

Title (en)

ADJUSTABLE WATER-FILLABLE EXERCISE WEIGHTS

Title (de)

VERSTELLBARE MIT WASSER FÜLLBARE ÜBUNGSGEWICHTE

Title (fr)

POIDS D'EXERCICE REGLABLES POUVANT ETRE REMPLIS D'EAU

Publication

**EP 1280584 B1 20051116 (EN)**

Application

**EP 01927539 A 20010426**

Priority

- CA 0100587 W 20010426
- CA 2307505 A 20000504

Abstract (en)

[origin: WO0183039A2] A readily portable dumbbell or barbell for exercising and weight training is provided in which weight units on an elongated handle comprise front and rear end plates interconnected by a collapsible/expandable fluid receptacle in the form of a resilient bellows. The weight unit is lengthened and expanded when fluid is added and is shortened and decreased in volume when fluid is removed. Calibration means are provided for visually indicating the weight of the unit corresponding to the longitudinal spacing between the front and end plates of the unit. In a preferred embodiment, a visually readable measurement of weight is provided by means for a graduated bar insert which extends slidably within the hollow handle of the dumbbell or barbell and moves therealong with expansion or contraction of the water-filled bellows.

IPC 1-7

**A63B 21/072**

IPC 8 full level

**A63B 21/072** (2006.01); **A63B 21/06** (2006.01)

CPC (source: EP)

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Cited by

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