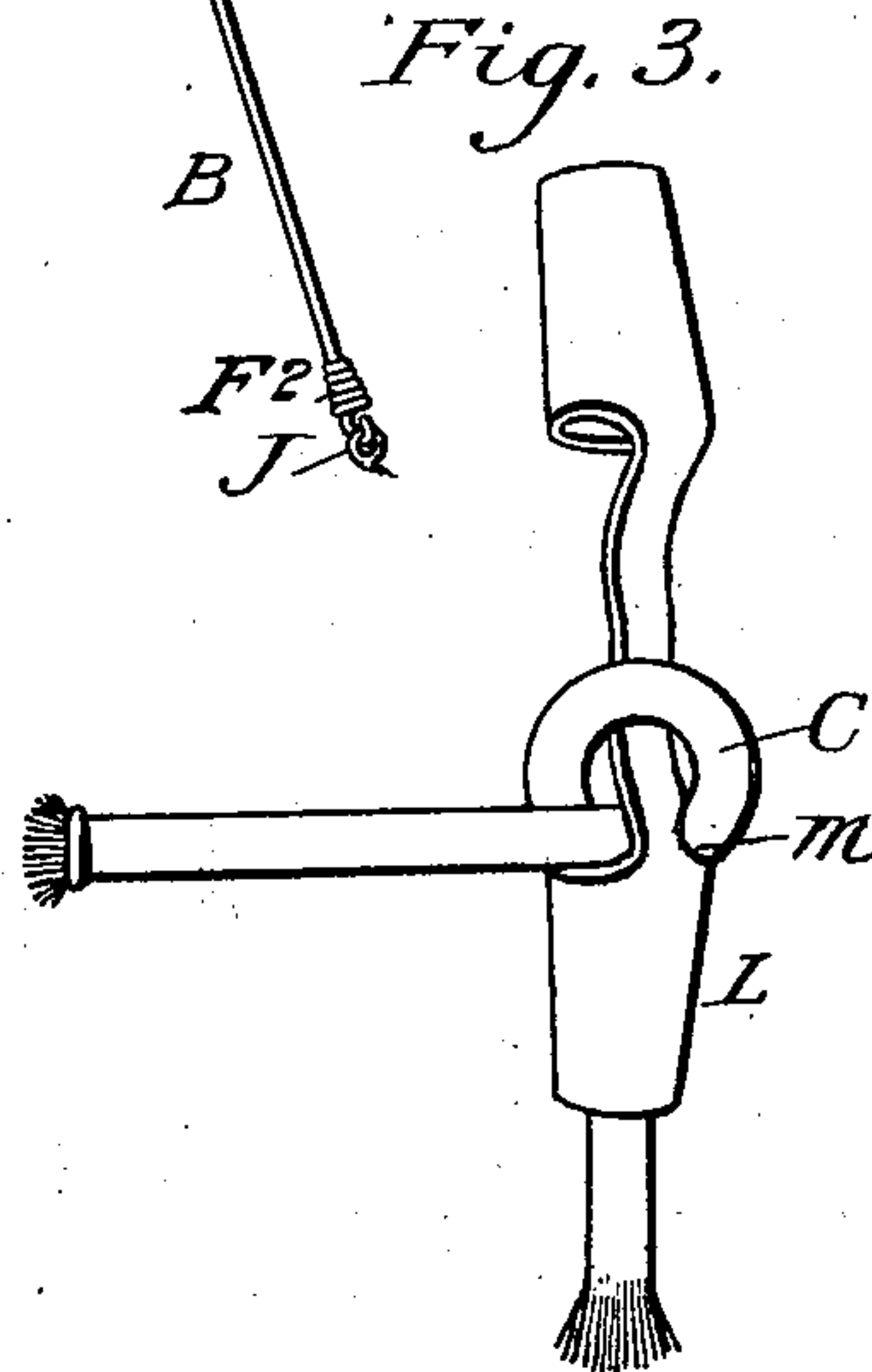
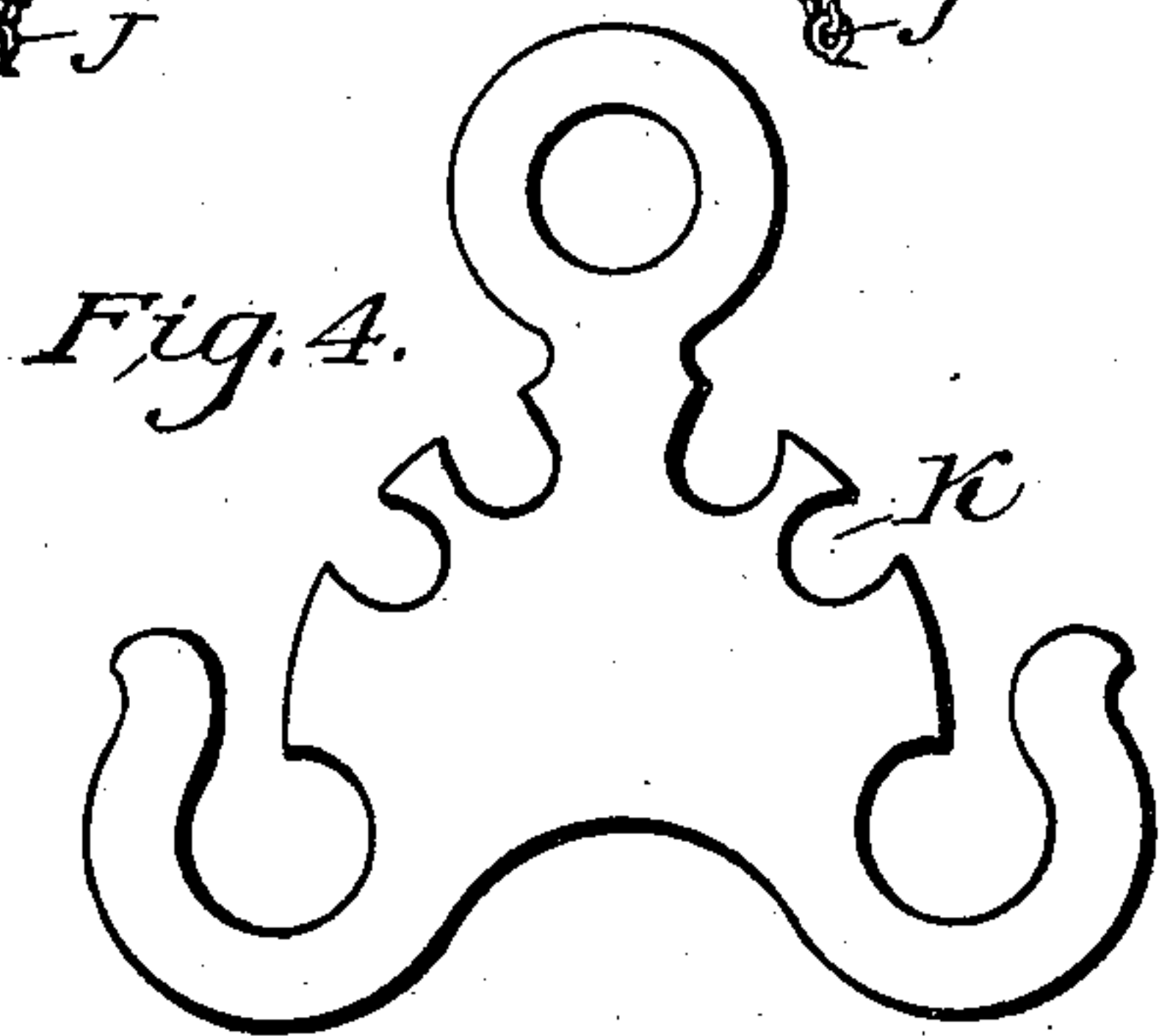
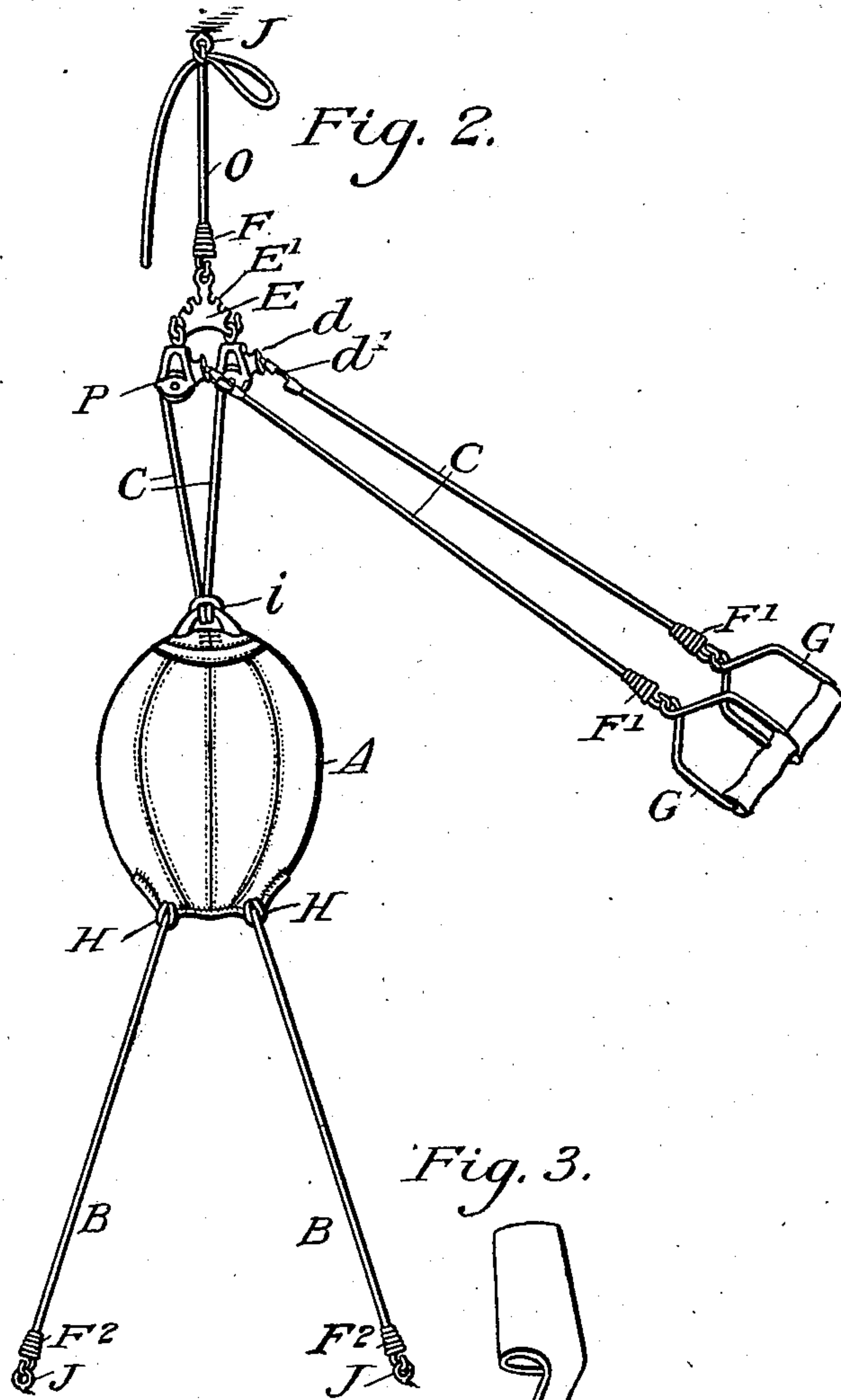
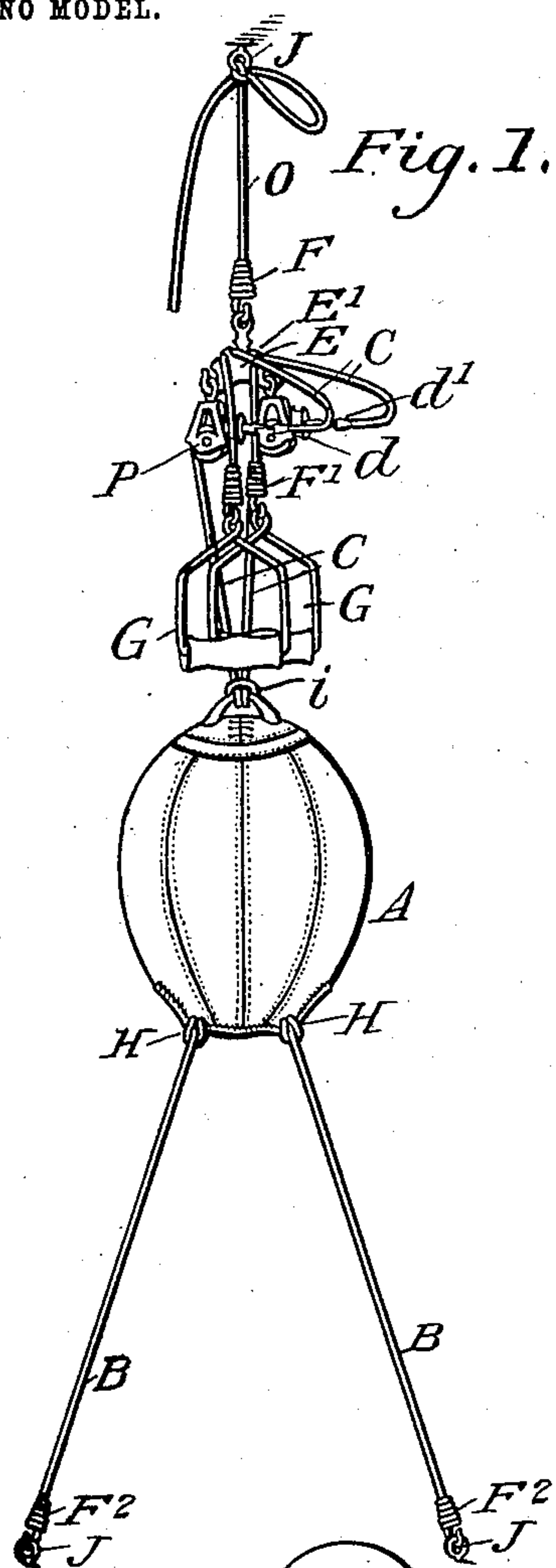


No. 724,473.

PATENTED APR. 7, 1903.

A. A. HENDRICKSON.
EXERCISING DEVICE AND STRIKING BAG SUPPORT.
APPLICATION FILED JULY 28, 1902.

NO MODEL.



WITNESSES:

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EXERCISING DEVICE AND STRIKING-BAG SUPPORT.

SPECIFICATION forming part of Letters Patent No. 724,473, dated April 7, 1903.

Application filed July 28, 1902. Serial No. 117,407. (No model.)

To all whom it may concern:

Be it known that I, ABRAM ALLAN HENDRICKSON, a citizen of the United States, residing at St. Albans, in the county of Queens and State of New York, have invented a new and useful Improvement in Exercising Devices and Striking-Bag Supports, of which the following is a specification.

My invention relates to the combining of a striking or punching bag with an elastic exercising device.

The object of my improvement is to provide a suitable elastic support for a striking-bag, this support being constructed in such a manner as to form an elastic exercising device in conjunction with the bag, thus providing an economical and durable device conveniently used and quickly put up and taken down in any ordinary room, (this feature being almost impossible with ordinary bag-supports,) and through the medium of this device more beneficial results can be obtained through the greater variety of movements.

Figure 1 shows the device ready for use as a striking-bag. Fig. 2 shows the device ready for use as an exercising-machine. Fig. 4 is a view of the double-ferrule coupling. Fig. 3 is a view of the yoke or triangle.

Similar letters refer to similar parts throughout the several views.

What may be termed the "body" of the machine is the bag A, the elastic cords or strands B extending from the base of said bag A, and the opposing elastic or non-elastic strands C extending from the upper part of said bag A and running thence over pulleys P, said strands C having handles attached to its extreme ends, elastic strands B being attached to the lower part of bag A by means of knotting said cords or strands B into loops H of said bag, said strands B extending downward to the floor or hooks J, the strands being connected with hooks J by means of suitable couplings F², strands B thus forming the lower part of said bag-support and the lower part of said exerciser. Opposing elastic strands C, extending from the upper part of said bag, (or non-elastic cord may be employed,) form the upper part of the bag-support and a portion of the upper part of said exerciser. This strand C is connected with bag A at its upper central part

by means of knotting such strands C in the loop l of said bag A. Such part of said upper strand C is extended upward and runs over pulleys P, through stop D, and into the double-ferrule coupling d' and being properly secured therein. Strand C, however, continues from the double-ferrule coupling d', being secured therein downward and outward and having handles G attached at the extreme ends by means of couplings F', thus forming the final section and completing the exercising device, pulleys P being held in position or supported by yoke or triangle E, said yoke or triangle E having double-U-shaped recesses E' for the purpose of holding strands C (having the handles attached) firmly in position, thus reinforcing block D and the double-ferrule coupling D' when the device is in operation as a striking-bag and also holding the handles out of the way of the operator, as shown in Fig. 1, the yoke or triangle E being held in position or supported in turn by a non-elastic cord O, which cord O extends from the yoke E to the ceiling or hook J, said non-elastic cord being attached to yoke E by a suitable coupling F.

Only three hooks or screws J are needed to attach the apparatus in position, one screw into the ceiling or top of door-casing, to which is attached the non-elastic cord O, and the other two screws about three feet apart in the floor or sides of door-casing directly underneath the single hook in the wall, to which the strands B are separately attached.

In Fig. 4 may be noted the double-U-shaped recess K in yoke or triangle. This recess may be used to enable this device to be made and used without the blocks D and the double-ferrule couplings d', employing a continuous piece of cord C, extending from the bag A to the handles G. (Elastic or non-elastic cord may be employed.) In this case whenever the operator should desire to use the device as a striking-bag it would only be necessary to hang or place strand C, having the handles attached, into the double-U-shaped recess, the same holding the cords C firmly, so that the same may not slip through the pulleys P while the bag is in operation.

Fig. 3 shows a peculiarly-devised double-ferrule coupling, illustrating how the cord may be shortened by looping the same around the

central portion through the U-shaped recess M at the end of the ferrule L, formed to receive the cords C, enabling the operator to make the cords C in the device any desired
5 length.

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

10 A combined exercising device and striking-bag support provided with elastic cords, properly attached to the lower part of said bag, said cords extending from said bag and be-

ing properly attached to the floor; also, opposing cords properly attached to the upper part of said bag, and running thence over 15 pulleys, and having handles attached to its extreme outer ends, said cords being part elastic, and said pulleys having a suitable attachment to provide a support extending to the ceiling as described.

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Witnesses:

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