

C. E. HIESTER.

Improvement in Exercising-Clubs.

No. 115,856.

Patented June 13, 1871.

Fig. 1.

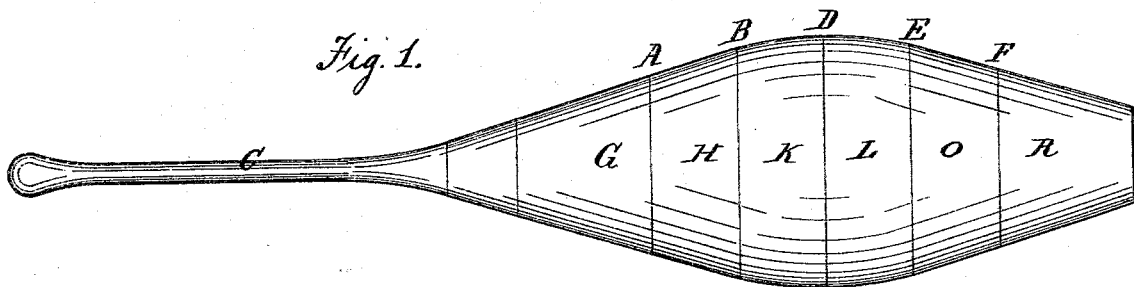


Fig. 2.

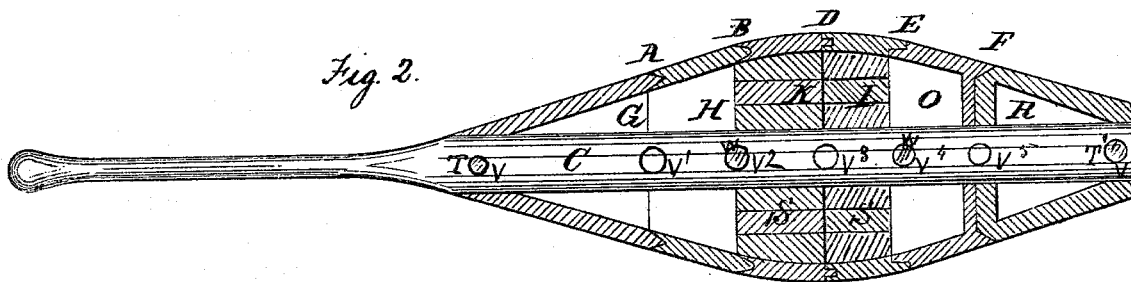
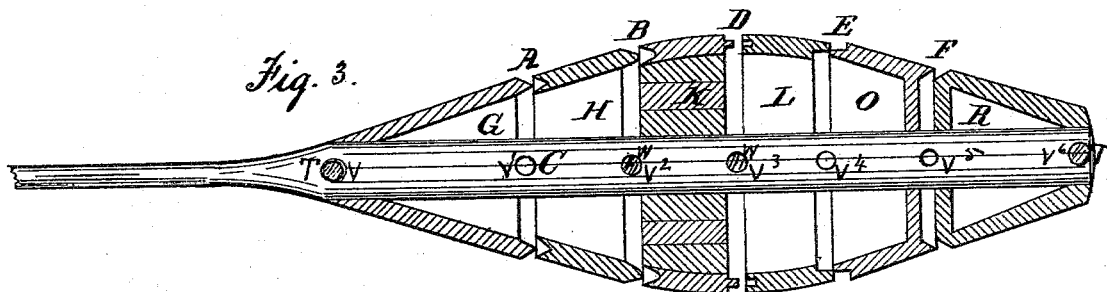


Fig. 3.



Witnesses.

*James H. Smith*  
*Charles Wilson*

Inventor.

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*By Hill & Desmuth,*  
*his attorneys.*

# UNITED STATES PATENT OFFICE.

CHARLES E. HIESTER, OF NEW YORK, N. Y.

## IMPROVEMENT IN EXERCISING-CLUBS.

Specification forming part of Letters Patent No. 115,856, dated June 13, 1871.

*To all whom it may concern:*

Be it known that I, CHARLES E. HIESTER, of New York, in the county and State of New York, have invented a new and Improved Exercising-Club; and I do hereby declare the following to be a full, clear, and exact description of the same, reference being had to the accompanying drawing forming part of this specification, in which—

Figure 1 is a side elevation of an exercising-club constructed in accordance with my invention. Figs. 2 and 3 are longitudinal sections of the same, showing the means employed for changing the weight.

Similar letters of reference indicate corresponding parts in the several figures of the drawing.

To expand the chest and enlarge the breathing apparatus, thus improving our general health, the Indian-club exercises, so called, are claimed by our leading physicians to be the best known at the present day. It is customary to commence with a small pair of clubs, of from five to seven pounds' weight, and advance gradually until one can wield with ease clubs of twenty or thirty pounds, or even much heavier. As the muscular power increases with constant exercise the lighter weights are rapidly outgrown, and a large number of clubs of different weights is required, involving much inconvenience and expense. This is the sole reason why such a healthful and desirable exercise is not more generally adopted.

My invention has for its object to so construct a club that portions may be readily and easily detached, thus obtaining in a single club any weight desired; and, further, by shifting the center of gravity nearer to or further from the hand, to diminish or increase the leverage without altering the actual weight of the club. This is an important feature, for we know if we swing a twenty-pound weight one foot from the hand it has on certain muscles quite a different effect from swinging the same weight at a greater distance. My invention consists in the peculiar construction of the club, as will be hereinafter more fully described.

In the accompanying drawing, C is a shank or club, of wood or other suitable material, of convenient size and weight, turned down for a portion of its length to form a handle. The

body of the club is composed of a series of concentric rings, the exterior ones G H K L O R being so shaped as to impart to the club the requisite bulging form, as shown in Fig. 1. The interior rings S, one or more, fit snugly upon the shank C and upon one another, as shown, filling the space between such shank and the exterior rings. The whole series is held upon the shank by means of pins T T' passing through it at the outside of the end rings G R, which rings may be made either solid or in the form of shells, as shown. To change the weight of the club, the interior rings S of one or more sections may be removed, as shown. In Fig. 2 all are removed with the exception of one section, and in Fig. 3 two sections are left. In order to hold the exterior rings in place upon the shank when the interior rings are removed, the former are constructed with tongued-and-grooved edges, as shown at A B D E F. To remove the series of rings it is only necessary to take out the pin T' and slip them off the shank C, as will be readily understood. When the weight of the club is reduced, by removing all but one or two sections from the shank, pins W are passed through holes V<sup>1</sup> to V<sup>5</sup>, one upon each side of the section, as shown in Fig. 2, or holding the sections together, as in Fig. 3. By changing the position of the interior rings the weight may be applied at any point of the shank C.

If for any purpose it becomes desirable to reduce the size of the club, the change is effected in the following manner; The key T' is removed from the hole V<sup>6</sup> and the sections K, L, O, and R, with the intermediate rings, slipped off the shank, and G H moved along so that the pin T can be shifted to the hole V<sup>1</sup>. The sections O R are then replaced and the pin T' inserted in the hole V<sup>6</sup>. In this manner the size of the club is reduced by removing the two central sections K L and their interior rings. Instead of removing all the interior rings of a section, the smaller, or those immediately surrounding the shaft, only need be removed to diminish the weight.

If desired, part of the sections may be made in the form of plates without interior rings.

I am aware of the patent granted, respectively, to Geo. B. Winship, February 14, 1865, for dumb-bells, John L. Dibble, April 23, 1867,

for an exercising-club, and D. P. Butler, July 4, 1865, for dumb-bells; but I claim nothing therein shown as my invention.

What I claim is—

The exercising-club described, consisting of the shaft C provided with holes V to V<sup>6</sup> for the insertion of keys, and surrounded with concentric weights, the outer ones of which are

tongued and grooved, all the parts being arranged and combined substantially as set forth.

In witness whereof I have hereunto set my hand.

CHAS. E. HIESTER.

Witnesses:

J. B. NONES,

E. A. NONES.