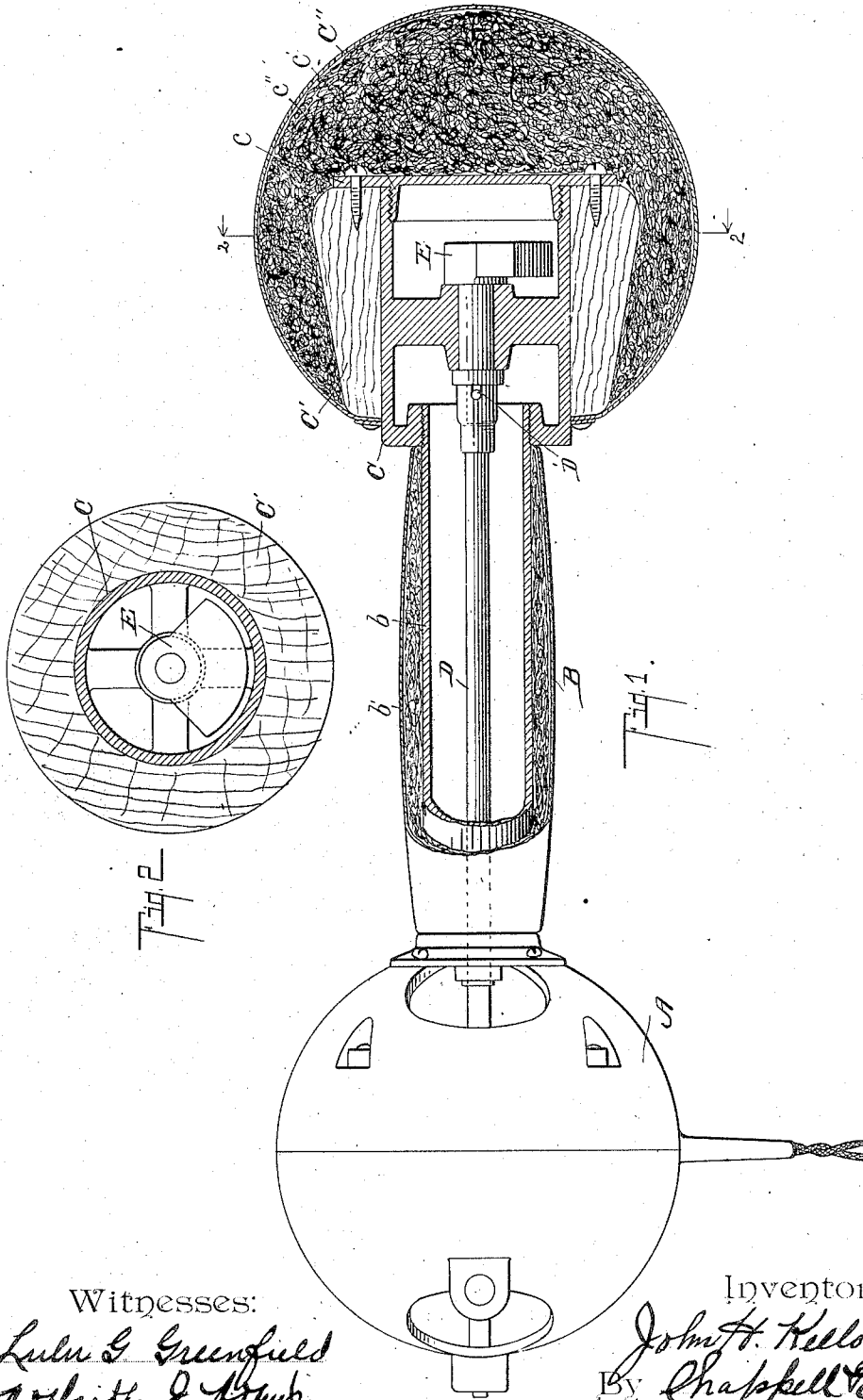


No. 850,938.

PATENTED APR. 23, 1907.

J. H. KELLOGG.
EXERCISING APPARATUS.
APPLICATION FILED NOV. 16, 1905.



Witnesses:

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UNITED STATES PATENT OFFICE.

JOHN HARVEY KELLOGG, OF BATTLE CREEK, MICHIGAN.

EXERCISING APPARATUS.

No. 850,938.

Specification of Letters Patent.

Patented April 23, 1907.

Application filed November 16, 1905. Serial No. 287,667.

To all whom it may concern:

Be it known that I, JOHN HARVEY KELLOGG, a citizen of the United States, residing at the city of Battle Creek, county of Calhoun, State of Michigan, have invented certain new and useful Improvements in Exercising Apparatus, of which the following is a specification.

This invention relates to improvements in exercising apparatus.

It relates particularly to an improved dumb-bell, although adapted and advantageous for other uses.

The main object of this invention is to provide an improved dumb-bell adapted to vibrate when in use.

Further objects and objects relating to details of construction will definitely appear from the detailed description to follow.

I accomplish the objects of my invention by the devices and means described in the following specification.

The invention is clearly defined, and pointed out in the claims.

A structure embodying the features of my invention is clearly illustrated in the accompanying drawings, forming a part of this specification, in which—

Figure 1 is a side elevation of my improved dumb-bell, partially in longitudinal section, to show the structural details; and Fig. 2 is a transverse section taken on a line corresponding to line 2-2 of Fig. 1, the padding being omitted, showing the structural details.

In the drawings similar letters of reference refer to similar parts throughout the several views.

Referring to the drawings, A is an electric motor inclosed in a suitable casing forming one of the dumb-bell balls. A hollow handle or grip B is secured to the motor-casing. This handle preferably consists of a tube *b*, of metal, having a suitable covering *b'*, preferably padded, as illustrated. The other dumb-bell ball preferably consists of a metal core C, which is threaded upon the end of the tube *b*. A plate, as *c*, having an inwardly-projecting annular threaded flange *c'*, is threaded into the outer end of the core C. About the core C is a wood ring or covering *C'*. This is secured upon the core by screws, as *c''*, arranged through the plate *c*. The padded covering *b'* is secured over these parts, preferably by tacking to the inner end of the wood ring *C*, as illustrated. Within the core C is a bearing for one end of the

shaft D. This shaft is preferably made up of sections secured together by a slip-joint D' for convenience in assembling the structure.

A weight E is arranged upon the shaft D in a manner to throw the same out of balance, so that when the shaft is rotated by the motor the dumb-bell is vibrated. This I find to be a very effective exercising device, as the muscles in addition to the benefit of movement secured by the use of the dumb-bell are vibrated in a very effective manner. This is particularly effective, as by using the dumb-bell in the regular way there is a constant change of the position of the muscles, and they are vibrated at the same time.

I preferably pad the dumb-bell ball as described, so that it may be used in administering movement cure or massage treatments by applying the same to the parts to be treated. This could be done if the same were not padded; but it would not be as satisfactory.

I have illustrated and described my improved dumb-bell in detail in the form preferred by me on account of its structural simplicity and convenience in use. I am aware, however, that it is capable of considerable structural variation without departing from my invention.

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

1. A dumb-bell comprising an electric motor inclosed in a casing forming one of the dumb-bell balls; a hollow handle or grip secured to said motor-casing; a ball consisting of a chambered core of metal threaded upon said handle, a plate having an annular threaded flange threaded into the outer end of said core, a ring of wood arranged on said core and secured thereto by screws arranged through said plate, and a padded covering; a shaft for said motor made up of sections connected by a slip-joint; a bearing for one section of said shaft arranged in said core; and a weight inclosed by said core arranged on said shaft to throw the same out of balance, for the purpose specified.

2. A dumb-bell comprising an electric motor inclosed in a casing forming one of the dumb-bell balls; a hollow handle or grip secured to said motor-casing; a ball consisting of a chambered core of metal threaded upon said handle, and a covering for said core; a shaft for said motor made up of sections connected by a slip-joint; a bearing for one sec-

tion of said shaft arranged in said core; and a weight inclosed by said core arranged on said shaft to throw the same out of balance, for the purpose specified.

5 3. A dumb-bell comprising an electric motor inclosed in a casing forming one of the dumb-bell balls; a hollow handle or grip secured to said motor-casing; a chambered ball threaded upon said handle; a shaft for said motor made up of sections connected by a slip-joint; a bearing for one section of said shaft arranged in said chambered ball; and a weight inclosed by said chambered ball arranged on said shaft to throw the same out of balance, for the purpose specified.

10 4. A dumb-bell comprising an electric motor inclosed in a casing forming one of the dumb-bell balls; a padded ball having a chamber therein; a hollow handle or grip connecting said motor-casing to said chambered ball; a shaft for said motor arranged through said handle; a bearing for said shaft arranged in said chambered ball; and a weight inclosed by said chambered ball arranged on said shaft to throw the same out of balance, for the purpose specified.

15 5. A dumb-bell comprising an electric motor inclosed in a casing forming one of the dumb-bell balls; a ball having a chamber

therein; a hollow handle or grip connecting said motor-casing to said chambered ball; a shaft for said motor arranged through said handle; a bearing for said shaft arranged in said chambered ball; and a weight inclosed by said chambered ball arranged on said shaft to throw the same out of balance, for the purpose specified.

6. A dumb-bell comprising an electric motor inclosed in a casing forming one of the dumb-bell balls; a padded ball; a handle or grip connecting said motor-casing thereto; a shaft for said motor; and a weight arranged on said shaft to throw the same out of balance, for the purpose specified.

7. A dumb-bell comprising an electric motor inclosed in a casing, forming one of the dumb-bell balls; a companion ball therefor; a handle or grip connecting said motor-casing to said companion ball; a shaft for said motor; and a weight arranged on said shaft to throw the same out of balance, for the purpose specified.

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

JOHN HARVEY KELLOGG. [L. S.]

Witnesses:

LYCURGUS MCCOY,
ROY V. ASHLEY.