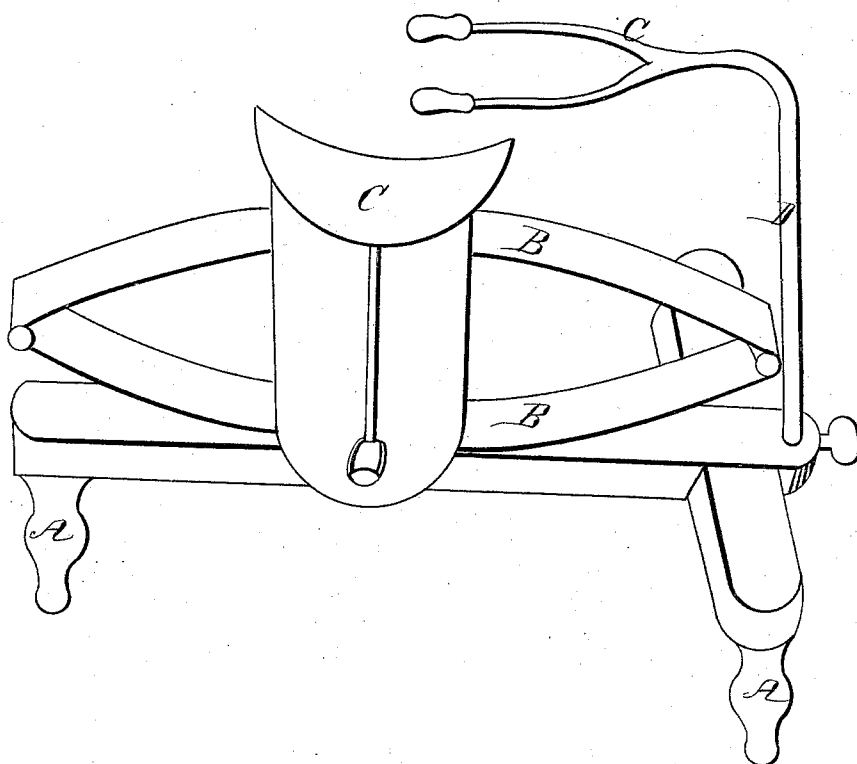


J. Elliott,

Exercising Machine.

N^o 4,173.

Patented Sep. 2, 1845.



UNITED STATES PATENT OFFICE.

JAMES ELLIOTT, OF NEWARK, NEW JERSEY.

EXERCISING-MACHINE.

Specification of Letters Patent No. 4,173, dated September 2, 1845.

To all whom it may concern:

Be it known that I, JAMES ELLIOTT, of Newark, in the county of Essex and State of New Jersey, have invented a new and useful Machine for Exercising the Human Body.

The nature of my invention consists in providing a species of exercise for invalids and others of the most natural and healthful kind.

The use of my machine induces perspiration and promotes digestion by preventing secretions removing obstructions and giving active circulation to all the fluids of the body.

To enable others to use it, and to judge its utility I proceed to describe its construction and operation.

The spring horse consists of a frame supported by three legs as shown at A in the accompanying drawing. On this frame rests an elliptical spring B which can be made of fine steel to give an upward and a downward motion varying from six to twelve inches, as may be desirable. On this spring is fixed a saddle (or a seat and cushion if desired) upon which the rider sits erect, so that when the spring comes together at the center his feet will not rest on terra firma. Directly in front of this spring (or at each side of the rider if so desired) is a strong iron stay fastened in

the frame as seen at D reaching up to an altitude a few inches above the rider's head thence branching in two parts toward the head and on each side of it within reach of the hands on the ends of these branches are turned handles of wood for the hands, the rider holds on by these and by them regulates the action of the spring, the object of the handles being placed directly at each side of the head is that the lungs and other organs contained within the trunk or chest be exercised while the arms are thrown back and the chest expanded. The whole apparatus will be light and can be moved about by one person. This is a minute description of the exerciser for males, that for the females must vary a little in construction, but the principle will be the same, therefore an additional model and drawing it is supposed would be unnecessary. A wire spring will sometimes be used instead of an elliptical steel spring.

What I claim as my invention and desire to secure by Letters Patent, is—

Combining a saddle or other suitable seat and spring with the handles, the whole being mounted upon a suitable frame substantially in the manner described.

JAMES ELLIOTT.

Witnesses:

BERNARD KEARNEY,
A. L. SHIPLEY.