

SIMON D. KEHOE.

Improvement in Striking Bags.

No. 124,588.

Patented March 12, 1872.

Fig. 1.

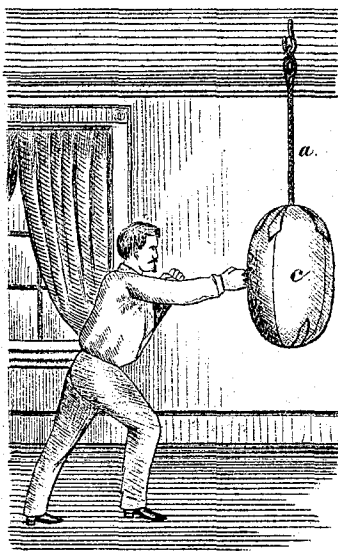
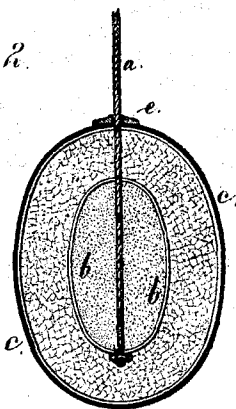


Fig. 2.



Witnesses,

Chas. H. Smith

Geo. W. Maeder

Inventor

Simon D. Kehoe,  
Lemuel W. Perrell atty

# UNITED STATES PATENT OFFICE.

SIMON D. KEHOE, OF BROOKLYN, NEW YORK.

## IMPROVEMENT IN STRIKING-BAGS.

Specification forming part of Letters Patent No. 124,588, dated March 12, 1872.

*To all whom it may concern:*

Be it known that I, SIMON D. KEHOE, of Brooklyn, in the county of Kings and State of New York, have invented an Improvement in Striking-Bags, and the following is declared to be a correct description of the same.

This bag is employed in exercising the arms and body, and is suspended and struck at with the fists and run against with the head, as a means for strengthening the hands, arms, chest, and neck.

A sack has heretofore been used in exercise of this character, but in consequence of the shape and material employed was liable to injure the person's knuckles, or become flattened on the sides, and not of uniform elasticity.

My improved bag is made in the form of a prolate spheroid, with a bag of sand in the middle, surrounded with elastic material, such as prepared sponge, and an outer covering of canvas and leather, the latter forming the surface and protecting the knuckles from injury, while the spheroidal character of the bag causes it to be of uniform elasticity and prevents the risk of its becoming flattened.

In the drawing, Figure 1 is a view of the bag suspended for use, and Fig. 2 is a vertical section of said bag.

The suspending-rope *a* is made with a bag, *b*, around its lower end containing sand; this

is to be of greater or less size, according to the weight required. The covering *c* is preferably made of canvas, with a soft leather exterior surface. This is to be cut out in sections and sewed together in the form of a prolate spheroid, and the space between the covering *c* and sand-bag *b* is stuffed uniformly with prepared sponge or similar material, so as to make the bag of uniform elasticity; and in consequence of the bag being of a prolate spheroidal shape, it will revolve freely upon its axis. The suspending-rope and the surface of the bag being equidistant from the axis, is uniform in its resistance to the blow from the fist, and much better adapted to the purposes of exercise than the striking-bags heretofore made. A metal plate may be attached to the bag, as at *e*, for the rope *a* to pass through, and prevent wear of the covering *c* by the rope at this part.

I claim as my invention—

The prolate spheroidal striking-bag, made with sponge or similar elastic material stuffed uniformly between the covering and the interior sand-bag, as specified.

Signed by me this 29th day of January, 1872.  
SIMON D. KEHOE.

Witnesses:

GEO. T. PINCKNEY,  
CHAS. H. SMITH.