastic member.

In the drawings, Figure 1 is a perspective view taken from the back of the apparatus.

Figure 2 is a side elevational view of my apparatus showing the position of the elastic members in a straight forward thrust of the arm.

The device is extremely simple, consisting merely of a belt 1 adapted to be placed around the waist of the person using the exerciser.

At the back of the belt are arranged a pair of brace members 2 which together are of an inverted V shape sewn to the belt. At the apex of the V-shaped brace is secured a ring 3 and a protecting pad 3' and similar rings 4 are arranged on the belt 1 preferably at the base of the brace members or at their point of connection with the belt, though they may be placed more toward the front of the belt if desired.

Elastic members 5 and 6 are each provided with swivel hook ends 7 adapted to hook into the rings 3 and 4 respectively, and at the opposite ends are provided with hooks 8 which engage the end rings of the hand straps 8'. These straps are adapted to fit

snugly around the knuckles of the wearer and hand grips 9 are grasped in the hand with the fingers closed therearound. These hand grips are formed with end pins 10 which extend through slots 11 which are arranged longitudinally of the hand straps 8'.

The hand grips provide something for the wearer to hold and upon which to tighten the fist and the leather or fabric loops 8' fit around the knuckles. The pressure of the resistance of the elastic members is thus taken over the knuckles and by the entire hand rather than against the ball of the thumb as in the ordinary and common forms of exercisers.

In the use of this device, the belt is placed around the waist and the elastic members 5 and 6 are carried forward. These members are spaced apart a sufficient distance so as to enable the arm of the wearer to extend between the upper and lower portions, as shown in Figure 2 and the strap 8' is placed over the closed fist, the grip being held therein. The upper elastic members pulling across the back and over the arm take care of direct outward thrust, the lower members 6 participating. The lower members are brought into more direct connection when upward movements of the arms are made.

This device is extremely desirable for use in training for boxing, as shadow boxing may be indulged in with it and each movement of the arm is against the elastic force and requires the outward effort which is absorbed in the stretch of the elastic members, bringing the muscles to rest against an increasing resistance which eliminates the necessity for the boxer to withhold or muscularly retard the blow which is being struck.

Such a device enables the boxer to develop muscles which he desires to develop but which with ordinary shadow boxing are to a certain extent neglected, and others brought into play by reason of the necessity for checking and such checking actions are frequently detrimental in an actual boxing bout, for the shadow boxer will involuntarily frequently withhold a punch which might otherwise have landed with telling effect.

The device is extremely simple in construction, may be manufactured at very low

cost and will be quite within the reach of any person desiring a muscle developer.

What I claim as my invention is:—

1. In an exerciser of the elastic cord type
5 having a pair of looped elastic members secured to a belt, hand grips arranged in the bend of the loops, and means arranged in the bend of the loops for engaging the
knuckles to take the pull of the elastic cords.
10 2. In an exerciser of the elastic cord type having a pair of looped elastic members secured to a belt, flexible straps interposed in the length of the elastic loops and adapted

to fit around the fist, and hand grips arranged within said straps. 15

3. In an exerciser of the elastic cord type having a pair of looped elastic members secured to a belt, flexible straps interposed in the length of the elastic loops and adapted to fit around the fist and having longitudinal
20 slots therein, and hand grips having pins extending from the ends through said slots and adjustably securing said grips in said straps.

FREDERICK HERBERT BLAKE.