

E. M. FOLK.
Exercising Device.

No. 201,174.

Patented March 12, 1878.

Fig. 1

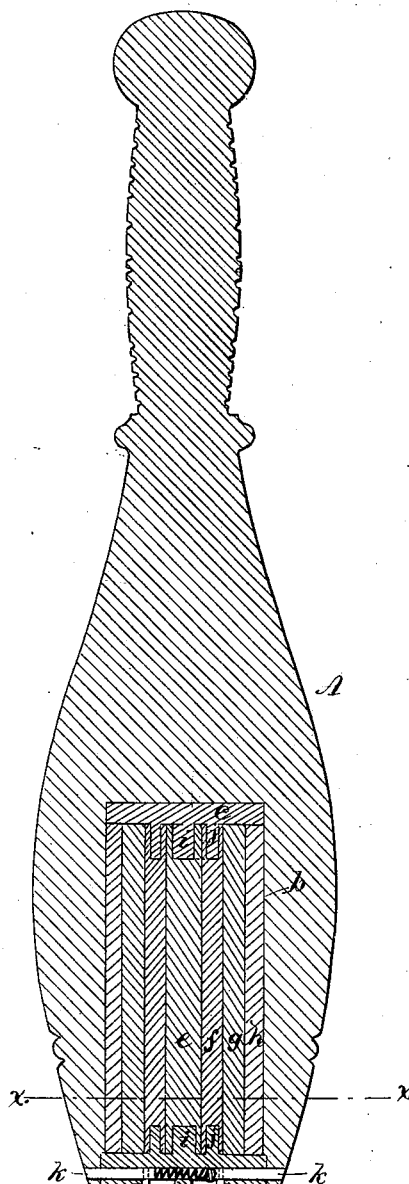
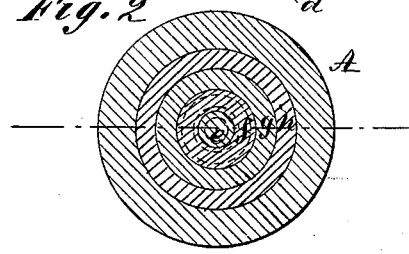


Fig. 2



WITNESSES:
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UNITED STATES PATENT OFFICE.

EDGAR M. FOLK, OF BROOKLYN, NEW YORK.

IMPROVEMENT IN EXERCISING DEVICES.

Specification forming part of Letters Patent No. 201,174, dated March 12, 1878; application filed December 24, 1877.

To all whom it may concern:

Be it known that I, EDGAR M. FOLK, of Brooklyn, in the county of Kings and State of New York, have invented a new and Improved Indian Club, of which the following is a specification:

Figure 1 is a longitudinal section of my improved club. Fig. 2 is a transverse section taken on line *x x* in Fig. 1.

Similar letters of reference indicate corresponding parts.

The invention will first be described in connection with all that is necessary to a full understanding thereof, and then pointed out in the claims.

Referring to the drawings, A is an Indian club of ordinary form, having in its larger end a cylindrical chamber, *b*, to which is fitted a series of removable weights, which are held in place by heads *c d*, that are of the same diameter as the chamber in the club.

The weight in the present case is composed of four concentric portions, *e f g h*. The central portion *e* is apertured at its ends to receive studs *i*, that project from the center of the heads *c d*. The weight *f* surrounds the weight *e*, and has in each end an annular groove, for receiving collars or rims *j*, that project from the face of the heads *c d*, and are concentric with the studs *i*. The weight *g* surrounds the weight *f*, and the weight *h* surrounds the weight *g*, and both abut against the heads *c d*.

The head *c* rests in the inner end of the

chamber *b*, and the head *d* closes the mouth of the said chamber, and is provided with two oppositely-arranged spring-bolts, *k*, which are projected in opposite directions into grooves or holes in the sides of the club.

The weights, with the exception of the one marked *g*, may be used separately in the club, and the combination of the different weights may be adapted to various movements, part or all of the weights being used, as may be required.

The advantages claimed for my improved club are, that all of the weights required for various movements are contained in a single pair of clubs, and may readily be adjusted to suit the requirements of different persons, or of different movements for the same person. It is compact and portable, and the weight is always symmetrically disposed in relation to the axis of the club.

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

1. The combination, in a chambered club, of the concentric weights and the heads having studs and rims, as herein shown and described.
2. The combination of the spring-bolts *k* with the head *d*, substantially as herein shown and described.

EDGAR M. FOLK.

Witnesses:

GEO. M. HOPKINS,
C. SEDGWICK.