

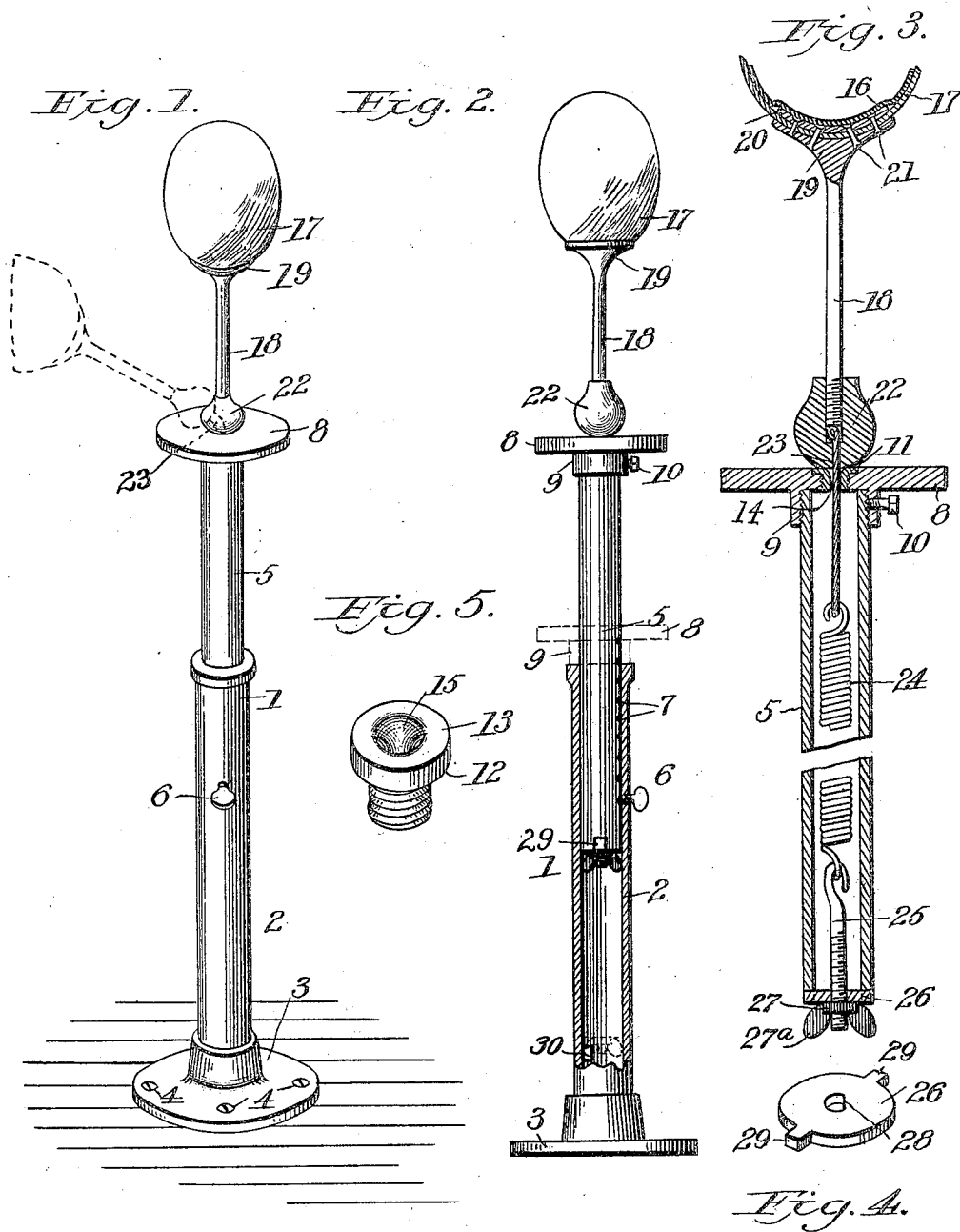
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C. L. FINNEY & L. R. LANTZ.

PUNCHING BAG.

APPLICATION FILED MAY 3, 1905.



WITNESSES:

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CHARLES L. FINNEY AND LESTER R. LANTZ, OF WYALUSING, PENN-
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PUNCHING-BAG.

No. 808,528.

Specification of Letters Patent.

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To all whom it may concern:

Be it known that we, CHARLES L. FINNEY and LESTER R. LANTZ, citizens of the United States, residing at Wyalusing, in the county of Bradford and State of Pennsylvania, have invented new and useful Improvements in Punching-Bags, of which the following is a specification.

This invention relates to improvements in exercising devices of the class in which a striking-bag is employed.

One of the objects of the present invention is to so mount the bag that when struck it will vibrate on its support and finally be returned to its normal upright position.

For a full understanding of the details of construction, merits, and advantages of our invention reference is to be had to the following description and the accompanying drawings, which illustrate one example of our invention, and in which—

Figure 1 is a perspective view of the punching-bag mounted on its support. Fig. 2 is a view, partly in side elevation and partly in vertical section, showing the telescoping standard. Fig. 3 is a longitudinal vertical sections through the upper member of the telescoping standard and through the bottom of the punching-bag. Fig. 4 is a perspective view of a washer for the end of the upper member of the telescoping standard. Fig. 5 is a perspective view of the bushing for the head-piece.

Making renewed reference to the drawings, wherein like characters of notation indicate corresponding parts appearing in the several illustrations, and reference being had thereto, 1 designates the telescoping standard. This standard comprises a tubular post member 2, which is fitted in a suitable base 3, that may be secured to the floor by screws 4, and fitted within this member 2 is an upper tubular member 5, which, as shown in Fig. 2, may be held in any desired position within the post member 2 by means of a set-screw 6, that may engage any one of the row of notches 7 in the post member 5.

On the top of the post member 5 is a head-piece 8, which is provided on its lower side with a socket 9 for the end of the member 5, the latter being held within the former by means of a set-screw 10 or by means of screw-threads, as shown in Fig. 3. This head-piece is provided with a central opening in which is

fitted a bushing 11. This bushing is screwed into the opening in the head and is formed with a shoulder 12, that provides a flange 13. The bushing also has a longitudinal bore 14, the upper end of which flares outwardly, as at 15, to provide a smooth round wearing-surface for the bag-sustaining means, as will be hereinafter described.

The punching-bag is of the ordinary inflatable type, having an inner elastic sack 16 and an outer leather bag 17.

18 designates a post to which the bag 17 is rigidly secured, the upper end of the post for this purpose being formed with a seat 19, the upper face of which is concave to conform to the convexity of the bag. A piece of sole-leather 20 is interposed between the inner rubber bag 16 and the outer leather bag 17 opposite the seat 19. Suitable pins 21, which penetrate the sole-leather, the outer bag 17, and the seat 19, serve to rigidly fasten the bag to the post 18. This post at its lower end is formed with a knob 22, preferably of spherical shape, so as to roll upon the head-piece 8 when struck. The knob 22 normally rests upon the head-piece 8 above the bushing 11 and has attached thereto a wire cable 23, which passes through the bore of the bushing and into the hollow post member 5 of the telescoping standard.

The means to hold the striking-bag and its post 18 in an upright position and also automatically return it to such position after being struck comprises a coiled spring 24, mounted in the post member 5 of the telescoping standard and having its upper end secured to the end of the cable 23 and its lower end engaged with a hook on the end of a threaded rod 25. The vibrations of the punching-bag may be increased or retarded by adjusting the tension of the spring 24, and this is accomplished by providing a threaded rod 25 with a nut 27 that bears against a washer 26 through which the shank of the rod 25 plays. The central aperture 28 of the washer is preferably provided with a straight face that will conform to the mutilated shank of the rod 25 and prevent the rod from turning when the nut is screwed thereon to regulate the tension of the spring. The washer 26 is prevented from turning by forming lugs 29 on its edge and inserting the lugs in suitable recesses in the end of the post 5. Thus when the nut 27 is rotated the rod 25 will be moved

up or down without being rotated, inasmuch as it is held against rotation in the aperture of the washer, and the latter is prevented from turning by its engagement with the post 5. The nut may be provided with ears or thumb-pieces 27^a, which when the post 5 is dropped to its lowest position will engage with a lug 30 in the bottom of the post 2, as shown in dotted lines in Fig. 2. In this way the tension of the spring may be adjusted without removing the post 5.

When the device is in use, the post 5 may be moved vertically within the post 2 by releasing the set-screw 6 and the bag 7 brought to the desired position. Then by striking the bag it will vibrate or roll back and forth on the head-piece 8, assuming the position shown in dotted lines in Fig. 1, wherein the cable 23 has been slightly drawn out and the coil-springs 24 slightly distended; but the action of the spring will cause the bag and post to immediately rebound, and its momentum will carry it past its vertical position, so that it meets the pugilist's fist with considerable velocity; but if not struck upon the first rebound or vibration it will gradually jostle to a true upright position and be held there by the spring 24.

What is claimed is—

1. In a device of the class described, a standard having a perforated head, a vibrating striking-bag mounted on the said head and adapted to roll thereon when struck, a spring in the standard, a flexible connection extending through the perforation of the head and connecting the spring and bag, and means to regulate the tension of the spring.

2. In a device of the class described, a telescoping standard composed of two members, the upper one of which is hollow and provided with a flat head, a vibrating punching-bag mounted on the head, a cable extending through an aperture in the head and connected at one end to the bag, a spring in the standard connected at one end to the cable, a rod attached to the other end of the spring, and means for adjusting the rod to regulate the tension of the spring.

3. In a device of the class described, a standard composed of upper and lower posts which telescope, the lower end of the upper post having recesses, a washer provided with lugs, to engage the recesses and also having a central aperture, a threaded bolt extending through said aperture and held

against rotation therein, a nut on the bolt, a spring secured to the bolt and located in the post of the standard, a cable secured to the spring, and a vibrating punching-bag secured to the cable, whereby the bag may be maintained in an upright position on the standard and the tension of the spring regulated.

4. In a device of the class described, a telescoping hollow standard having an apertured head-piece, a bushing fitted in the aperture and having its bore flared at the upper end, a punching-bag, a post secured to the punching-bag, a cable secured to the lower end of the post and extending through the bore of the bushing, and a resetting device mounted in the standard and connected with the cable.

5. In a device of the class described, a hollow standard having an apertured head, a post 18, a punching-bag secured to the top of the post, a knob on the lower end of the post adapted to roll upon the head of the standard when the punching-bag is struck, a cable secured to said knob and extending through the aperture in the head, and a resetting device in the standard connected with the cable.

6. In a device of the class described, a standard having a head, a post having a knob at its lower end to rest upon said head, said post provided at its upper end with a concaved seat, a punching-bag secured to said seat, and means secured to the knob, extending through the head and into a standard for maintaining the post and bag in an upright position.

7. The combination with the post 2, having a lug therein, of a hollow post 5 fitted in the first-mentioned post, a punching-bag mounted on the top of the hollow post, a spring in the hollow post connected with the bag, an adjusting-rod engaged with the spring and projecting from the end of the post 5, and a nut on the end of the rod adapted to be engaged with the lug in the first-mentioned post.

In testimony whereof we affix our signatures in presence of two subscribing witnesses.

CHARLES L. FINNEY.
LESTER R. LANTZ.

Witnesses:

EDWARD SMITH,
B. M. TAYLOR.