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(12) **United States Patent**
Muehl

(10) **Patent No.: US 9,795,824 B2**
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(54) **LINEAR BEARINGS AND ALIGNMENT METHOD FOR WEIGHT LIFTING APPARATUS**

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(*) Notice: Subject to any disclaimer, the term of this patent is extended or adjusted under 35 U.S.C. 154(b) by 0 days.

This patent is subject to a terminal disclaimer.

(21) Appl. No.: **14/955,792**

(22) Filed: **Dec. 1, 2015**

(65) **Prior Publication Data**

US 2016/0082303 A1 Mar. 24, 2016

Related U.S. Application Data

(60) Continuation of application No. 14/733,287, filed on Jun. 8, 2015, now Pat. No. 9,211,435, which is a division of application No. 13/773,274, filed on Feb. 21, 2013, now Pat. No. 9,079,068.

(60) Provisional application No. 61/601,368, filed on Feb. 21, 2012.

(51) **Int. Cl.**
A63B 21/062 (2006.01)
A63B 21/078 (2006.01)

(52) **U.S. Cl.**
CPC ***A63B 21/078*** (2013.01); ***A63B 21/062*** (2013.01); ***A63B 21/063*** (2015.10); ***A63B 21/0624*** (2015.10); ***A63B 21/0628*** (2015.10)

(58) **Field of Classification Search**
CPC A63B 21/062; A63B 21/00072; A63B 2021/0623; A63B 2021/0626
USPC 482/92–94, 97–98, 133–142, 148, 482/99–103; 384/7–59, 129, 428
See application file for complete search history.

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Primary Examiner — Andrew S Lo
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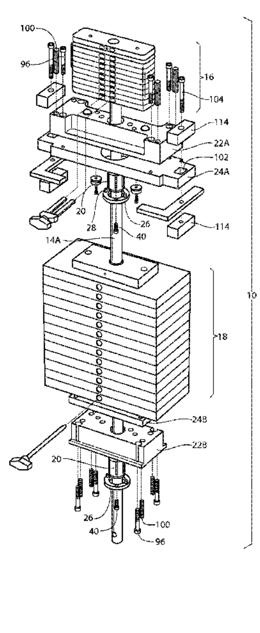
(57) **ABSTRACT**

A weight system having at least one weight stack moveable in a vertical direction on a lift rod, and a bearing block for housing a linear bearing. The invention further includes a method and apparatus for aligning the linear bearing.

16 Claims, 20 Drawing Sheets



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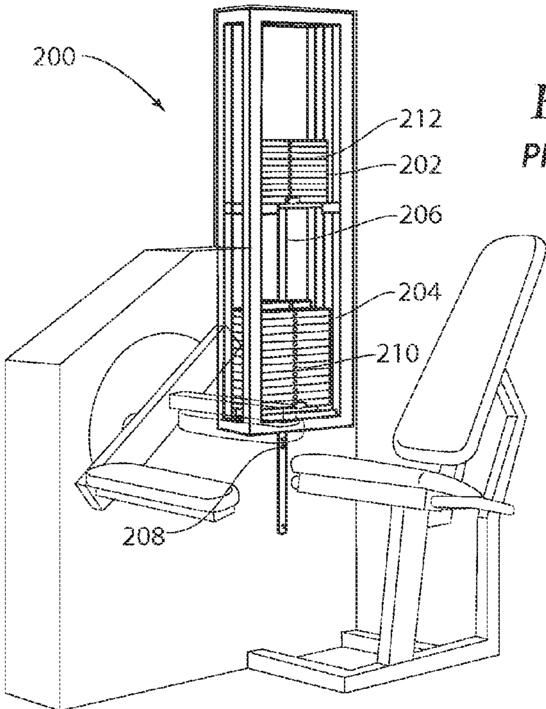
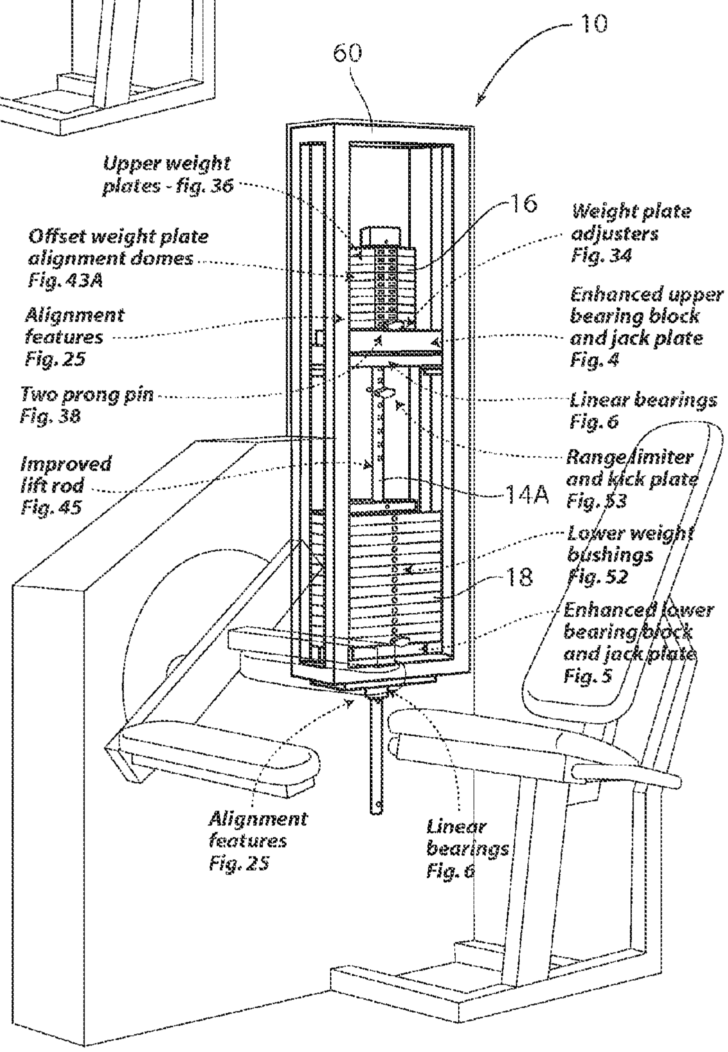


Fig. 1
PRIOR ART



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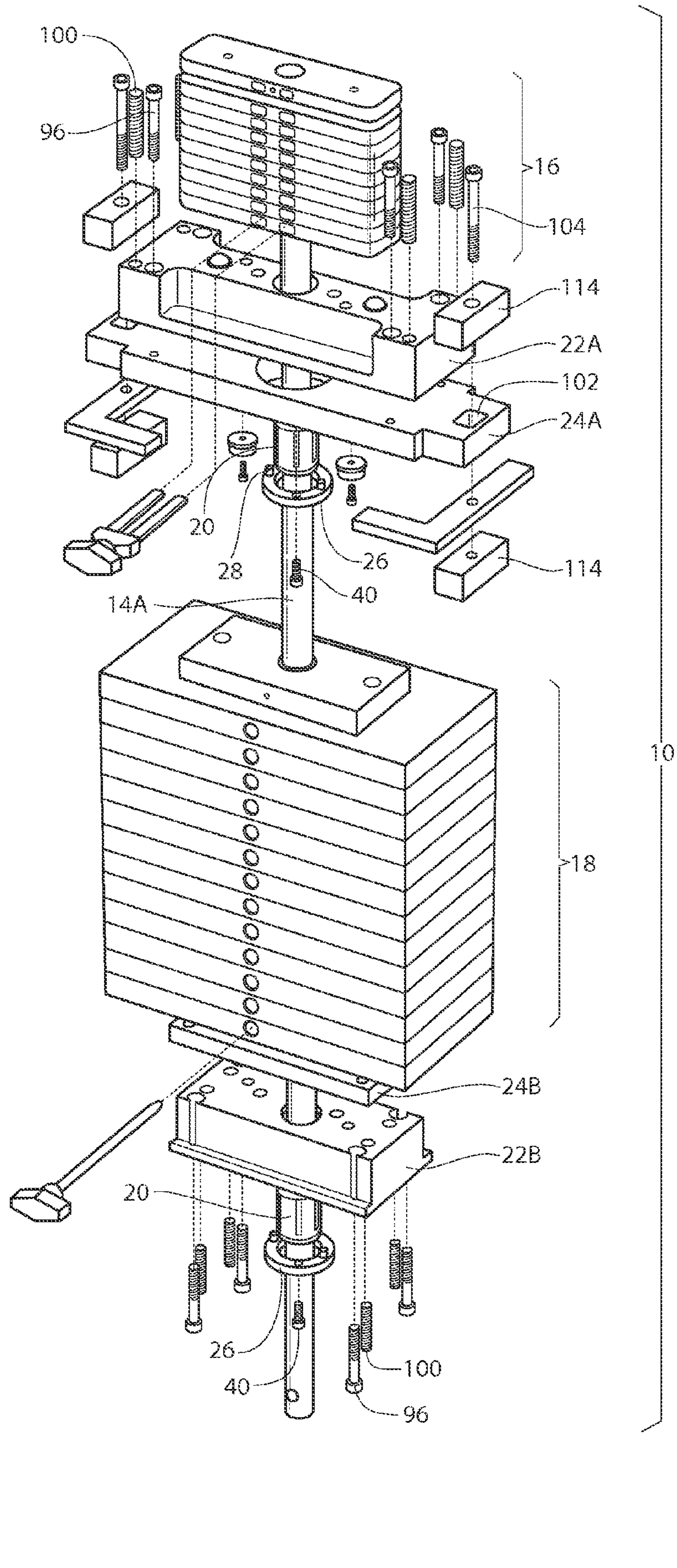
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40
100
96

Fig. 3

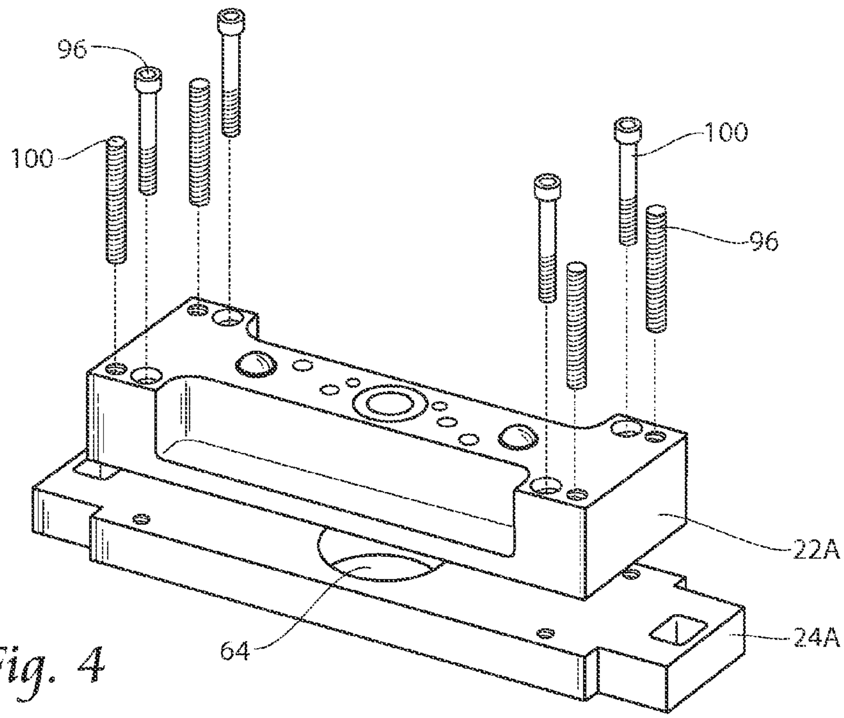


Fig. 4

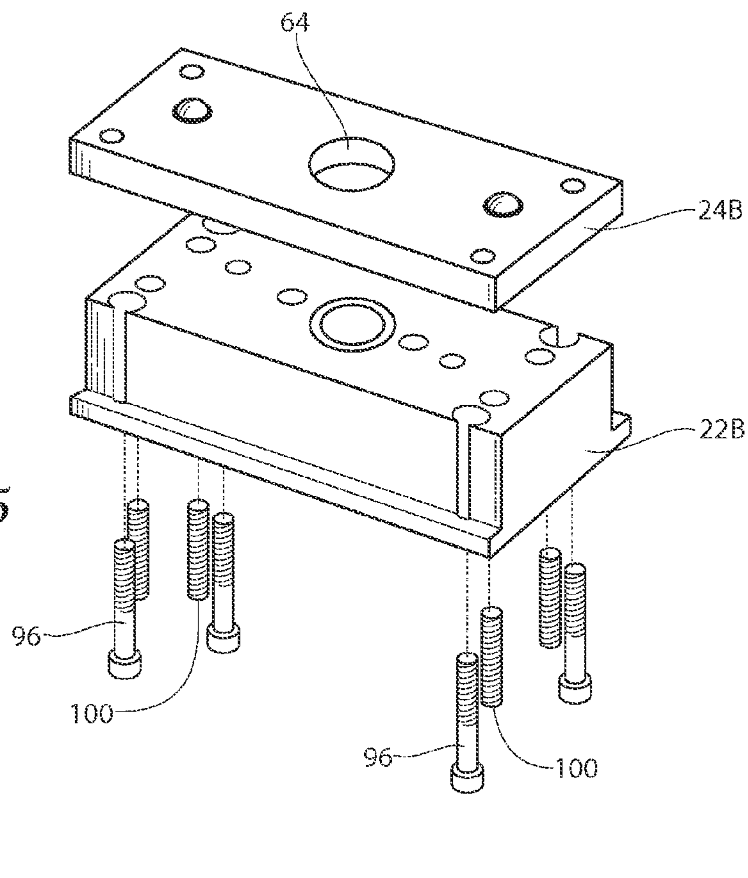
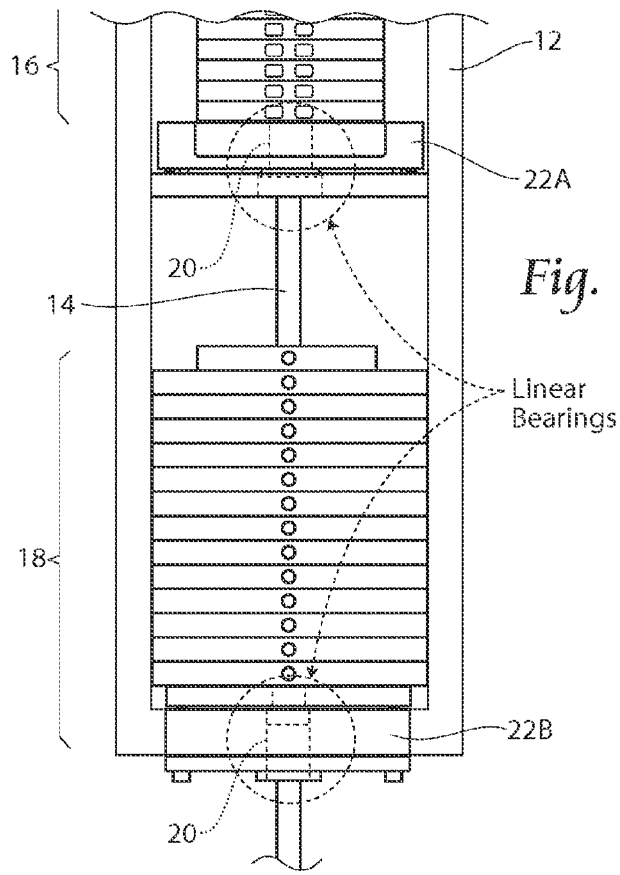


Fig. 5



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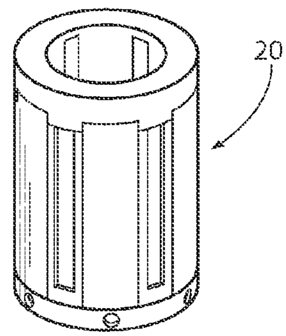

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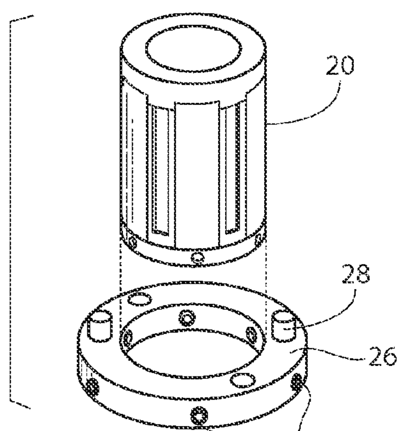

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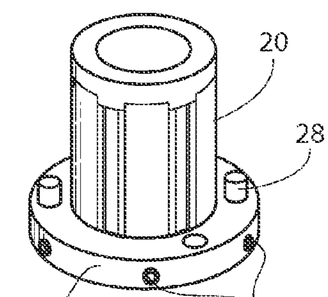

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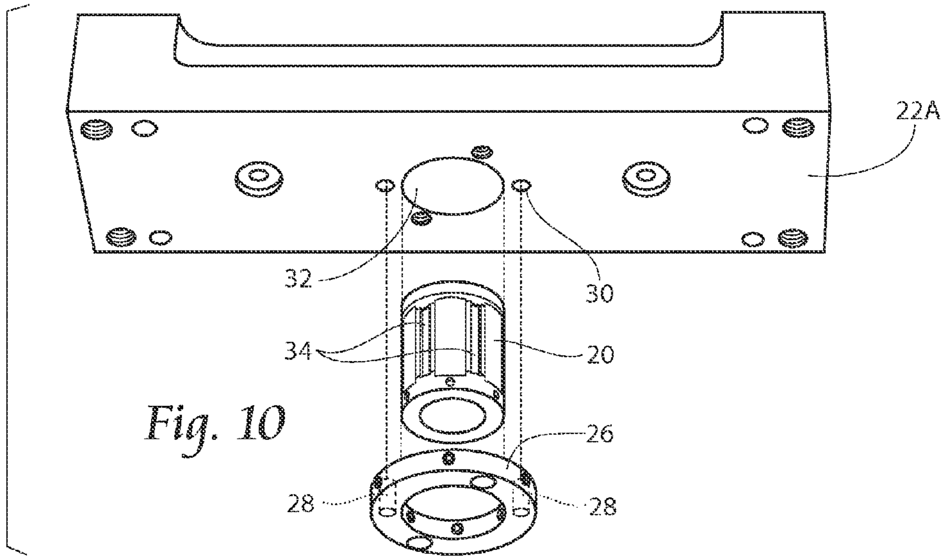

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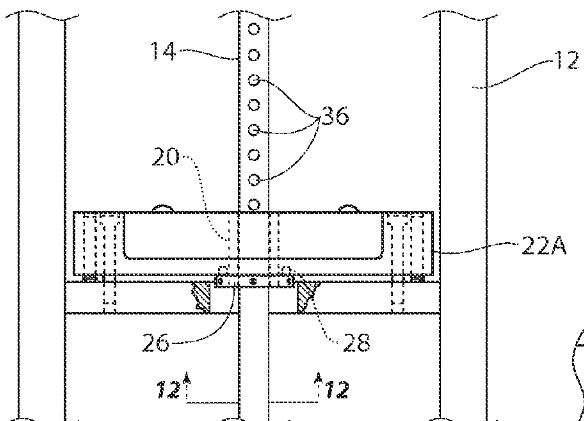

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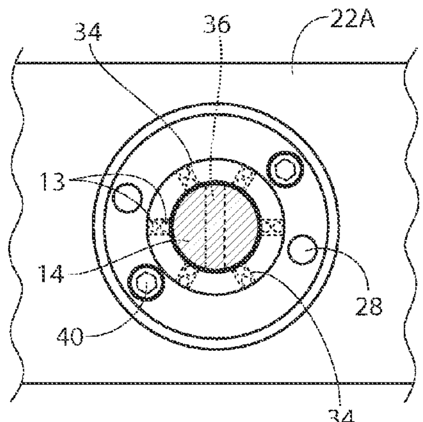

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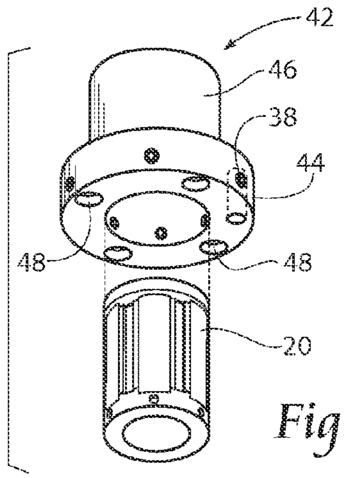

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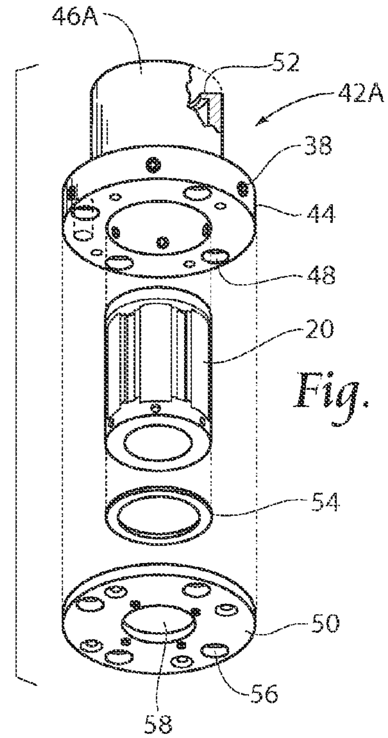

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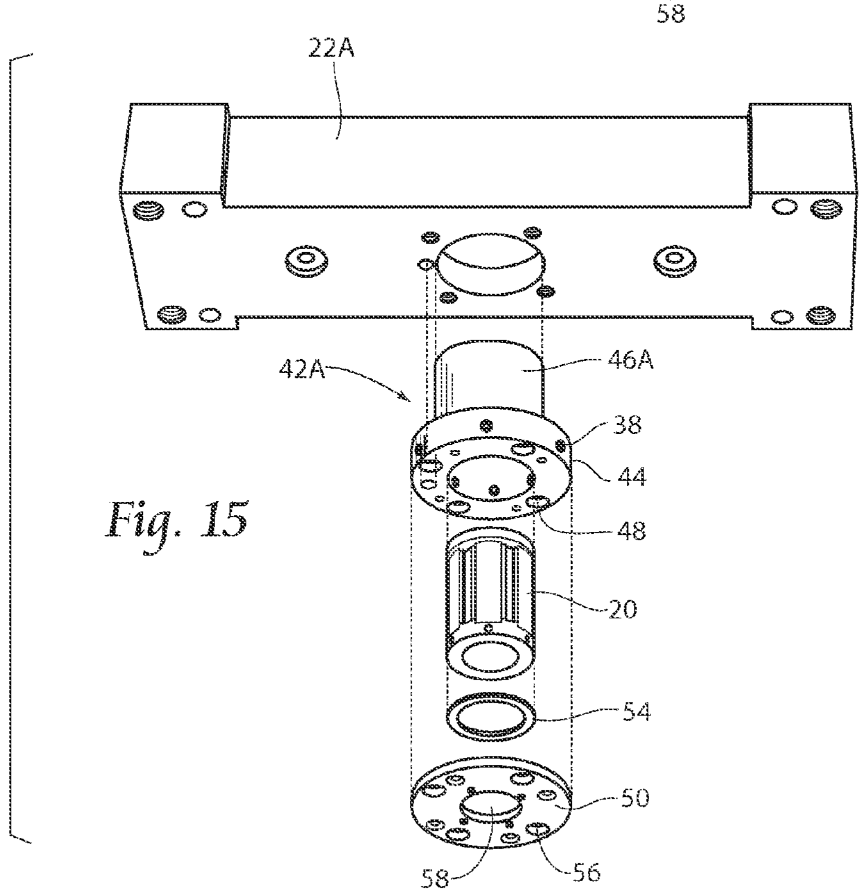

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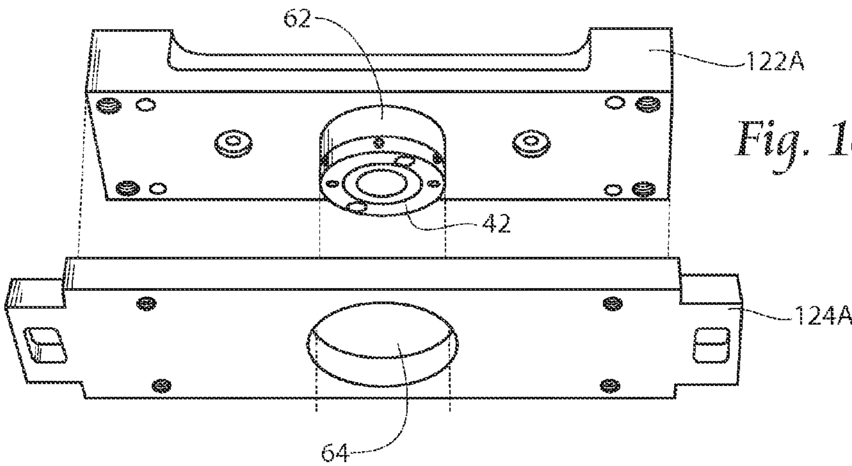

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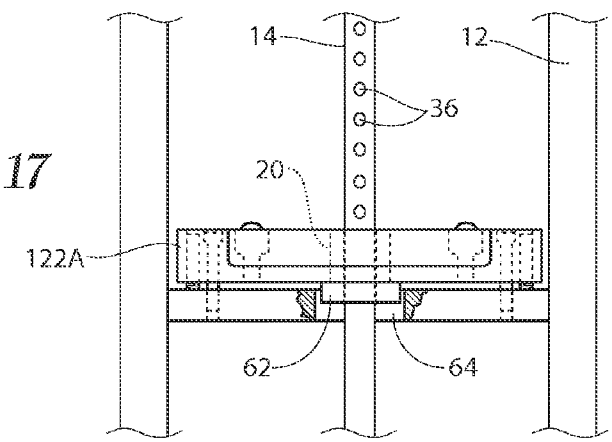

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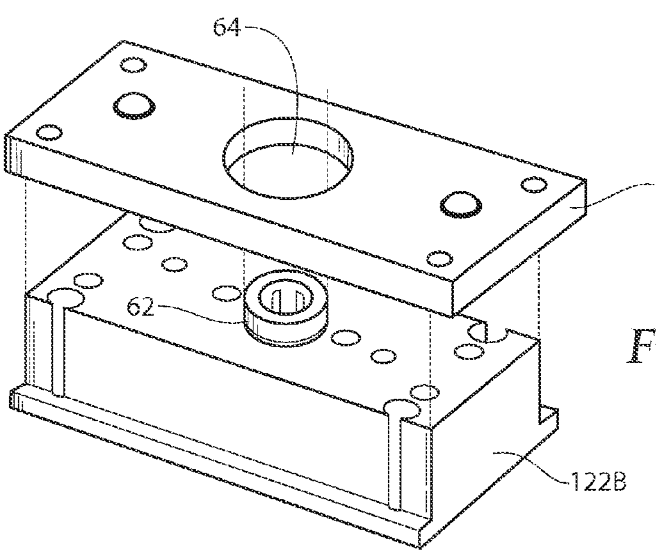

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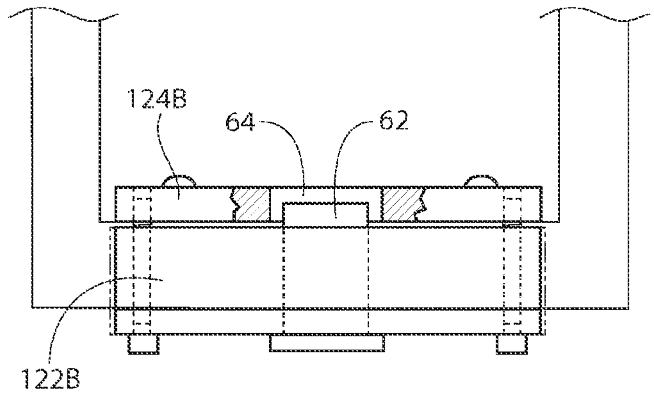

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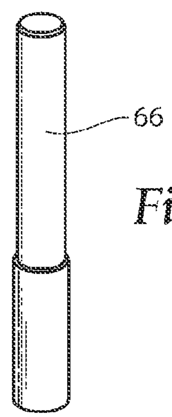
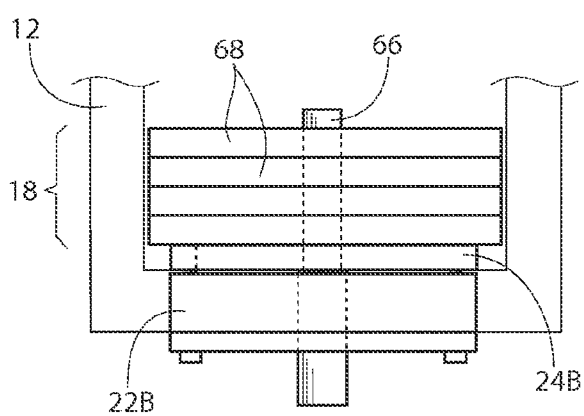


Fig. 20

22A



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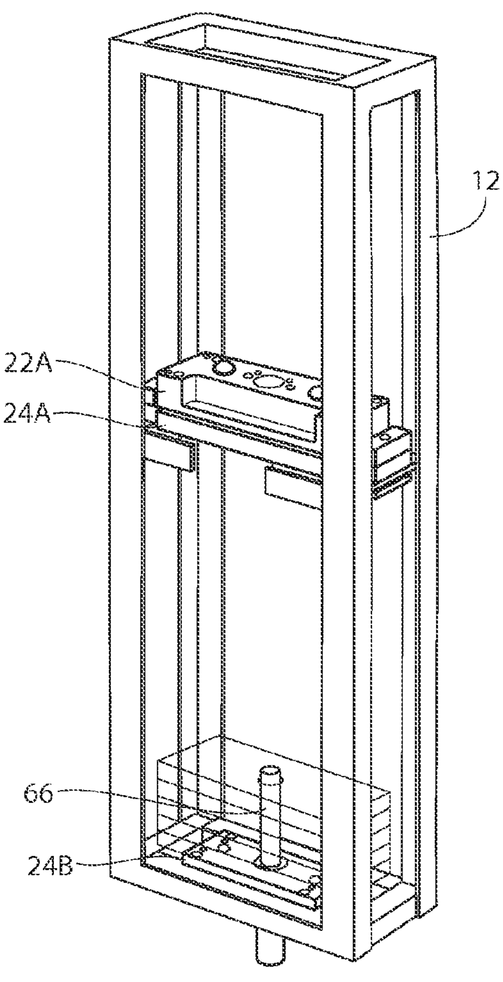

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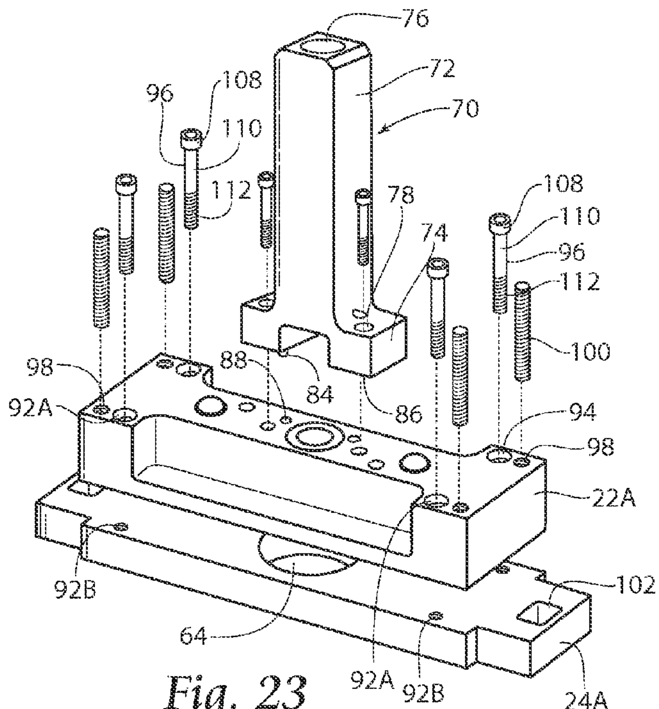

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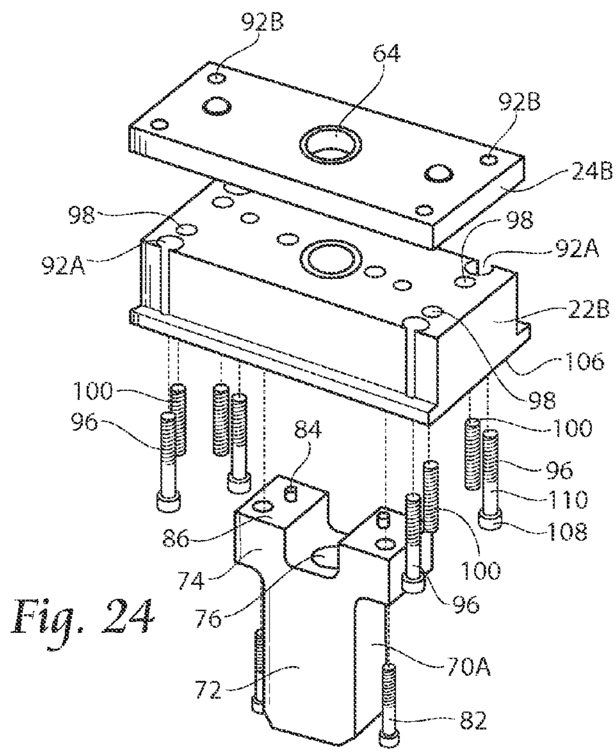

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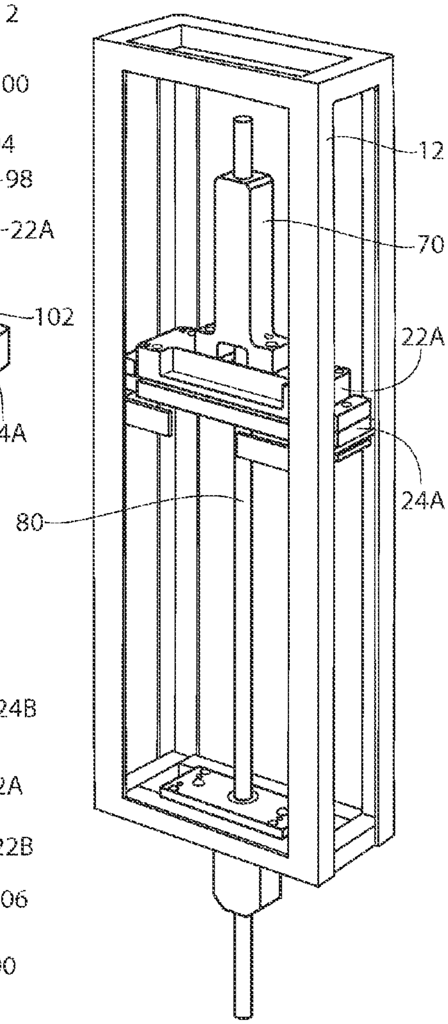

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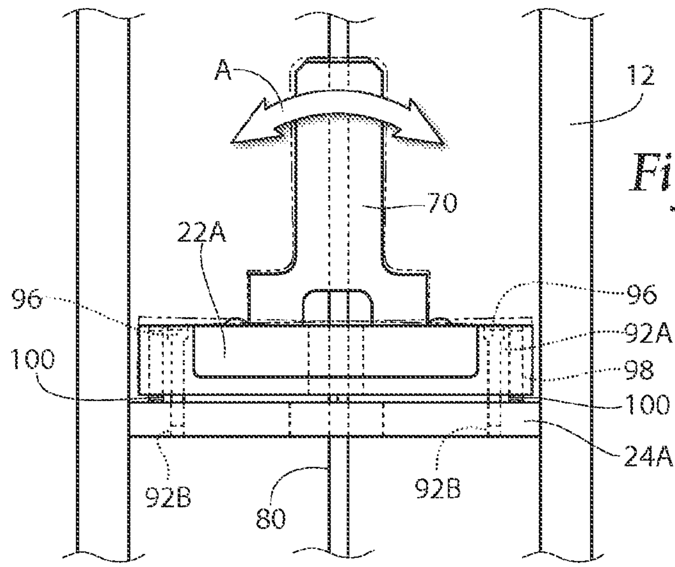

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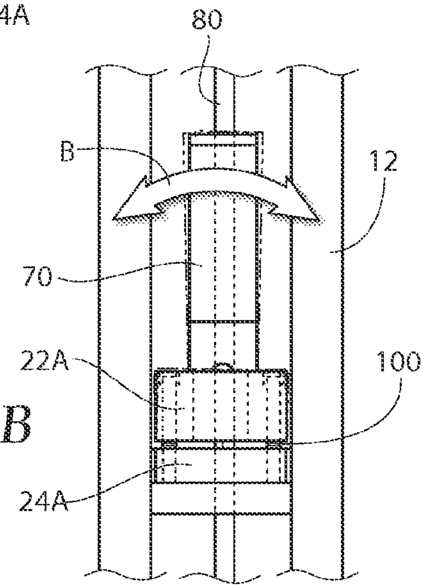

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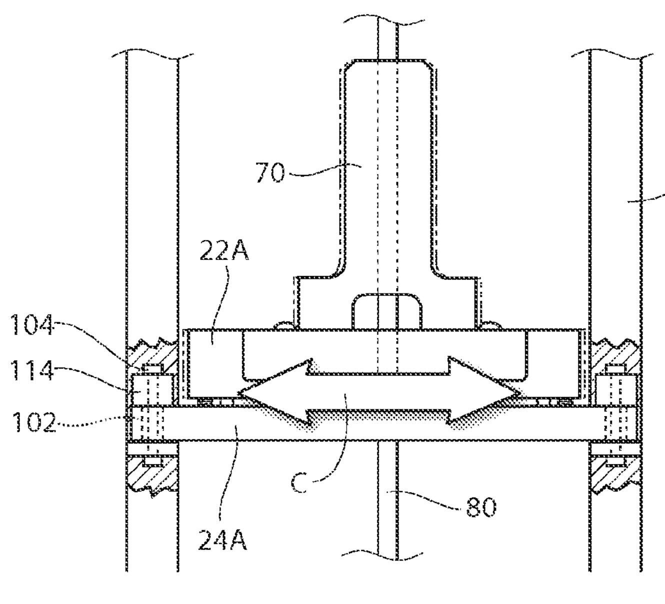

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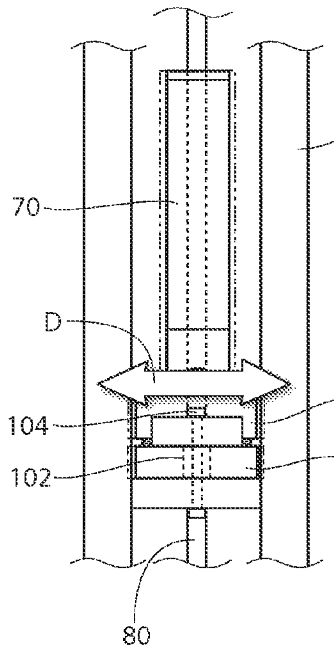

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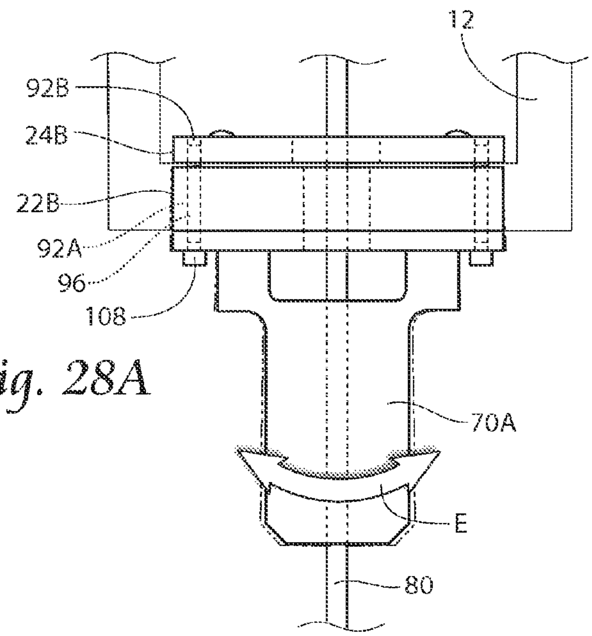

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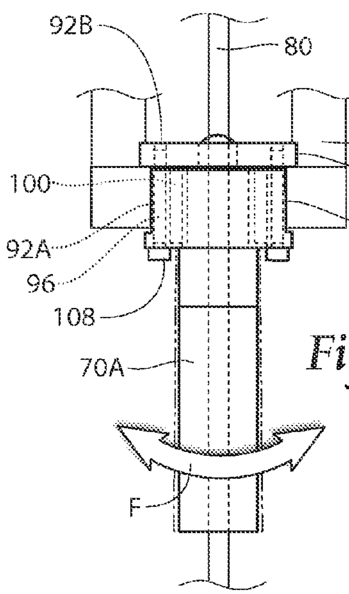

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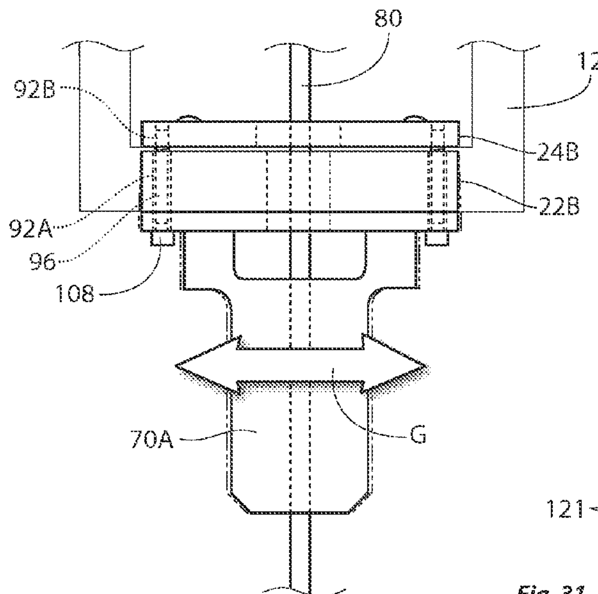

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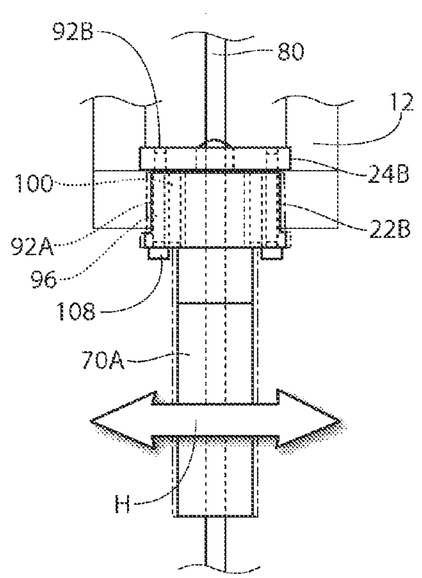

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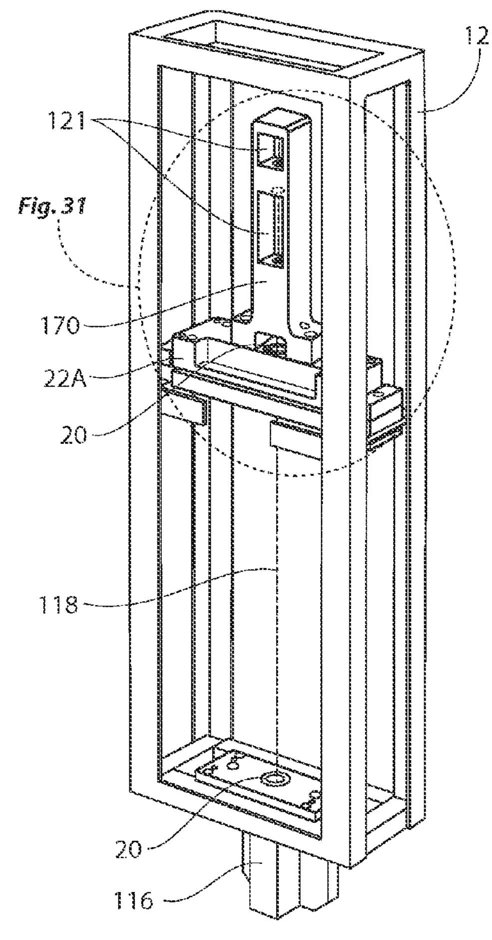

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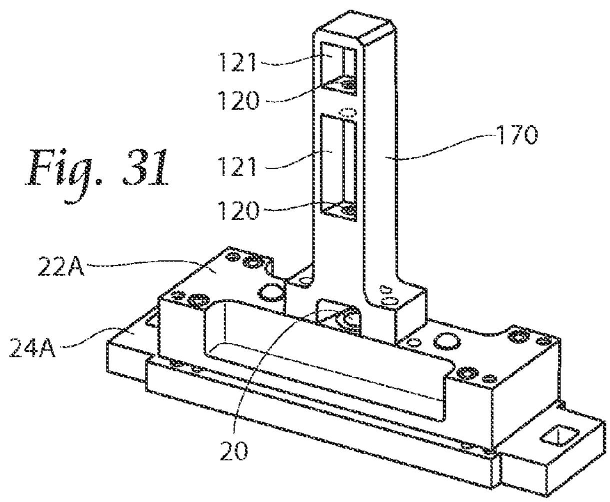

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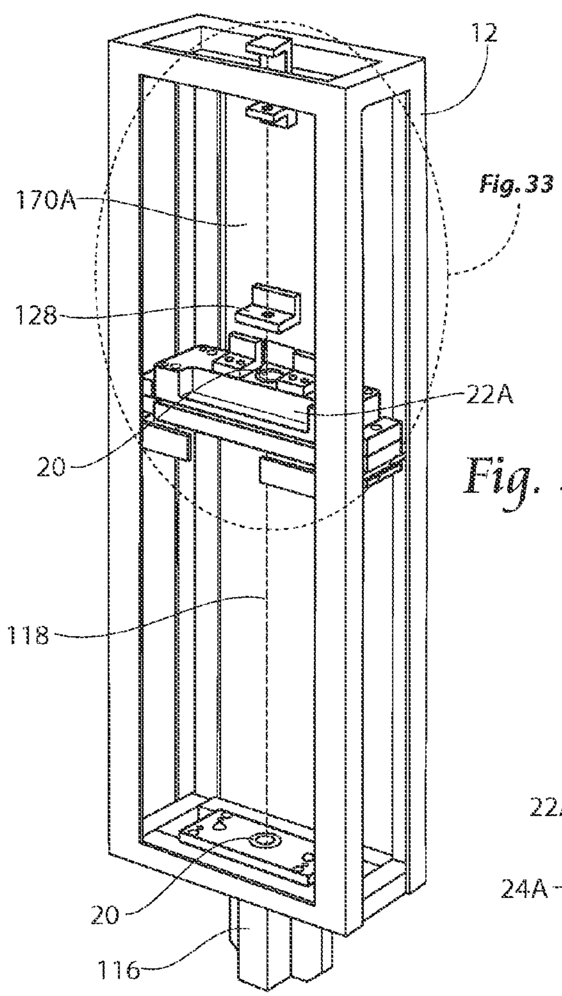

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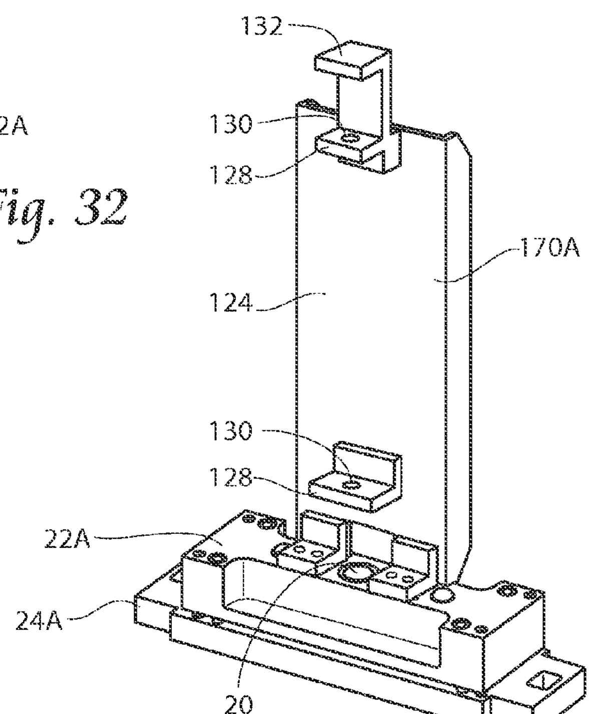

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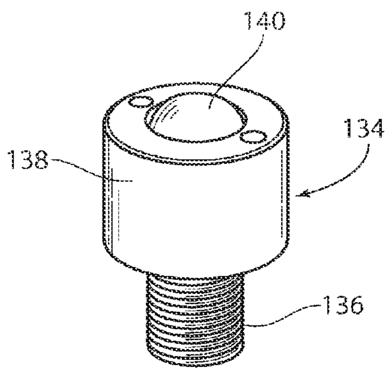

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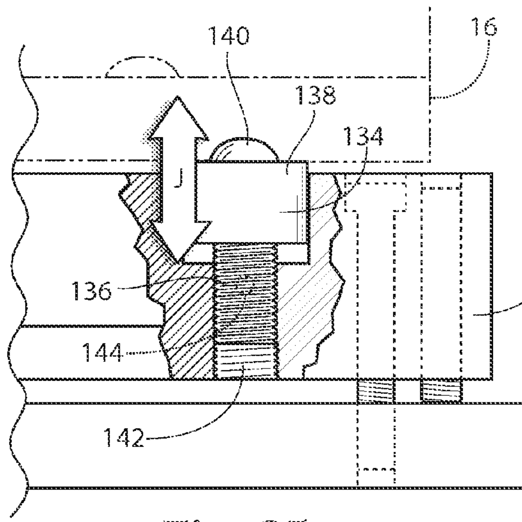

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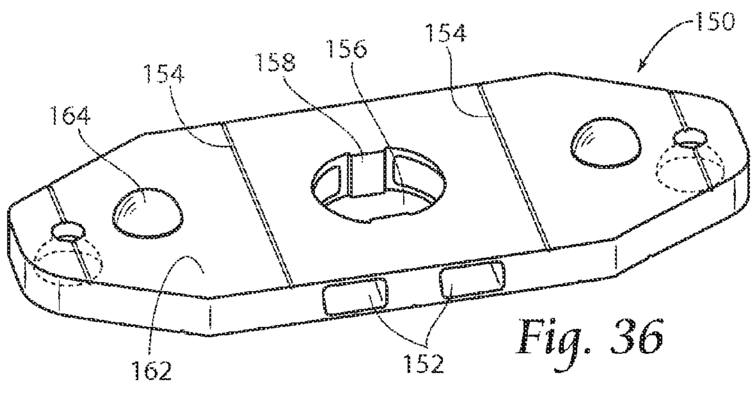

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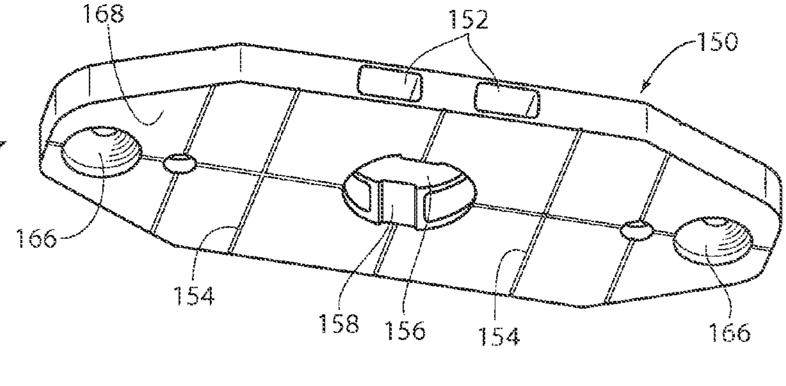

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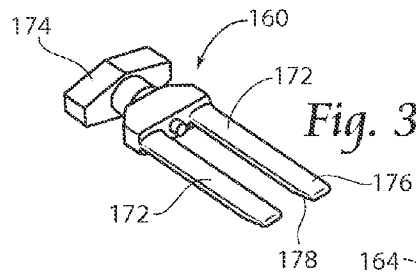

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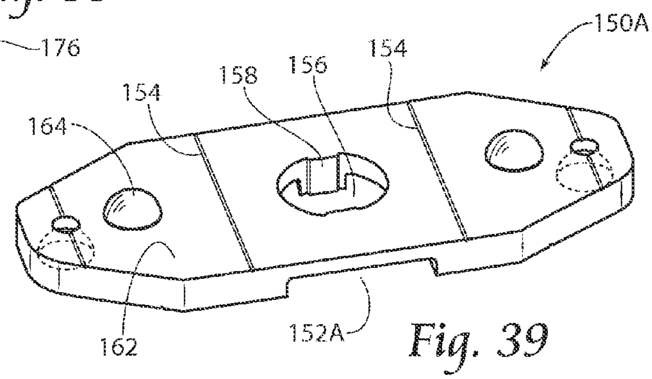
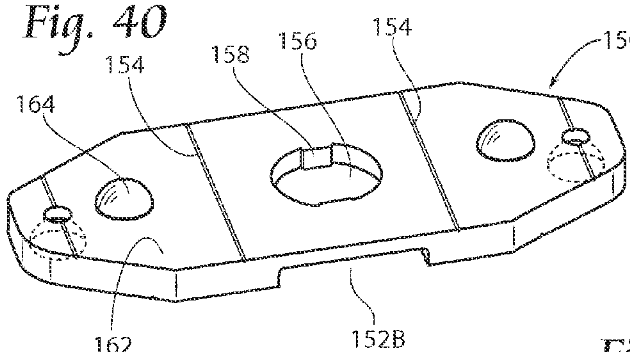
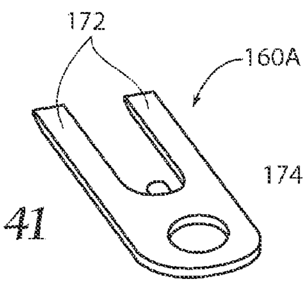


Fig. 39

Fig. 40





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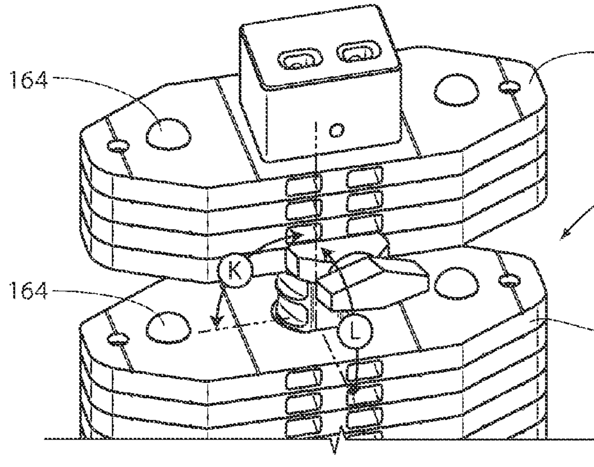

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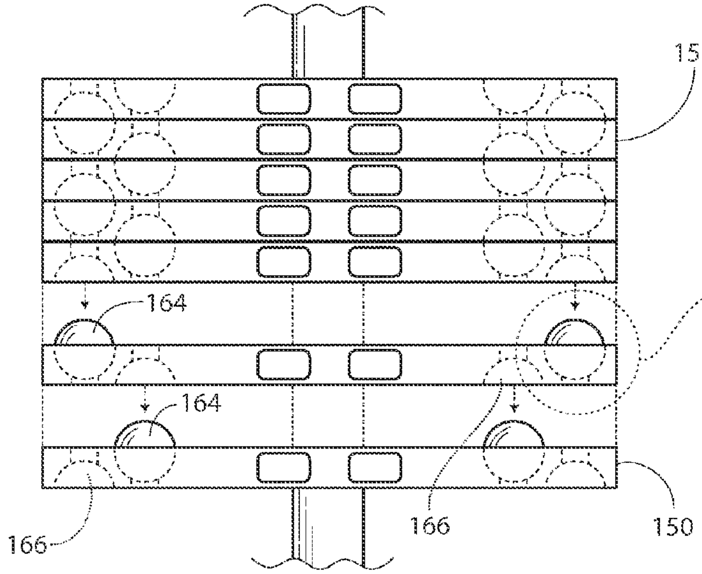


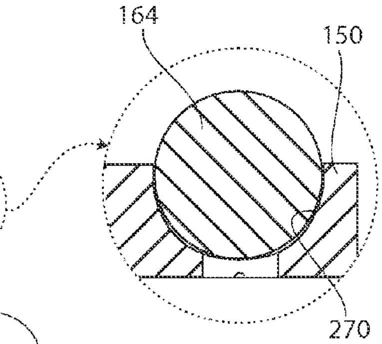
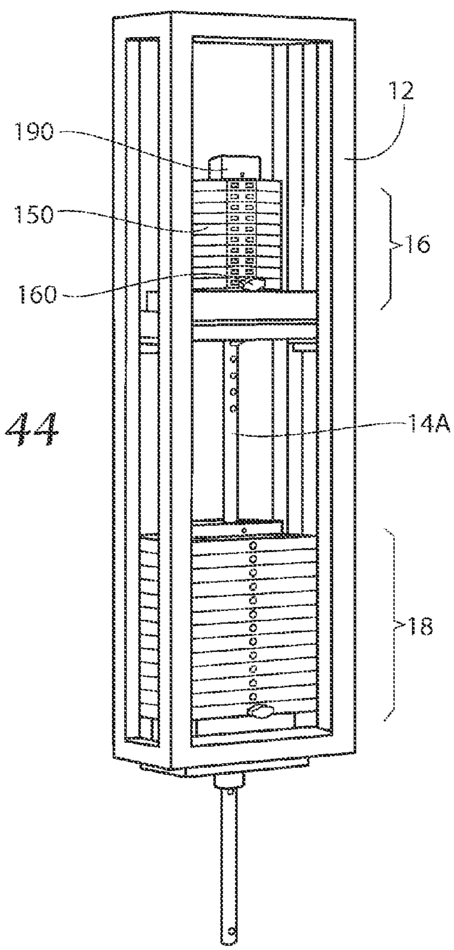
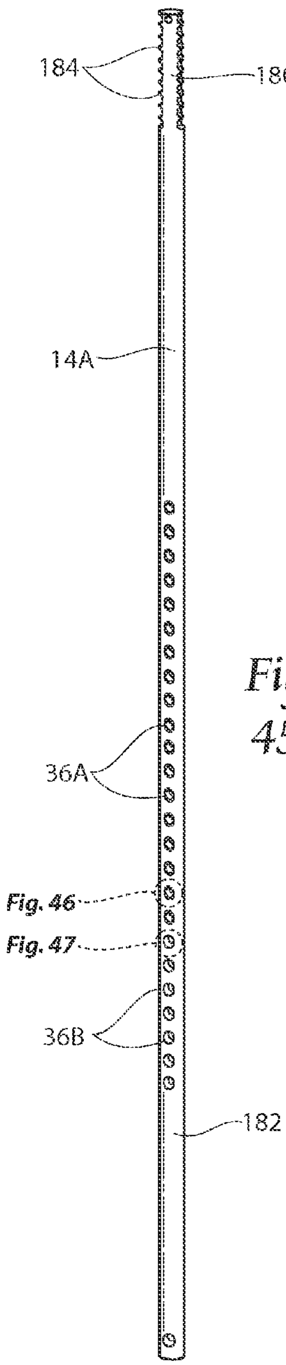


Fig. 43B

Fig. 43A

Fig. 44





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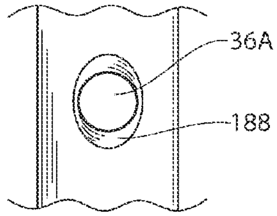

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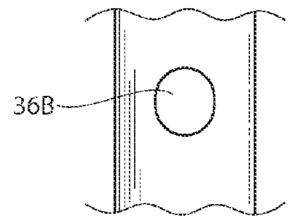

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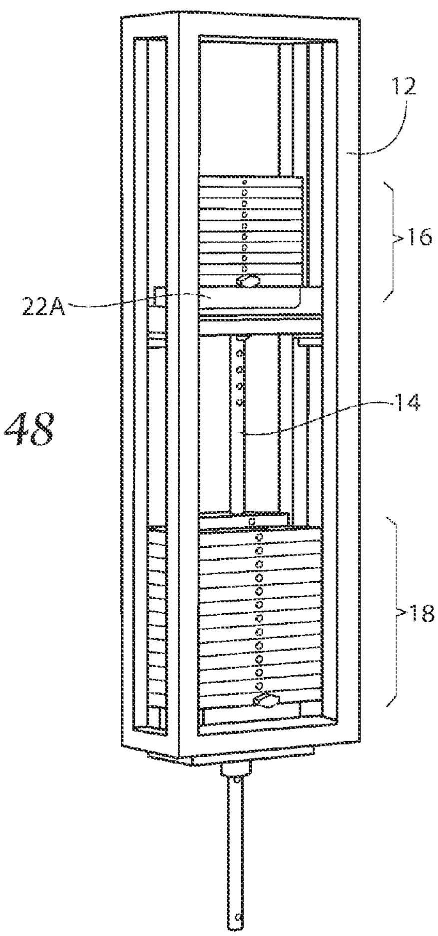

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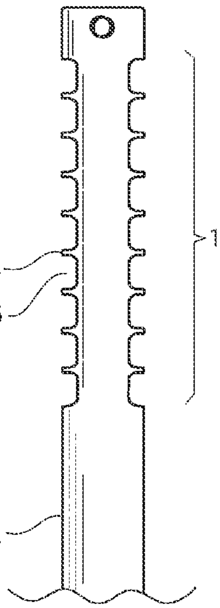


Fig. 49

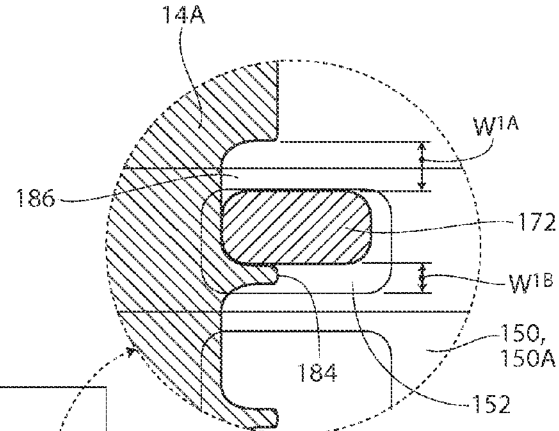


Fig. 50B

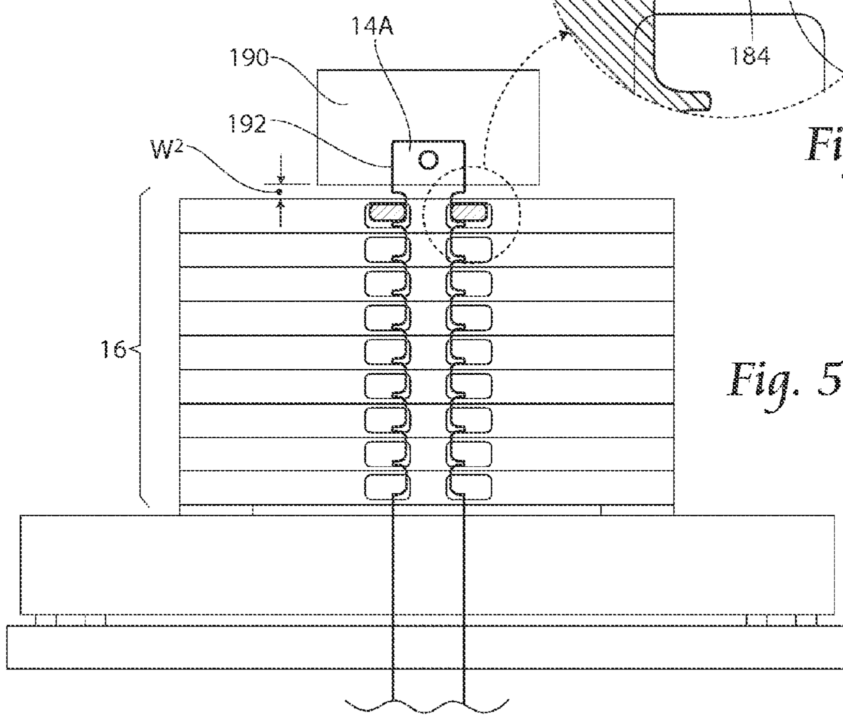


Fig. 50A

Fig. 51

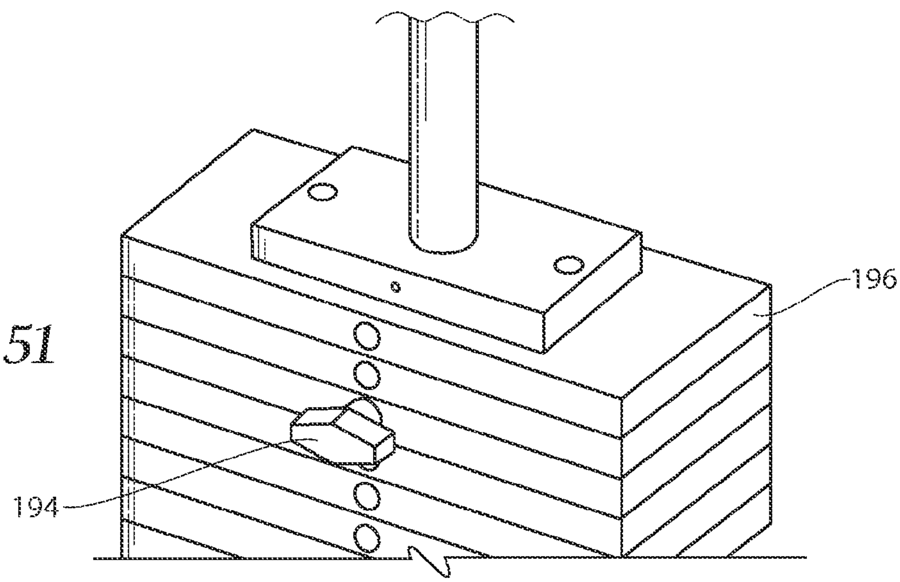
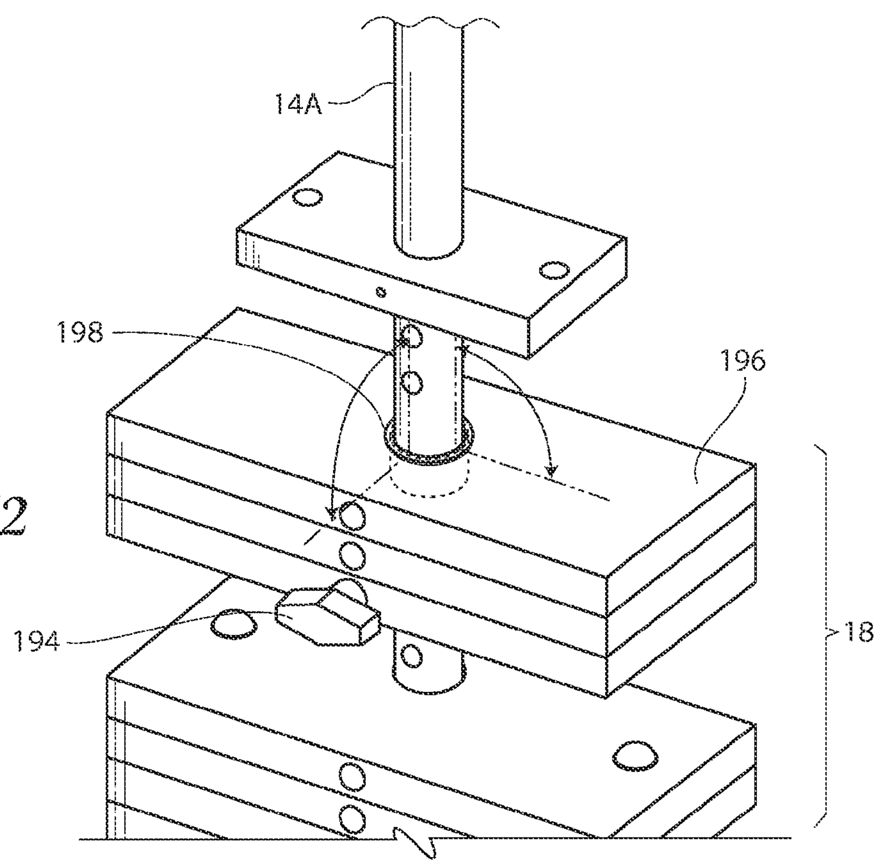


Fig. 52



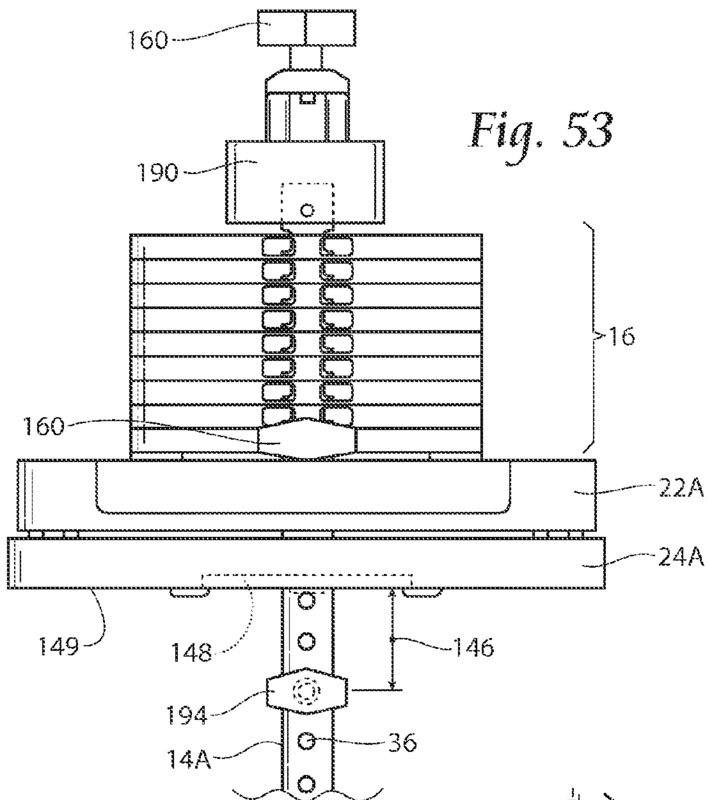


Fig. 53

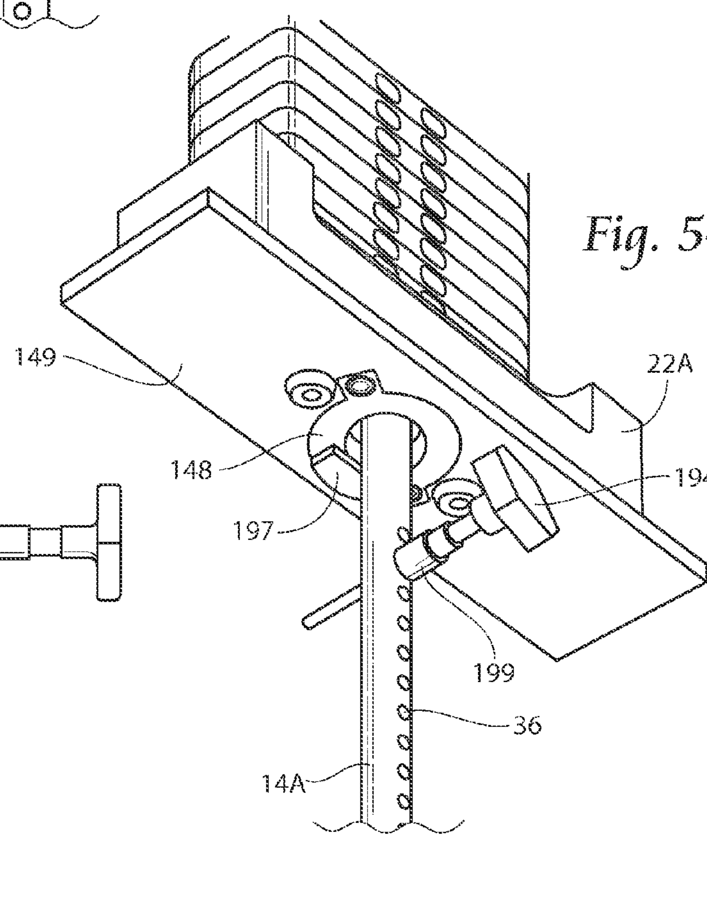


Fig. 54

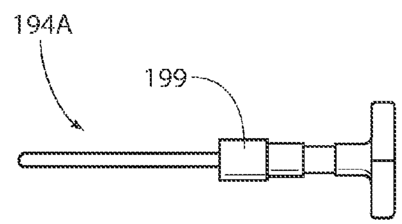


Fig. 55

LINEAR BEARINGS AND ALIGNMENT METHOD FOR WEIGHT LIFTING APPARATUS

RELATED APPLICATIONS

This application is a continuation of co-pending U.S. application Ser. No. 14/733,287, filed 8 Jun. 2015, which is a divisional of U.S. application Ser. No. 13/773,274 filed 21 Feb. 2013, (now U.S. Pat. No. 9,079,068), which claims the benefit of Provisional Application No. 61/601,368 filed 21 Feb. 2012.

BACKGROUND OF THE INVENTION

Exercise equipment, such as weight lifting equipment is popular across all strata of society, including amateurs and professional athletes alike. Users of such equipment include anyone wishing to improve strength physique, or overall muscle conditioning. In practice, weight training uses the weight force of weighted bars, weight stacks or the like to oppose the force generated by muscle. Weight training typically includes the use of specialized equipment to target specialized muscle groups. Such equipment may include free weights, such as dumb bells, bar bells, and kettle bells, or such equipment may include weight machines. There is a fairly large number of weight machines manufactured today. For example, one type of machine includes a barbell that is partially constrained to move only in a vertical manner. Cable-type machines may include two weight stacks with cables running through adjustable pulleys to handles. There are also exercise specific weight machines that are designed to target specific muscle groups or multi-use machines that include multiple exercise-specific capabilities in one apparatus. Another variety includes the use of cam mechanisms (such as those made by Nautilus®) that enable the user to maintain constant or variable muscle force throughout the exercise movement.

Common weight machines may include the use of rectangular weight plates, commonly referred to as a weight stack. In use, the stack may include a hole designed to accept a vertical support bar having a series of holes drilled therein to accept a pin. Each of the plates in the stack may further include a channel or a hole through the middle that aligns with one of the holes in the support bar. When the pin is inserted through the channel or hole, into a selected hole on the bar, all of the plates above the pin rest upon it, and are lifted when the bar rises. The plates below do not rise. Machines of this type provide various levels of resistance over the same range of motion depending on the number of plates resting on the pin to be lifted.

Machines which use a weight stack may vary according to the manner in which the bar is raised. For example, some machines may include a roller and lever combination, while others may include a hinge and lever combination. Still others may include the use of cables, belts or similar devices attached to the bar, with the cable or belts running over a wheel or pulley.

Many manufacturers are known to design and manufacture weight machines. Such manufacturers include Vectra®, FreeMotion™, and MedX®, among others. Manufacturers have each developed systems and machines for aiding the user in developing the desired results. Common weight machines include the use of cables, free weights and levers.

An example of a manufacturer that uses lever-type technology in its equipment is MedX®. As mentioned, the weight stack typically includes a hole designed to accept a vertical support bar having a series of holes drilled therein to accept a pin. As the stack is raised and lowered during use, the stack rides on the vertical support bar, creating friction.

SUMMARY OF THE INVENTION

The present invention relates to weight lifting exercise equipment, particularly improvements to lever style equipment such as that manufactured by MedX®. The improvements contemplated decrease friction on the vertical support bar, increase weight stack stability and further improve on known vertical support bar configurations. Specifically, the present invention provides a device and method for providing exercise equipment employing a linear bearing for decreased friction. The invention further provides a method and apparatus for enhanced alignment, which thereby decreases friction.

BRIEF DESCRIPTION OF THE DRAWINGS

FIG. **1** is a perspective view of a prior art exercise device.

FIG. **2** is a perspective view of exercise equipment with features according to the present invention.

FIG. **3** is an exploded view of a weight stack and lift rod and showing features according to the present invention.

FIG. **4** is an exploded view of the upper bearing block and jack plate illustrated in FIG **3**.

FIG. **5** is an exploded view of the lower bearing block and jack plate illustrated in FIG. **3**.

FIG. **6** is a fragmentary view of a weight stack and showing positions of linear bearings.

FIG. **7** is a perspective view of a linear bearing for use with the present invention.

FIG. **8** is an exploded view of a linear bearing and collar.

FIG. **9** is a perspective view of the linear bearing and collar illustrated in FIG. **8** in an assembled condition.

FIG. **10** is an exploded view of an upper bearing block, linear bearing and collar.

FIG. **11** is a partial section view of a bearing block with linear bearing and attached collar seated onto a jack plate.

FIG. **12** is a fragmentary bottom view of an installed bearing showing positioning of bearing raceways, positioning pins and lift rod holes.

FIG. **13** is a partially exploded view of a linear bearing for use with the present invention.

FIG. **14** is an exploded partially cut away view of an alternative linear bearing for use with the present invention.

FIG. **15** is an exploded view of a linear bearing cartridge and upper bearing block.

FIG. **16** is an exploded view of an upper bearing block with lower protrusion and jack plate having an alternative diameter hole.

FIG. **17** is a partial section front view of an upper bearing block seated in the jack plate illustrated in FIG. **16**.

FIG. **18** is an exploded view of a lower bearing block with protruding linear bearing and jack plate with larger diameter hole.

FIG. **19** is a partial section front view of a lower bearing block seated into the jack plate illustrated in FIG. **16**.

FIG. **20** is a perspective view of a mechanical alignment rod for use with a lower weight stack.

FIG. **21** is a front view of the mechanical alignment rod illustrated in FIG. **20** and showing it in place on a lower bearing block and weight stack.

FIG. **22** is a perspective view showing a lower mechanical alignment rod in a weight stack frame.

FIG. **23** is an exploded view of an upper alignment tool and bearing block.

FIG. **24** is an exploded view of a lower alignment tool and bearing block.

FIG. **25** is a perspective view showing mechanical upper and lower alignment tools in place with solid alignment rod in a weight stack frame.

FIG. **26**A is a front view of an upper bearing block with alignment tool and showing angled adjustment movements.

FIG. **26**B is a side view of an upper bearing block with alignment tool and showing angled adjustment movements.

FIG. **27**A is a front view of an upper bearing block with alignment tool and showing lateral adjustment movements.

FIG. **27**B is a side view of an upper bearing block with alignment tool and showing lateral adjustment movements.

FIG. **28**A is a front view of a lower bearing block with alignment tool and showing angled adjustment movements.

FIG. **28**B is a side view of a lower bearing block with alignment tool and showing angled adjustment movements.

FIG. **29**A is a front view of a lower bearing block with alignment tool and showing lateral adjustment movements.

FIG. **29**B is a side view of a lower bearing block with alignment tool and showing lateral adjustment movements.

FIG. **30** is a perspective view of a weight stack frame and showing an alignment tool on an upper bearing block and laser attached to a lower block.

FIG. **31** is an enlarged view of the laser alignment tool referenced generally as FIG. **31** in FIG. **30**.

FIG. **32** is a perspective view of weight stack frame and showing an alternative alignment tool on an upper bearing block and laser attached to a lower block.

FIG. **33** is an enlarged view of the laser alignment tool referenced generally as FIG. **33** in FIG. **32**.

FIG. **34** is a perspective view of a weight stack height adjustment mechanism.

FIG. **35** is a fragmentary cut away view showing the adjustment mechanism illustrated in FIG. **34** mounted in an upper bearing block.

FIG. **36** is a perspective view of an upper stack plate and showing a double pin slot and alignment domes.

FIG. **37** is a bottom perspective view of the plate illustrated in FIG. **36** and showing cut lines.

FIG. **38** is a perspective view of a weight selector pin for use with the plate illustrated in FIGS. **36** and **37**.

FIG. **39** is a perspective view of an alternative embodiment upper stack plate and showing a pin slot and alignment domes.

FIG. **40** is a perspective view of an alternative embodiment upper stack plate and showing a pin slot and alignment domes.

FIG. **41** is a perspective view of a weight selector pin for use with the plate illustrated in FIGS. **39** and **40**.

FIG. **42** is a fragmentary view of an upper weight stack in raised position and showing a torpedo plate on top.

FIG. **43**A is a fragmentary view of an upper weight stack and showing offset alignment domes.

FIG. **43**B is an enlarged section view showing an alignment dome seated in a mating cavity.

FIG. **44** is a perspective view of a weight frame and showing an upper and lower weight stack and modified lift rod having for use with plates shown in FIGS. **36** and **37**.

FIG. **45** is a perspective view of the lift rod shown in FIG. **44**.

FIG. **46** is a fragmentary enlarged view of a lift rod hole and showing an oval chamfer.

FIG. **47** is a fragmentary enlarged view of an elongated lift rod hole.

FIG. **48** is a perspective view of a weight frame, similar to that shown in FIG. **44**, but showing an upper weight stack and lift rod having single holes.

FIG. **49** is a fragmentary view of the lift rod illustrated in FIG. **45** and showing a toothed configuration for use with pronged weight selector pin.

FIG. **50**A is a fragmentary sectional view of an upper weight stack and toothed lift rod and showing a torpedo top plate.

FIG. **50**B is an enlarged view of the toothed rod and pin selector and illustrated in FIG. **50**A but showing additional clearance for vertical movement of weight stack in upper weight stack.

FIG. **51** is a fragmentary perspective view of a lower weight stack with selector pin in place.

FIG. **52** is a fragmentary perspective view of a lower weight stack in raised, pinned position and showing a lift rod bushing.

FIG. **53** is a fragmentary view of a lift rod with upper weight stack and showing a kick block and range limitation features.

FIG. **54** is a bottom view of the combination illustrated in FIG. **53**.

FIG. **55** is a side view of the selector pin illustrated in FIGS. **53** and **54**.

DESCRIPTION OF THE PREFERRED EMBODIMENT

Although the disclosure hereof is detailed and exact to enable those skilled in the art to practice the invention, the physical embodiments herein disclosed merely exemplify the invention which may be embodied in other specific structures. While the preferred embodiment has been described, the details may be changed without departing from the invention, which is defined by the claims.

FIG. **1** illustrates a prior art exercise device with prior art weight stack. As shown, the prior art device **200** includes upper and lower weight stacks **202**, **204** supported by a vertical lift rod **206**. The lift rod **206** includes holes **208** that correspond to holes **210** on weight plates **212**. FIG. **2** is a view of an exercise system **10** embodying many of the features according to the present invention, as will be discussed. As seen, the exercise system **10** generally includes a weight stack frame **12** having a vertical lift rod **14**, upper weight stack **16** and lower weight stack **18**. The system **10** includes the use of linear bearings **20** (shown in FIG. **3**), and may include a specialized alignment system and improvements to the upper weight stack **16** and lift rod **14**, as will be discussed in detail.

Linear Bearings

The present invention contemplates the use of linear bearings **20** to thereby greatly reduce the undesirable sliding friction on the vertical lift rod **14** that is encountered in typical prior art arrangements. During exercise and use of usual elevator stack systems or lever stack systems, a side load on the lift rod **14** is incurred. Typically, the side load is put on high friction bushings and an unpolished soft rod. Side load creates undesirable frictional drag for the user. Use of linear bearings **20** as described in the present invention provides rolling friction rather than sliding friction, and places the side load onto the rolling elements of the linear bearing **20** rather than the lift rod **14**. The present invention contemplates use of linear bearings **20** and novel alignment mechanisms and methods to decrease or eliminate sliding friction and enhance the user's experience while using the system **10**.

As seen in the exploded view of FIG. **3**, the present invention contemplates the use of linear bearings **20** for both the upper weight stack **16** and the lower weight stack **18**, although it is to be understood that linear bearings **20** may be used with other lift-type exercise equipment. The views of FIGS. **4** and **5** illustrate an upper bearing block **22**A and upper jack plate **24**A and lower bearing block **22**B and lower jack plate **24**B. The upper and lower bearing blocks **22**A, **22**B are used to house the linear bearings **20**. The respective jack plates **24**A, **24**B are used during alignment, as will be discussed in detail below.

Linear bearings **20** for use with the present system **10** may be seen in the views of FIGS. **6-19**. As shown, particularly in the view of FIG. **6**, linear bearings **20** may be positioned under both the upper weight stack **16** and the lower weight stack **18**. While the Figures illustrate a system **10** having an upper weight stack **16** and a lower weight stack **18**, it is to be understood that the linear bearing **20** configurations contemplated may be employed in other weight lift systems which employ a lift rod **14**. The view of FIG. **7** depicts an illustrative linear bearing **20** for use with the present system **10**. As shown in FIG. **8**, the bearing **20** may further include a collar **26** having upstanding pins **28**. The upstanding pins **28** on the collar **26** are arranged for alignment fit with corresponding apertures **30** in the bearing block **22**A or **22**B (see FIG. **10**). The linear bearing **20** with attached collar **26** is fit into a bearing aperture **32** in bearing block **22**A or **22**B with the upstanding pins **28** assuring that the linear bearing **20** is properly positioned in the bearing aperture **32**. Proper positioning of the linear bearing **20** in the bearing block aperture **32** is critical. As shown in FIG. **12**, the linear bearing **20** must be aligned such that the bearings **33** in their respective raceways **34** are oriented to avoid the lift rod holes **36** in the lift rod **14** when the machine is in use. As seen in FIG. **11**, when the linear bearing **20** is installed properly in the bearing block **22**A, **22**B the bearings **20** contact the lift rod **14** yet avoid the lift rod holes **36**. The linear bearing **20** fits into the collar **26** and is held in place by way of radially extending screws **38** or other known means (see FIG. **8**). As illustrated in FIGS. **3** and **10**, the linear bearing **20** and its attached collar **26** is held in the bearing block **22**A, **22**B by way of the threaded screw **40** arrangement shown, by way of non-limiting example.

An alternative linear bearing **20** arrangement may be seen in the view of FIG. **13**. In this view, the linear bearing **20** is housed in a cartridge **42**. As shown, the cartridge **42** includes a collar portion **44** and upstanding housing portion **46**. Similar to the previous bearing **20** arrangement, the bearing **20** illustrated in FIG. **13** may be held in the cartridge **42** by way of set screws **38** that are positioned through radially extending apertures in the collar portion **44**. Set screws **38** may be tapered to ensure solid contact with the linear bearing **20**. As seen, the collar portion **44** further includes axially extending apertures **48** for receipt of screws (not shown in this view) used to attach the bearing **20** with its cartridge **42** to a bearing block **22**A, **22**B.

Another linear bearing **20** arrangement may be seen in the view of FIGS. **14** and **15**. In these views, the linear bearing **20** is housed in a modified cartridge **42**A and includes a bottom plate **50**. As shown, similar to the embodiment described in FIG. **13**, the cartridge **42**A includes a collar portion **44** and upstanding housing portion **46**A. The housing portion **46**A may further include a flange **52** to aid in retention of the linear bearing **20**. Similar to the previous bearing **20** arrangements, the bearing **20** illustrated in FIGS. **14** and **15** may be held in the cartridge **42**A by way of set screws **38** that are positioned through radially extending apertures in the collar portion **44**. The bearing **20** may be further supported in the cartridge **42**A by a bottom plate **50** and washer **54**. As may be seen, the bottom plate **50** includes a plurality of bottom plate apertures **56** arranged to align with corresponding apertures **48** in the collar portion **44**. A bottom plate central aperture **58** is sized to allow the bearing **20** to sit securely on the bottom plate **50**. Furthermore, the apertures **48** in the collar portion **44** allow for receipt of screws (not shown in this view) used to attach the bearing **20** with the bottom plate **50** to a bearing block **22**A or **22**B.

Another linear bearing **20** arrangement may be seen in the views of FIGS. **16-19**. In these views, the bearing blocks **122**A, **122**B have a reduced thickness as compared to the previously described bearing blocks **22**A, **22**B. A reduced thickness bearing block **122**A, **122**B permits more clearance at the top of each weight stack **16**, while permitting more clearance at the bottom of weight stack **18**. Extra clearance at the top of weight stack **16** reduces the incidence of finger pinch or other unwanted effects caused by the weight stack **16** reaching an upper range limit at the top **60** of the frame **12**. The reduced thickness bearing block **122**B gives additional clearance below the weight stack **18** for the mechanics (not shown) that drive the weight stack **18**. To accommodate a linear bearing **20** in a bearing block **122**A, **122**B having reduced thickness, certain bearing block **122**A, **122**B modifications are contemplated. The bearing blocks **122**A, **122**B illustrated in these views preferably include a laterally extending cylindrical protrusion **62**. As shown, the bearing **20** with cartridge **42** or modified cartridge **42**A may be retained in the cylindrical protrusion **62** in a manner similar to that mentioned previously with respect to the attachment in other bearing blocks **22**A, **22**B. The jack plates **124**A, **124**B include a central aperture **64** sized to receive the protrusion **62**. The views of FIGS. **16** and **17** illustrate the various components **20**, **42**, **62** seated in a jack plate **124**A.

Alignment System

As mentioned previously, accurate alignment of the various weight system **10** components, particularly alignment of the linear bearing **20** relative the lift rod **14**, is of utmost importance to thereby minimize friction on the vertical lift rod **14** and to reduce instability of the weight stacks **16**, **18** while the system **10** is in use. To assist in proper alignment, the present invention contemplates a novel alignment system for use in weight system **10** set up prior to use. For ease of understanding, a short alignment rod **66** is used to align the lower bearing block **22**B and lower jack plate **24**B first, and a longer alignment rod **80** is used to align the upper bearing block **22**A and upper jack plate **24**A second.

The views of FIGS. **20** and **21** illustrate the mechanical alignment rod **66** for use in preliminary alignment of the lower bearing block **22**B and lower jack plate **24**B. As shown, the alignment rod **66** is positioned through the lower bearing block **22**B linear bearing **20**, through the jack plate **24**B aperture **64** (see FIG. **5**), and through apertures in lower weight stack **18** plates **68**, if the plates **68** are present. One can use the alignment rod **66** without the plates **68** installed and still get the lower bearing block **22**B in preliminary alignment. With reference to FIG. **21**, the mechanical alignment rod **66** is shown with the lower bearing block **22**B and lower jack plate **24**B in basic alignment and ready for the next step in refined alignment.

FIGS. **23-30** illustrate the components and method used to align the various components of the weight system **10**, after initial alignment, so that as the linear bearings **20** travel on the lift rod **14** during use, minimal friction is created on the lift rod **14**. To achieve this, bearing blocks **22**A, **22**B and jack plates **24**A, **24**B must be properly aligned since, as described above, the linear bearings **20** reside in the bearing blocks **22**A, **22**B.

FIG. **23** is an exploded view showing an upper alignment tool **70** and its relationship to the upper bearing block **22**A and upper jack plate **24**A during use in alignment adjustment. As seen, the upper alignment tool **70** includes an upstanding portion **72** and a transverse portion **74** with the upstanding portion **72** including a throughbore **76** sized to receive the vertical alignment rod **80** (see FIG. **25**). During alignment, the upper alignment tool **70** is positioned with the alignment rod **80** extending through the throughbore **76**. The transverse portion **74** includes means for attachment to the upper bearing block **22**A, such as the mating apertures **78** and screws **82** shown. As will be seen, during alignment, the upper alignment tool **70** may be manipulated in several planes to thereby urge the upper bearing block **22**A and upper jack plate **24**A into proper aligned configuration with the alignment rod **80**.

With further attention to FIG. **23**, locator dowels **84** may be seen located on the underside **86** of the transverse portion **74**. Locator dowels **84** are seated in corresponding dowel apertures **88** in the top surface **90** of the upper bearing plate **22**A. When the locator dowels **84** are properly seated, the upper alignment tool **70** is in proper position to begin the alignment process. As shown, the upper bearing block **22**A is also provided fastener apertures **92**A which align with fastener apertures **92**B in the upper jack plate **24**A. It is to be noted that the fastener apertures **92**B in the upper jack plate **24**A are threaded and of a slightly smaller diameter than the fastener apertures **92**A in the upper bearing block **22**A, with the upper bearing block apertures **92**A further including a countersunk portion **94**. The significance of the variance in relative diameters of the fastener apertures **92**A, **92**B will be discussed with reference to the alignment process. The fastener apertures **92**A, **92**B are adapted to receive fasteners, such as the attachment screws **96** shown, to attach the upper bearing block **22**A to the upper jack plate **24**A. The upper bearing block **22**A is further provided with adjustment screws apertures **98** which receive adjustment screws **100**. During the alignment process, which will be discussed below, the adjustment screws **100** act to influence the position of the upper bearing block **22**A relative to the alignment rod **80** and the upper jack plate **24**A. As may be seen, the upper jack plate **24**A includes elongate apertures **102** for attachment to the frame **12** via screws **104** or other means. The elongate apertures **102** also permit manipulation and alignment of the upper jack plate **24**A during alignment.

With attention now to the exploded view of FIG. **24**, the lower bearing block **22**B, lower jack plate **24**B, and lower alignment tool **70**A may be seen. Similar to the description of FIG. **23**, the lower alignment tool **70**A includes an upstanding portion **72** and a transverse portion **74** with the upstanding portion **72** including a throughbore **76** sized to receive the vertical alignment rod **80**. During alignment, the lower alignment tool **70**A is positioned with the alignment rod **80** extending through the throughbore **76**. The transverse portion **74** includes means for attachment to the lower bearing block **22**B, such as the screws **82** shown. As will be seen, in use, the lower alignment tool **70**A may be manipulated in several planes to thereby urge the lower bearing block **22**B and lower jack plate **24**B into proper aligned configuration with the alignment rod **80**.

Similar to the upper alignment tool **70**, locator dowels **84** may be situated on the underside **86** of the transverse portion **74** of the lower alignment tool **70**A. Locator dowels **84** are seated in corresponding dowel apertures (not seen in this view) in the bottom surface **106** of the lower bearing block **22**B. When the locator dowels **84** are properly seated, the lower alignment tool **70**A is in proper position to begin the alignment process.

As shown, the lower bearing block **22**B is also provided with fastener apertures **92**A which align with fastener apertures **92**B in the lower jack plate **24**B. As in the upper bearing block **22**A, the fastener apertures **92**B in the lower jack plate **24**B are threaded and of a slightly smaller diameter than the fastener apertures **92**A in the lower bearing block **22**B, with the lower bearing block apertures **92**A further including a countersunk portion **94** (not shown in this view). The fastener apertures **92**A, **92**B are adapted to receive fasteners, such as the attachment screws **96** shown, to attach the lower bearing block **22**B to the lower jack plate **24**B. Similar to the upper bearing block **22**A, the lower bearing block **22**B is also provided with adjustment screws apertures **98** which receive adjustment screws **100**. During the alignment process, the adjustment screws **100** act to influence the position of the lower bearing block **22**B relative to the alignment rod **80**.

FIGS. **26**A-**29**B depict the various alignment manipulations achieved through use of the described alignment components, with FIGS. **26**A-**27**B illustrating use of the upper alignment tool **70** and FIGS. **28**A-**29**B illustrating use of the lower alignment tool **70**A.

With specific reference to FIG. **26**A, the upper alignment tool **70** is seen in adjusting the upper bearing block **22**A in the direction of arrow A. During aligning adjustment, the attachment screws **96** are preferably set to a position such that the screw head **108** (see FIG. **23**) is above the countersunk portion **94** of the fastener aperture **92**A. Since the fastener apertures **92**B in the upper jack plate **24**A are threaded and of a slightly smaller diameter than the fastener apertures **92**A in the upper bearing block **22**A, when the attachment screw **96** is in the adjustment position, the upper bearing block **22**A has some freedom to move about the non-threaded portion **110** (see FIG. **23**) of the attachment screw **96** in the upper bearing block fastener aperture **92**A. The threaded portion **112** of the attachment screw **96** remains seated in the threaded upper jack plate fastener aperture **92**B. Position of the upper alignment tool **70** and attached upper bearing block **22**A is manipulated and maintained by the adjustment screws **100**. With reference to the view of FIG. **26**B, the upper alignment tool **70** is seen adjusting the upper bearing block **22**A in the direction of arrow B. When proper alignment is achieved, the attachment screw **96** is positioned with the head portion **108** seated in the countersunk portion **94** of the bearing block fastener aperture **92**A, to thereby lock the upper bearing block **22**A in aligned position.

FIG. **27**A illustrates the upper alignment tool **70** adjusting the upper jack plate **24**A in the direction of arrow C. During adjustment of the upper jack plate **24**A, the attachment screws **104** (see FIG. **3**) for elongate apertures **102** (see FIG. **23**) are loosened to allow manipulation and alignment of the upper jack plate **24**A about the elongate apertures **102**. With reference to the view of FIG. **27**B, the upper alignment tool **70** is seen adjusting the upper jack plate **24**A in the direction of arrow D. When proper alignment is achieved, the attachment screw **104** is positioned to secure the upper jack plate **24**A between blocks **114** (See FIG. **3**) and to the frame **12**, to thereby lock the upper jack plate **24**A in aligned position.

Now with reference to the views of FIGS. **28**A-**29**B, alignment of the lower bearing block **22**B and lower jack plate **24**B may be viewed. In a manner similar to that of the upper bearing block **22**A, the lower bearing block **22**B may also be manipulated by lower alignment tool **70**A to achieve alignment. The lower alignment tool **70**A may be seen particularly in FIG. **28**A, during adjustment of the lower bearing block **22**B in the direction of arrow E. As with the alignment of the upper bearing block **22**A, during aligning adjustment, the attachment screws **96** are preferably set to a position such that the screw head **108** is above the countersunk portion **94** (not seen in this view) of the fastener aperture **92**A. Again, the fastener apertures **92**B in the lower jack plate **24**B are threaded and of a slightly smaller diameter than the fastener apertures **92**A in the lower bearing block **24**B, to permit the lower bearing block **22**B freedom to move about the non-threaded portion **110** (see FIG. **24**) of the attachment screw **96** in the lower bearing block fastener aperture **92**A during alignment. The lower alignment tool **70**A and attached lower bearing block **22**B is then manipulated and maintained by the adjustment screws **100**. With reference to the view of FIG. **28**B, the lower alignment tool **70**A is seen adjusting the lower bearing block **22**B in the direction of arrow F. When proper alignment is achieved, the attachment screw **96** is positioned with the head portion **108** seated in the countersunk portion **94** of the lower bearing block fastener aperture **92**B, to thereby lock the lower bearing block **22**B in aligned position.

FIGS. **29**A and **29**B illustrate the lower alignment tool **70**A adjusting the lower bearing block **22**B in the direction of arrows G and H, respectively. With reference to the view of FIG. **29**B, the lower alignment tool **70**A is seen adjusting the lower bearing block **22**B in the direction of arrow H. When proper alignment is achieved, the attachment screw **96** is positioned to secure the lower jack plate **24**B to the lower bearing block **22**B and to the frame **12**, to thereby lock the lower bearing block **24**A in aligned position.

Laser Guided Alignment

An alternative alignment method may be seen in the views of FIGS. **30**-**33**. Here a laser **116** is used to assist in alignment, therefore the alignment rod **80**, seen in previous views, is not required. As seen, a laser **116** is mounted beneath the lower bearing block **22**B. A beam **118** is directed though the lower linear bearing **20**, lower and upper jack plate apertures **64** and through the upper linear bearing **20**. As illustrated in FIG. **31**, the laser upper alignment tool **170** is modified from that seen previously to include multiple laser apertures **120** with open windows **121** for visual verification of alignment. The bearing blocks **22**A, **22**B are manipulated in the manner described with respect to FIGS. **23**-**29**B, with the laser beam **118** being used to guide the alignment process.

An alternative laser upper alignment tool **170**A may be seen in FIGS. **32** and **33**. Here the tool **170**A includes an upstanding member **124** that is secured to the upper bearing block **22**A by way of the singled flanges **126** shown. The upstanding member **124** further includes at least one laterally extending flange **128** having a laser aperture **130** therein. Alignment is confirmed when the laser apertures **130** permit the laser beam **118** to pass and strike target **132**.

Height Adjustment System

With reference now to FIGS. **34** and **35**, weight stack adjusters **134** may be seen. The weight stack adjusters **134** serve to balance and level the weight stack **16**, **18** for optimal performance in use. They also provide the ability to perfectly lift the upper and lower stacks **16** and **18**, respectively, at. one time. As shown, the weight stack adjuster **134** includes a threaded stem portion **136**, a cylindrical collar portion **138** and a ball member **140** seated within the collar portion **138**. With reference to FIG. **35**, the stack adjuster **134** is seen mounted in the upper bearing block **22**A in a threaded bore **142**. The stack adjuster **134** may be rotated in the threaded bore **142** to thereby move the adjuster **134** in the direction of arrow J. Once the stack **16** is leveled, the adjuster **134** is fixed in place by the set screw **144**, by way of non-limiting example.

Top Stack Modifications

The present invention further contemplates improvements to the upper weight stack **16** and the individual weight plates **150** that comprise the stack **16**, as FIG. **36**-**42** illustrate.

With specific reference to FIGS. **36** and **37**, a weight plate **150** according to the present invention may be seen. The weight plate **150** includes a pair of pin slots **152**, laterally spaced cut lines **154** and a central lift hole **156**. As shown, the lift hole **156** includes an inwardly extending protrusion **158**. The inwardly extending protrusion **158** assists in maintaining a secure fit with the lift rod **14**. In known weight systems **200** the weight stack may shift relative the lift rod **14** as the selector pin is inserted and removed. The protrusions **158** also keep the plate **150** level and positioned properly and limit movement when the selector pin **160** (see FIG. **38**) is inserted and removed. As may be further seen, the top surface **162** of the plate **150** may include at least one alignment dome **164**. The alignment dome **164** is adapted to fit securely within a corresponding indentation **166** in the bottom surface **168** of an adjacent plate **150**. The alignment domes **164** are preferably offset from one another in adjacent plates **150** to provide additional stability and help decrease the overall thickness of individual plates **150** (See particularly FIG. **43**A) and may also allow for the use of larger alignment domes **164**. As may be seen in the enlarged view of FIG. **43**B, the indentations **166** are machined having slightly perpendicular side walls **270** to thereby allow for a press fit of the alignment domes **164**.

The views of FIGS. **36** and **37** further illustrate laterally spaced cut lines **154**. The cut lines **154** minimize metal-to-metal sticking of adjacent plates **150**, thereby reducing any unaccounted for extra force required to lift the stack **16** while in use. A selector pin **160** for use with the plates **150** shown in FIGS. **36** and **37** may be viewed in FIG. **38**. The selector pin **160** has a generally U-shape having a pair of arms **172** and a selector knob **174**. The distal end **176** of each arm **172** may include a chamfered portion **178** to ease insertion into the pin slots **152**. FIG. **44** depicts a weight frame **12** having an upper weight stack **16** utilizing the plates **150** and selector pin **160** discussed.

FIGS. **39** and **40** illustrate alternative weight plates **150**A. As shown, the weight plates **150**A include a single pin slot **152**A. An alternative selector pin **160**A for use with the weight plates **150**A is seen in FIG. **41**. As in the previously described weight plate **150**, the weight plates **150**A, of FIGS. **39** and **40** include laterally spaced cut lines **154** and a central lift hole **156** having an inwardly extending protrusion **158** to maintain a secure fit with the lift rod **14**. The weight plates **150**A include at least one alignment dome **164** extending from the top surface **162** of the plate **150**A which is adapted to fit securely within a corresponding indentation **166** (not seen in these views) in the bottom surface **168** of an adjacent plate **150**A. The weight plate **150**A shown in FIG. **39** includes a pin slot **152**A that is limited by the protrusion **158**, while the weight plate of FIG. **40** illustrates an alternative pin slot **152**B that extends across the width of the plate **150**A.

A selector pin **160**A for use with the plates **150**A shown in FIGS. **39** and **40** may be viewed in FIG. **41**. As shown, the selector pin **160**A has a generally U-shape having a pair of arms **172** and a selector grip **174**. Each arm **172** is relatively flat for ease in sliding into the pin slot **152**A or **152**B.

FIG. **42** illustrates an upper weight stack **16** in raised position and showing the plate **150** modifications. Specifically, the pin arms **172** (not seen in this view) help keep the plates **150** perpendicular to the lift rod **14** and minimize any movement in the direction of arrows K,L.

Lift Rod Modifications

To accommodate the modified weight plates **150**, **150**A and linear bearing **20** described above, modification to the lift rod **14** is also contemplated, as FIGS. **45-50**B illustrate.

A modified lift rod **14**A embodying the features of the present invention may be seen in the view of FIG. **45**. As shown, the rod **14**A includes an upper section **180** and a lower section **182**. The lower section **182** includes a plurality of modified lift rod holes **36**A, **36**B, while the upper section **180** includes two sets of ridges **184** having valleys **186** located therebetween (see also FIG. **49**). The selector pin arms **172** (see FIG. **38** or **41**) can be received within the respective valleys **186** to support the selected plate **150**, **150**A on the lift rod **14**A. The enlarged fragmentary views of FIGS. **46** and **47** illustrate variation of lift hole **36**A and **36**B configuration. Specifically, FIG. **47** depicts a slightly elongated hole **36**B for use in the lowest portion of the lift rod **14**A. The holes **36**B are elongated to prevent interference with the linear bearing raceways **34** (see FIG. **12**), while FIG. **46** is a view of lift holes **36**A used in the remainder of the lower section **182**. The lift holes **36**A of FIG. **46** are rounded as compared to those of FIGS. **47** and further include an oval chamfered portion **188**. The chamfered portion **188** assists in selector pin **194** placement.

As mentioned, lift rod **14**A upper section **180** is preferably provided with two sets of ridges **184** having valleys **186** located therebetween. The arrangement of ridges **184** and valleys **186** is seen in detail in the views of FIGS. **49-50**B. The selector pin arms **172** (see FIG. **38** or **41**) can be received within the respective valleys **186** to support the selected plate **150**, **150**A on the lift rod **14**A. The valleys **186** preferably have a width that is slightly greater that of the arms **172**. With particular attention to FIGS. **50**A and **50**B, showing the pin arms **172** engaging the selected plate **150**, **150**A, the variation in relative width may be seen to provide a gap having a width W^{1A} between the pin arm **172** and an adjacent ridge **184**, a width W^{1B} between the pin arm **172** and the pin slot **152** combining an. overall width. As mentioned earlier, chamfers **178** on at the distal end **176** of the pin arms **172** allow the pin to be slid between a ridge **184** and a pin slot **152**, **152**A, **152**B. Therefore, without width W^{1A} there would be no distance between the pin arms **172** and an adjacent ridge **184**. Furthermore, a torpedo plate **190** prevent damage to the upper portion **180** of the lift rod **14**A upper weight stack **16** in the event of an unexpected drop in the weight stack **16** as explained below. The lift rod **14**A may be provided with the torpedo plate **190** or a standard style top plate. The torpedo plate **190** is attached to the top **192** of the lift rod **14**A adjacent the upper weight stack **16**. As seen in FIG. **50**A, the torpedo plate **190** is spaced from the upper weight stack **16** to form a gap having a width W^2. Width W^2 is slightly smaller than the combined widths of W^{1A} and W^{1B}. In the event of an unexpected weight stack **16** drop, the selected plate **150**, **150**A will land on the plate in the weight stack **16** below the selected plate **150**, **150**A. The lift rod **14**A will continue to fall relative the stack **16**. Because width W^2 is less than the combined widths of $W^{1\,A}$ and W^{1B}, the torpedo plate **190** will make contact with the plate at the top of the stack **16** before the pin arms **172** make contact with the ridge **184** above them. Therefore, the torpedo plate **190** bears the impact, thereby preventing damage to the lift rod **14**A.

Kick Plate

Additional improvements to the weight system **10** are contemplated to assist the user in utilizing a weight lifting technique called "gapping" or "pinning". In this lifting style the user wishes to utilize only a selected portion of the total weight stack **16**, **18** vertical distance. FIG. **52** illustrates the lower weight stack **18** used in this manner. As seen, the lift rod **14**A is raised slightly and the selector pin **194** is inserted into a selected bottom plate **196**. FIG. **52** further shows use of at least one bushing **198** to reduce friction on the lift rod **14**A and to provide added stability. The bushing **198** also keeps a lifted portion of the stack **18** "square" (also important when only a single lift rod like **194** is used) and prevents the stack **18** from physically rocking while being lifted and set down. Furthermore, the bushing **198** helps to maintain stack **18** alignment with the lift rod **14**A over time. The bushing **198** may be made of plastic by way of non-limiting example.

FIG. **53** shows the upper weight stack **16** used in the gapping method. In this arrangement, the lift rod **14**, **14**A may include additional lift holes **36** to accommodate the extra selector pins **194** required for this technique. As seen, a first selector pin **194** is placed on the lift rod **14**, **14**A to produce the gap **146**. A second, armed selector pin **160** is inserted in the selected plate **150** and a third selector pin **160** is stowed in the torpedo plate **190** for future use. The torpedo plate **190** is secured to the lift rod **14**, **14**A and further secures the top plates **150** to prevent removal from the system **10**. The jack plate **24**A is seen to include a kick block **148** for use with the gapping technique. The kick block **148** is positioned on the underside **149** of the jack plate **24**A to receive the impact of the jack plate **24**A as it contacts the first selector pin **194**. The first selector pin **194** may be further modified (**194**A), as seen in FIG. **55**, to include a sleeve portion **199**. The sleeve portion **199** may be made of rubber or other dampening material, with the kick block **148** preferably fabricated or coated with a similar material.

FIG. **54** illustrates a view of the kick block **148** on the upper jack plate **24**A. The sleeve portion **199** of the pin **194**A permits contact with the kick block **148** and not the jack plate **24**A. The sleeve **199** also prevents a user from pushing the pin **194**A in too far. If pushed in too far, the selector knob **174** would go under the jack plate **24**A creating a pinch point. As seen, the kick block **148** includes a pad or bumper **197** made of rubber or other sound dampening material and used in a manner described with reference to FIG. **53**. The bumper **197** effectively allows the kick block **148** to make contact with both sides of the pin **194**A at the same time.

The foregoing is considered as illustrative only of the principles of the invention. Furthermore, since numerous modifications and changes will readily occur to those skilled in the art, it is not desired to limit the invention to the exact construction and operation shown and described. While the preferred embodiment has been described, the details may be changed without departing from the invention, which is defined by the claims.

I claim:

1. A weight system including:

a support frame;

a weight stack located within the support frame for movement in a vertical direction, the weight stack including at least one weight plate with a central rod aperture;

a bearing block having a bearing aperture and at least one pin aperture;

a linear bearing housed within the bearing aperture, wherein the linear bearing includes a collar portion;

a lift rod positioned throuhg the central rod aperture and the linear bearing; and

wherein the collar portion includes at least one upstanding pin, the at least one upstanding pin configured to be received within the at least one pin aperture in the bearing block.

2. The weight system of claim **1**, wherein the lift rod includes a first section having a plurality of adjacent, spaced apart ridges, wherein valleys are located between each adjacent one of the plurality of ridges.

3. The weight system of claim **2**, wherein the plurality of ridges include a first set of ridges and a second set of ridges, wherein the second set of ridges is located opposite the first set of ridges.

4. The weight system of claim **2**, wherein the at least one weight plate includes a pin slot, die pin slot alignable with a selected valley of the lift rod.

5. The weight system of claim **4**, wherein the central rod aperture of the at least one weight plate has an inwardly extending protrusion.

6. The weight system of claim **1**, whereby a housing portion extends coaxially from the collar portion, whereby the housing portion and the collar portion are configured to retain the linear bearing.

7. The weight system of claim **1**, wherein the at least one weight plate has a top surface and a bottom surface, wherein at least one of the top surface and the bottom surface has at least one protruding alignment member and wherein the other of at least one of the top surface and the bottom surface has at least one receiving member, wherein the protruding alignment member is configured to be received within a receiving member of an adjacent weight plate.

8. The weight system of claim **7**, wherein the protruding alignment member is an alignment dome and the receiving member is an indentation.

9. The weight system of claim **1**, wherein the weight plate has a top surface and a bottom surface, whereby at least one of the top surface and the bottom surface have cut lines therein.

10. The weight system of claim **1** further comprising a bushing, the bushing configured to be received within the central rod aperture in the at least one weight plate and in a circumjacent relationship with the lift rod.

11. The weight system of claim **10**, further comprising a plurality of weight plates including a top plate, wherein the bushing is placed within a central rod aperture of the top plate.

12. The weight system of claim **1**, further comprising

a second weight stack located within the support frame for movement in a vertical direction, the weight stack including at least one second weight plate with a second central rod aperture;

a second bearing block having a second bearing aperture and at least one second pin aperture;

a second linear bearing housed within the second bearing aperture, wherein the second linear bearing includes a second collar portion;

the lift rod positioned through the second central rod aperture and the second linear bearing;

the lift rod having a second section; and

wherein the second collar portion includes at least one second upstanding pin, the at least one second upstanding pin configured to be received within the at least one second pin aperture in the second hearing block.

13. The weight yTstem of claim **12**, wherein the second section includes a plurality of adjacent, spaced apart ridges, wherein valleys are located between each adjacent one of the plurality of ridges.

14. The weight system of claim **13**, wherein the plurality of ridges provided in the second section include a first set of ridges and a second set of ridges, wherein the second set of ridges is located opposite the first set of ridges.

15. The weight system of claim **12**, wherein the second section includes a plurality of lift rod holes.

16. The weight system of claim **15**, wherein the plurality of lift rod holes comprises at least one of an elongate hole and a hole with a chamfered portion.

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