

W. P. ARMSTRONG.
EXERCISING DEVICE.
APPLICATION FILED JUNE 30, 1909.

952,862.

Patented Mar. 22, 1910.

2 SHEETS—SHEET 1.

Fig. 1.

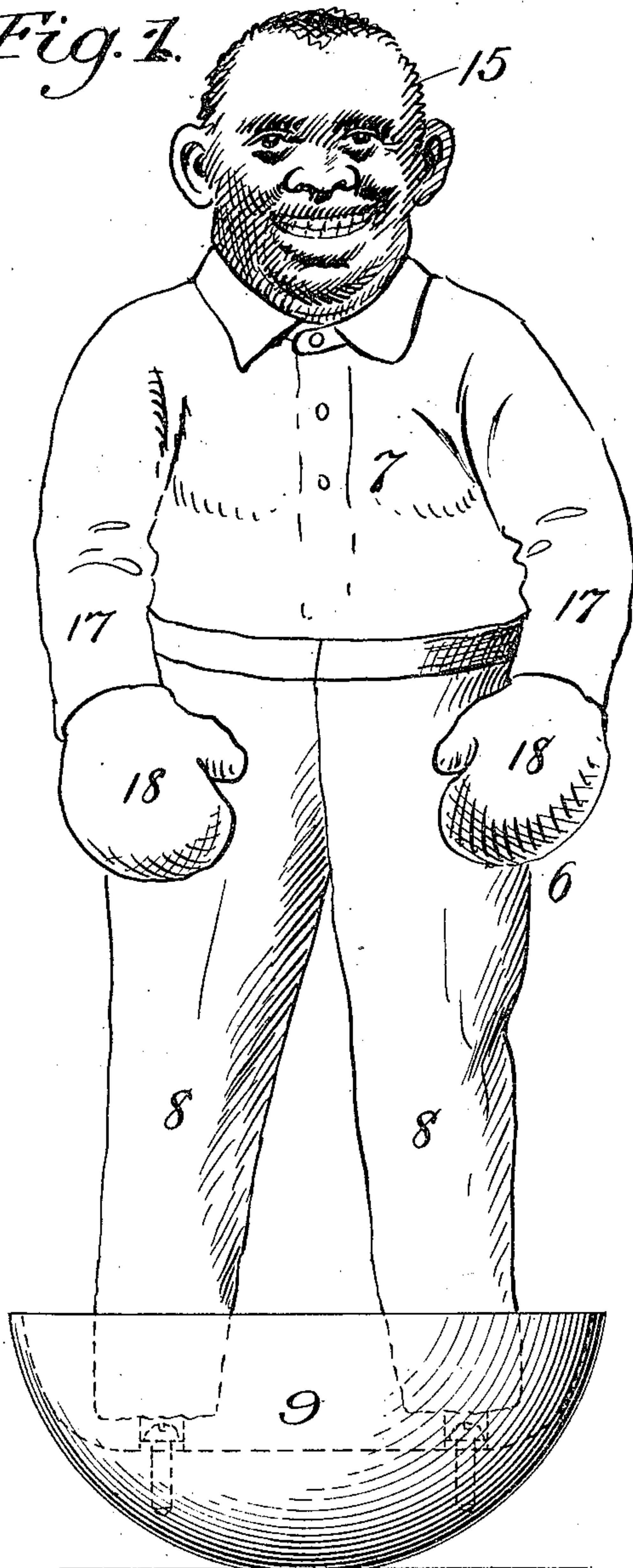
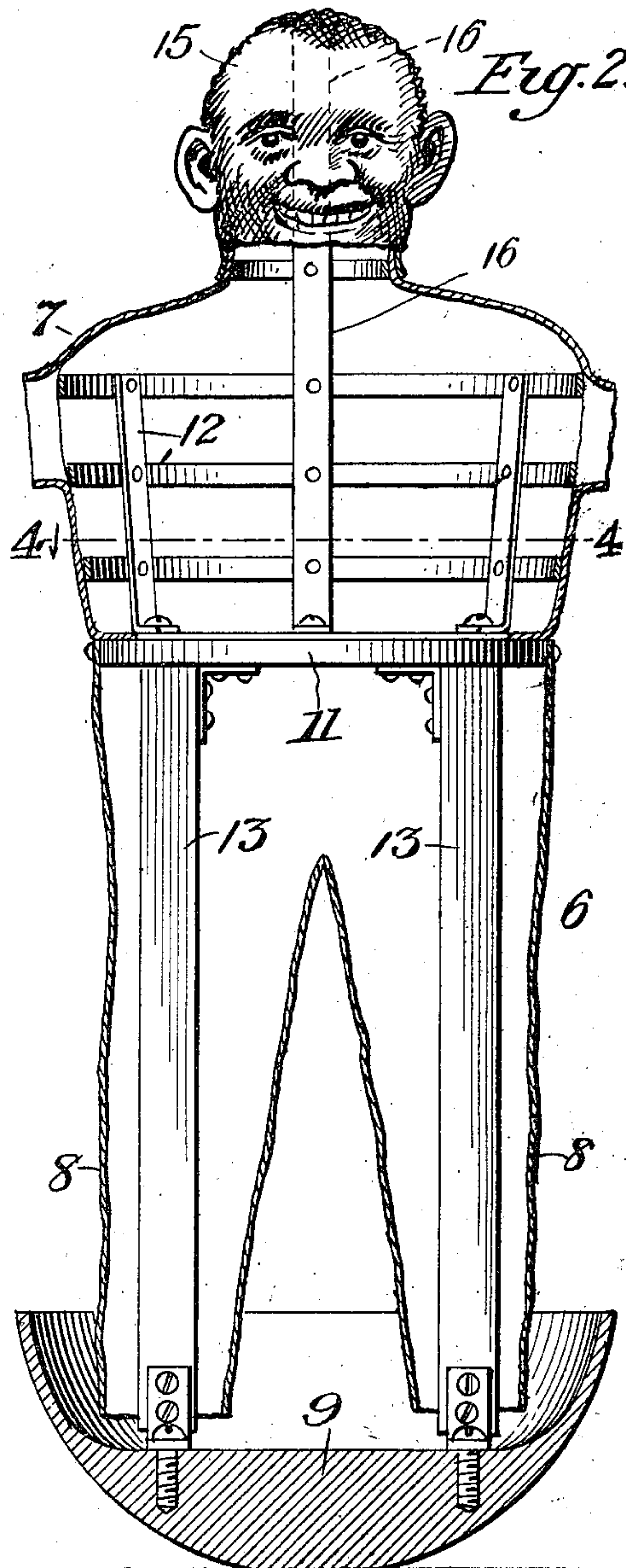


Fig. 2.



Witnesses.
W. D. Edlin
R. B. Groat.

Inventor.
William P. Armstrong.
by Francis Goldsborough Hill
Attys.

W. P. ARMSTRONG.
EXERCISING DEVICE.
APPLICATION FILED JUNE 30, 1909.

952,862.

Patented Mar. 22, 1910.

2 SHEETS—SHEET 2.

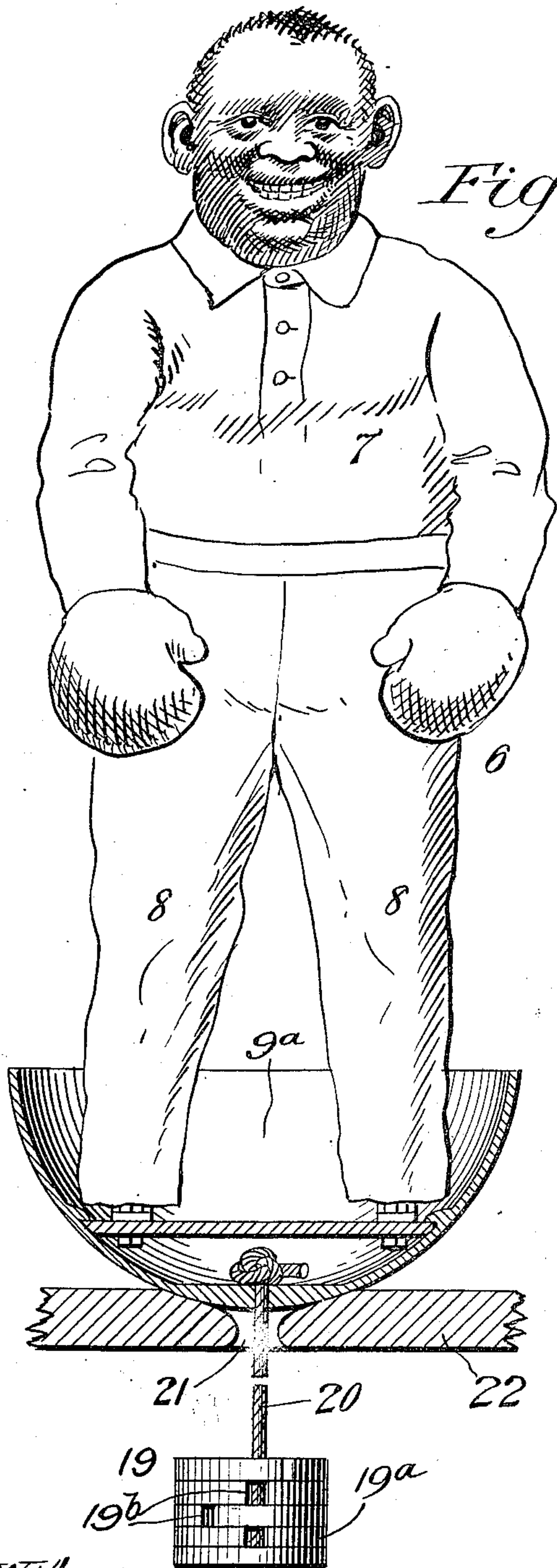


Fig. 3.

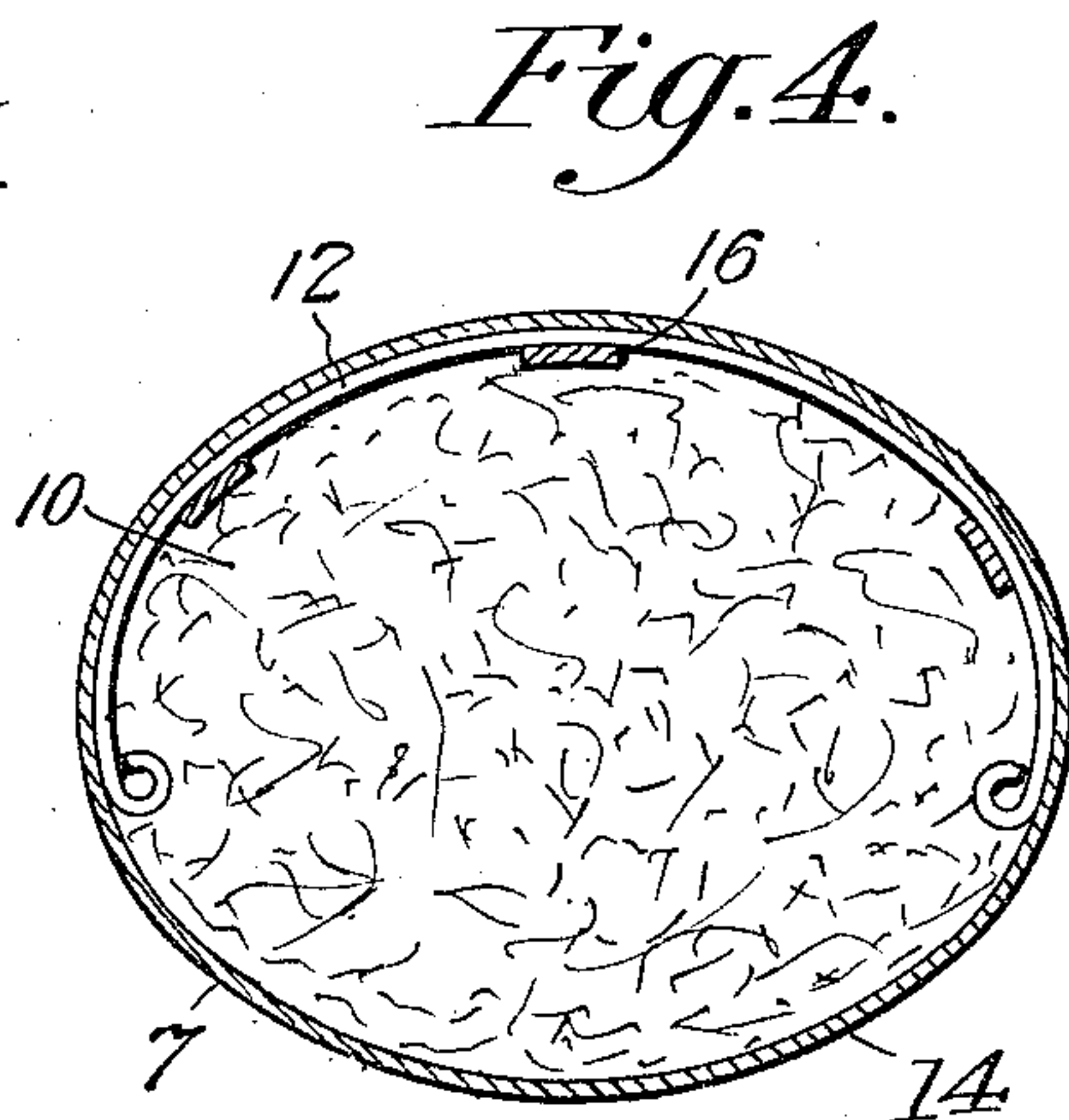


Fig. 4.

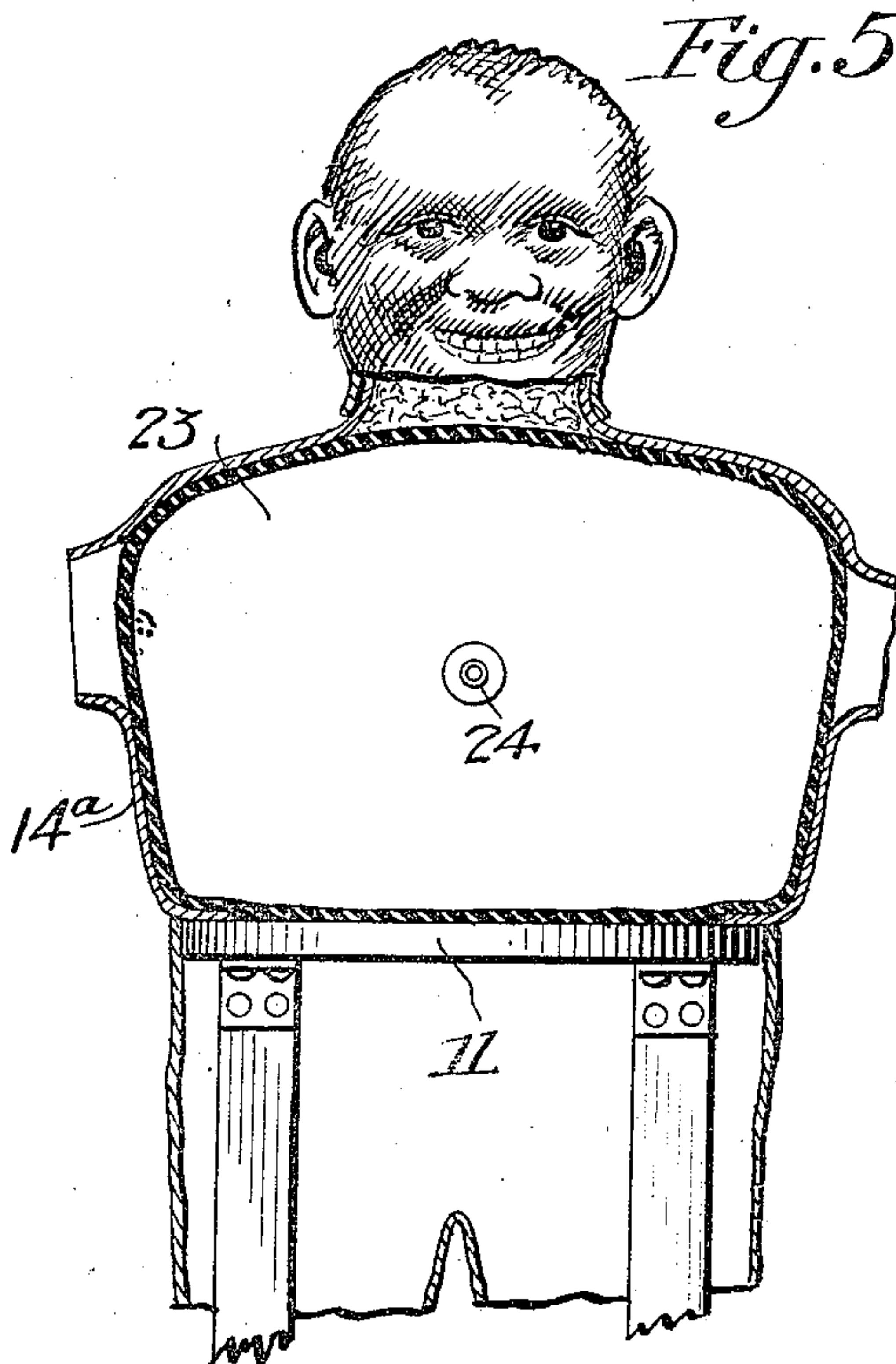


Fig. 5.

Witnesses:
W. W. Edlin
T. C. Gout.

Inventor:
William P. Armstrong.
Homer Goldsborough Meill
Atty.

UNITED STATES PATENT OFFICE.

WILLIAM P. ARMSTRONG, OF WASHINGTON, DISTRICT OF COLUMBIA, ASSIGNOR OF
ONE-HALF TO JOHN I. GARRISON, OF WASHINGTON, DISTRICT OF COLUMBIA.

EXERCISING DEVICE.

952,862.

Specification of Letters Patent. Patented Mar. 22, 1910.

Application filed June 30, 1909. Serial No. 505,249.

To all whom it may concern:

Be it known that I, WILLIAM P. ARMSTRONG, a citizen of the United States, residing at Washington, District of Columbia, have invented certain new and useful Improvements in Exercising Devices; and I do hereby declare the following to be a full, clear, and exact description of the invention, such as will enable others skilled in the art to which it appertains to make and use the same.

This invention aims to provide an improved exercising device for use at places of amusement and in gymnasiums and the like. The device is intended to take the place of a punching bag and to afford a maximum amount of exercise in substantially the same way that it is obtained when a punching bag is used, while creating more interest and amusement. To these ends, I provide an exercising device in the form of a dummy or figure intended to represent a person of normal size, said figure being mounted upon a freely rocking weighted base which permits it to swing in all directions. This figure is provided with a body portion suitably stuffed or inflated in order to receive, without injury to the hands of the person using the contrivance, the blows which are directed at it. The person using the device may strike it with his bare fists or use suitable gloves, and the blows which the dummy figure receives cause it to be rocked rapidly on its weighted base, whereby the action of a punching bag is simulated. The figure swings about with considerable rapidity, so that just as much skill is required as in the use of a punching bag. The device also has the advantage over a punching bag, that it may be freely movable over the floor under the impact of the blows, thus enabling the user to secure considerable practice in foot work as well as the delivery of blows.

In the accompanying drawing, Figure 1 is a front elevation of a device constructed in accordance with the invention, Fig. 2 is a vertical section of the contrivance shown in Fig. 1, with the body stuffing removed. Fig. 3 shows a modification in which the base of the figure is of modified form. Fig. 4 is a section through the body on line 4-4 of Fig.

2, and Fig. 5 is a further modification according to which the body of the figure is adapted to be inflated with air.

The dummy figure which is used in carrying out the invention is preferably of life size, and I usually construct it to simulate a man, though, of course, many changes in this respect may be made. The figure or dummy 6 is provided with a body 7, and legs 8, 8 by means of which the dummy is supported upon a rocking base. Said base is rounded off at the bottom so as to form a portion of a sphere, and the base is so weighted that the figure will normally have an upright position. This weighting of the base causes the immediate and quick return of the figure after it has been struck, as will be understood. In the form of the device shown in Fig. 1, the base 9 takes the form of a substantially hemispherical metal shell, the lower portion of which is heavily loaded for the purpose pointed out above. The body of the figure is formed by a mass 10 of excelsior or other suitable stuffing that is retained in a sort of cage formed by a plate or disk 11 located at about the waist line of the figure and a frame work 12 which constitutes the upper back portion of the figure. The disk or plate 11 is connected with the base by means of upright substantially parallel bars 13, preferably metal. These bars form the legs of the figure and said bars and the body are preferably covered with suitable garments, as shown in Fig. 1. The body covering 14 confines the stuffing 10 in the manner shown in Fig. 4, and it will be noted that the frame 12, which is formed of suitable ribs, is located only at the back of the figure, and does not extend across the front where the blows are to be received. The head 15 can be secured on the body in any suitable manner, but it is preferable to brace the same by continuing the back bar 16 of the frame 12 up into the rear portion of the head as shown in Fig. 2. Suitably made arms 17 can be attached to the body as shown in Fig. 1, and at the ends of these arms boxing gloves 18 may be placed if desired.

In the device shown in Figs. 1 and 2, the figure is freely movable over the floor, but

in the modification shown in Fig. 3, the weighted base is firmly anchored and only a rocking movement of the figure is permitted. In this last named form the base 9^a is made in substantially the same shape hereinbefore described, but instead of having a solid mass of metal, it is counter-weighted by a weight 19 freely suspended from the bottom of the rocking base by means of a suspension cord 20. Said suspension cord passes freely through an opening 21 in the floor or other foundation 22, and in this way the dummy is securely anchored in position and its removal by unauthorized persons is prevented. However, the same rocking movement of the figure in all directions under the blows of the user is obtained, the weight 19 being pulled up slightly when the dummy is struck and rocked on its base, whereupon the action of gravity will cause the weight to return to its initial position, thus producing the rapid return movement of the dummy. The weight 19 is preferably composed of a number of separate sections 19^a, each having a slot 19^b by which it may be placed in position around the cord. By using a different number of weight sections or pieces the device may be adjusted to the strength of the person using it, as will be understood.

Instead of filling the body with suitable stuffing material, said body may be inflated with air. Fig. 5 shows an arrangement for this purpose, and in this figure there is shown an air bladder 23 made of rubber or other suitable material and adapted to force the outer cover 14^a in outward direction with a certain amount of pressure, corresponding to the amount of air which is contained in the bladder. The inflation is produced by means of a suitable valve 24, and when suf-

ficient air has been pumped into the body the blows will be effectively cushioned.

Without limiting myself to the precise construction shown, I claim:—

1. An exercising device comprising a dummy figure having an interior disk or plate adjacent the waist line of the body, means within the body and supported on said disk or plate to cushion the blows, legs extending downward from said plate or disk, and a rocking base to which said legs are secured. 45
2. An exercising device comprising a dummy figure having an interior disk or plate adjacent the waist line of the body, a frame supported on said disk or plate and composed of a plurality of ribs at the rear portion of the figure, means inclosed by said frame to cushion the blows received by the body, a bar extending upward from the rear of the frame and forming a part thereof, a head for the figure that is braced by said bar, and a rocking base on which the figure is supported. 50 55 60 65
3. An exercising device comprising a dummy figure, the body of which includes a disk or plate adjacent the waist line, a hemispherical rocking base, bars connecting the disk or plate with said base, a covering for said bars to simulate the legs of the figure, a frame rising from the plate or disk, cushioning means within said frame, and a covering for the upper part of the figure that incloses the frame and the cushioning means. 65 70 75

In testimony whereof I affix my signature, in presence of two witnesses.

WILLIAM P. ARMSTRONG.

Witnesses:

H. E. ROCKWELL,
N. M. DONN.