March 11, 1958 C. J. HEFFNER 2,826,416

PUNCHING BAG

Filed July 13, 1955

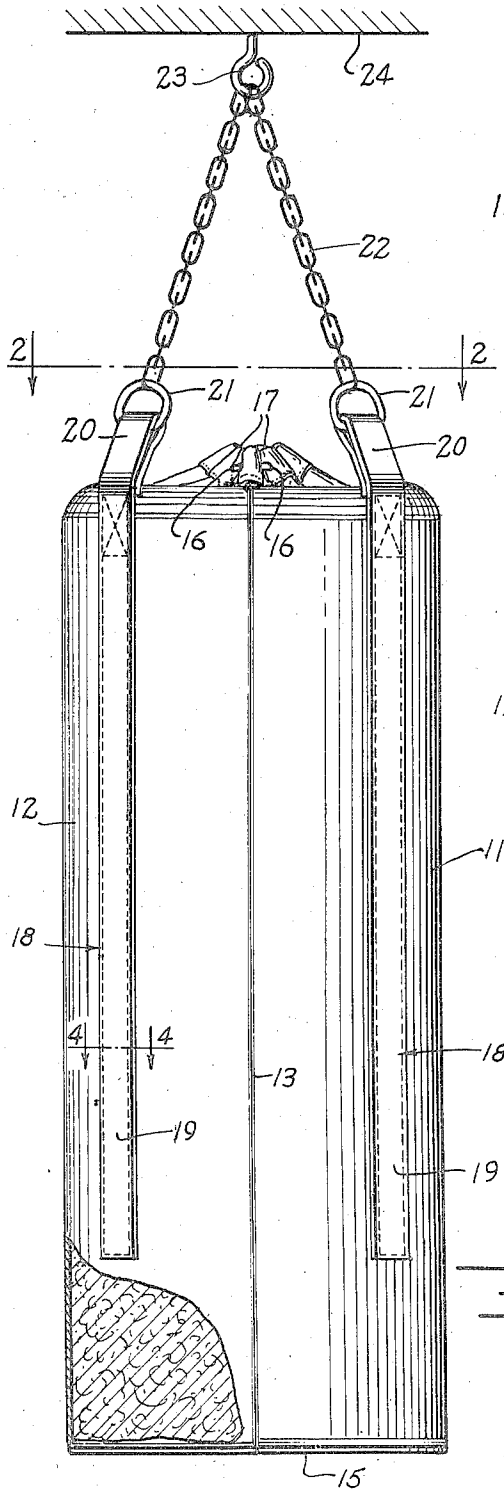


Fig. 1

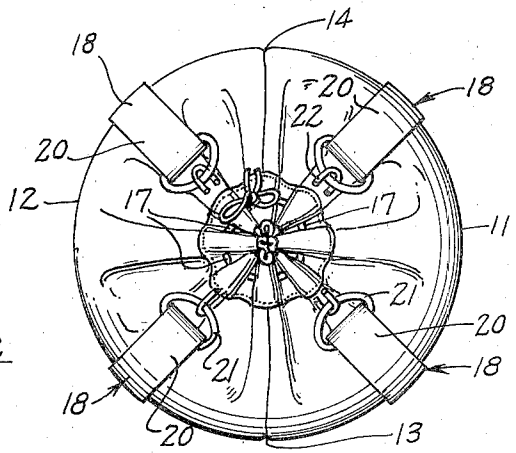


Fig. 2

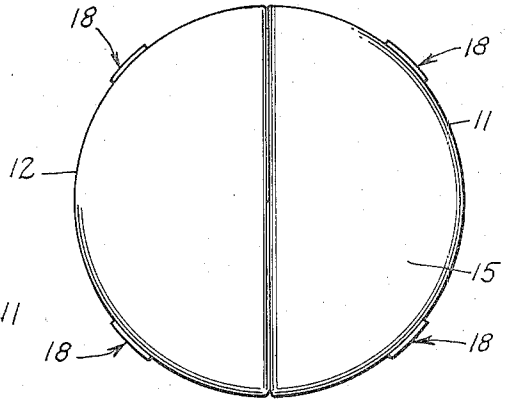


Fig. 3

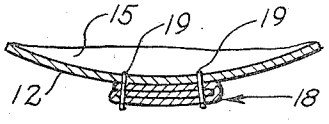


Fig. 4

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PUNCHING BAG

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1 Claim. (Cl. 272—78)

This invention relates to athletic bags of the striking and punching type for use in gymnasiums and it consists in the construction, arrangements and combinations herein described and claimed.

It is the cardinal object of the invention to provide a punch training bag in which the suspension straps for the bag are equally spaced around the outer periphery of the bag and extended vertically downward thereon for a major portion of the length of the bag affording greater supporting strength to the bag; the spaces between said straps representing the surface to be struck; and loops being of a folded character so as to project a substantial distance outwardly from the bag surface to thereby discourage striking the bag with the bare fists.

It is also a further object of the invention to provide a punching bag which may be manufactured at a low cost in miniature form, for home training use.

Additional objects, advantages and features of invention will be apparent from the following description, considered in conjunction with the accompanying drawing, wherein,

Figure 1 is a side elevation of the punching bag in suspended relation from a ceiling,

Figure 2 is a top plan view taken on the line 2—2 of Figure 1.

Figure 3 is a bottom view thereof, and

Figure 4 is an enlarged cross section taken on the line 4—4 of Figure 1.

There is illustrated a punching bag constructed from any suitable material such as canvas, preferably formed in a pair of sections **11** and **12** stitching the same longitudinally forming seams **13** and **14**. One end of the bag is closed by a bottom wall **15**. The opposite end of the bag is folded and stitched for reinforcing purposes and a plurality of circumferentially spaced eyelets **16** are formed inwardly of the open end of the bag for receiving a draw string **17**, which when drawn taut will effect a secure closure for the bag.

Equally spaced circumferentially of the bag, there are four suspension straps **18** of identical construction, and as

may be seen in Figure 4, the straps are formed from a single strip of heavy material folded upon itself lengthwise to form a thickness and secured upon the bag by stitches **19**.

As clearly shown in Figure 1, the straps at the upper free ends are formed as a loop **20** into which a ring **21** is secured, each ring having one end of a suspension chain **22** secured thereto, the other end of the chain being detachably engaged in a hook **23** fixed in the ceiling **24**.

The straps **18** are of a length extending over the major portion of the length of the bag stopping short of the bottom **15**.

The bag may be filled with sand, sawdust or other suitable material and the draw string **17** being drawn taut to close the open end of the bag. The chains **22** are then engaged with the hook **23** for suspension of the bag, and obviously, the height of the bag may be adjusted by engaging proper links of the chain in the hook **23**.

In use, the athlete will strike the bag only on the surface between the straps **18** and if any of the straps are struck, this will be considered as a "foul." Also, by virtue of the thickness of the straps, a trainee will be discouraged from striking the bag with his bare fists, thus insuring the use of gloves.

From the foregoing, it will be seen that a strong support for the bag is provided by the use of the straps **18** and further that by the spacing of the straps as shown and described target areas are inherent on the bag, and while I have shown and described a preferred form of the device, this is by way of illustration, and I consider as my own all such modifications in construction as fairly fall within the scope of the appended claim.

A punching bag comprising a hollow cylindrical body formed from heavy flexible material having a single closed bottom wall, a pulverous material within the body, said body having a closure means for the upper open end of the bag, a plurality of straps circumferentially spaced and secured to the outer periphery of said body, said straps being formed from a single strip of heavy material folded lengthwise upon itself to provide a substantial thickness so as to project from the body, said straps being extended downwardly upon said body for the major portion of the length of the body and terminating above said closed bottom, the spaces between said straps forming target striking areas, said straps being extended above the upper end of said body and terminating in a respective loop for reception of a suspension means for the bag.

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