

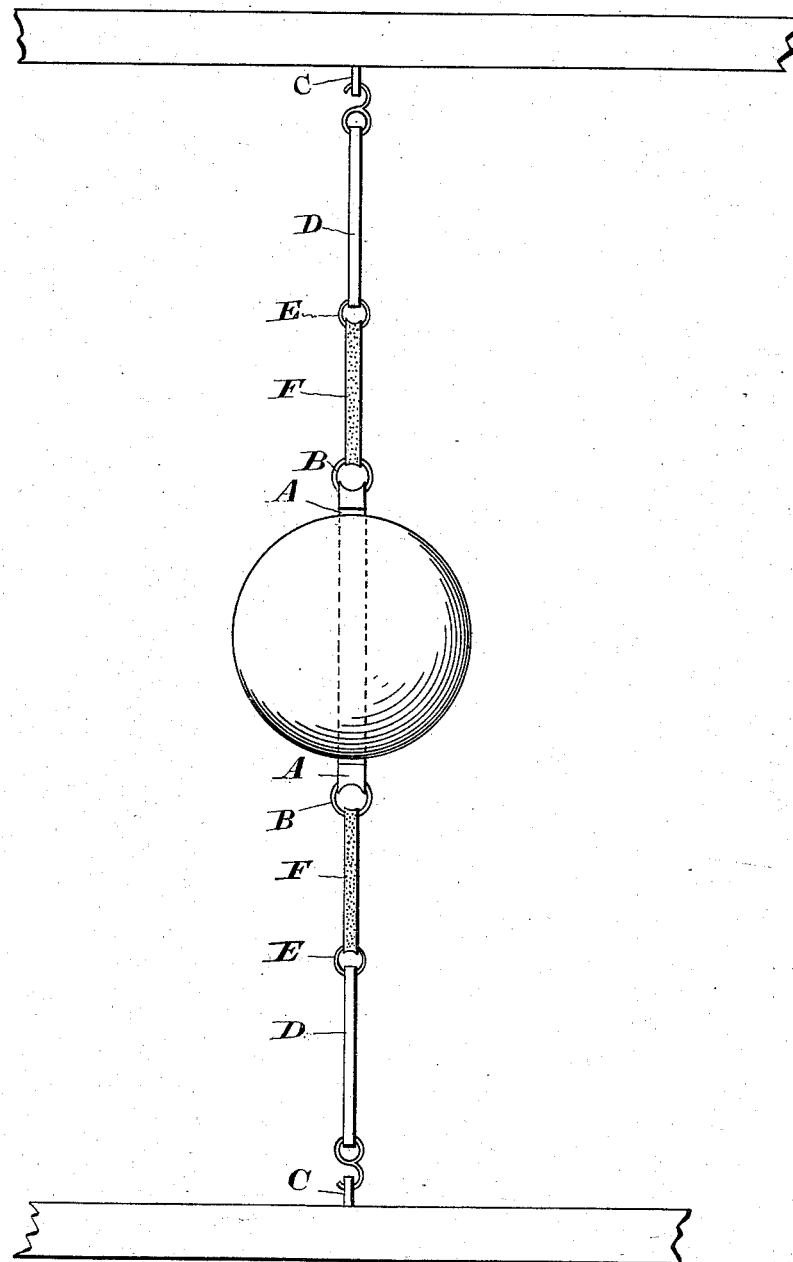
(No Model.)

H. B. COOK.

EXERCISING BALL FOR ATHLETES OR GYMNASTS.

No. 264,931.

Patented Sept. 26, 1882.



WITNESSES.

Wilbur Bradford
George Derby

INVENTOR.

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UNITED STATES PATENT OFFICE.

HIRAM B. COOK, OF SAN FRANCISCO, CALIFORNIA.

EXERCISING-BALL FOR ATHLETES OR GYMNASTS.

SPECIFICATION forming part of Letters Patent No. 264,931, dated September 26, 1882.

Application filed July 31, 1882. (No model.)

To all whom it may concern:

Be it known that I, HIRAM B. COOK, a citizen of the United States, residing at San Francisco, in the county of San Francisco and State of California, have invented a certain new and useful Improvement in Exercising-Balls for Athletes or Gymnasts, of which the following is a specification.

Heretofore exercising balls or bags for athletes or gymnasts have been suspended by a cord or strap attached to the ceiling or wall of a room, and connected to the upper end of the sphere or ball only, which causes the ball, when struck, to vibrate and play in all directions, necessitating the player to follow it up in its gyrations, which renders the blow given to it uncertain and the exercise wearisome at best. Hence the object of my invention is to provide a means whereby the ball, when struck, is caused to immediately resume its original or vertical position again, whether the blows are given slowly or in a quick and rapid succession, and thus render the exercise less wearisome and of greater benefit to the player. I accomplish this object by the means illustrated in the accompanying drawing, which represents in front elevation a view of my improved striking-ball when in position.

I construct my ball much in the usual way, although the suspensory strap A passes through its vertical center, and to the ends thereof I attach the holding-rings B B. In the floor of an apartment and the ceiling or in the threshold of a door and the cross-piece or frame of the door I drive staples or rings C C, to which are connected cords or strips D D, which are provided at their outer ends with rings or hooks E E, and between these last-mentioned hooks or rings and the hooks or rings connected to the ends of the straps which pass through the ball I attach the elastic or flexible bands F F, which are made of india-rubber or other flexible material, and thus the ball is suspended in a vertical position between two flexible bands or springs, as shown, from opposite points or poles.

For convenience in changing or substituting one ball for another of a different size, and also to remove the ball out of the way when not in use, the suspending-rings may be open or slotted; or the ordinary snap-hooks may be employed in place of these hooks. It should here be observed that by this means of suspending and staying or anchoring the bag or ball not only will it always remain in a vertical position, but it can be operated in a very small space—as, for instance, in an ordinary doorway—and light or hard, slow or rapid, blows may be given to it, rendering it equally useful to the feeble as well as to more robust persons. It will not jar the muscles, and by its use the eye is quickly trained to strike it at every rebound. The lungs are also benefited as thoroughly as in running at a high rate of speed, and it is invaluable for muscular development and good respiration without soreness or exhaustion to the player.

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

1. An exercising-ball suspended and anchored at opposite poles or axial points, and provided with flexible sustaining-straps constructed, arranged, and operating substantially in the manner as herein set forth and specified.

2. The exercising-ball herein described, having a suspensory strap passing through it axially, to the ends of which are attached elastic or flexible sustaining-bands, whereby the said ball is held in position between two fixed points, substantially in the manner and for the purpose herein set forth and specified.

In testimony that I claim the foregoing I have hereunto set my hand and seal this 19th day of July, 1882.

HIRAM B. COOK. [L. S.]

Witnesses:

C. W. M. SMITH,
CHAS. E. KELLY.