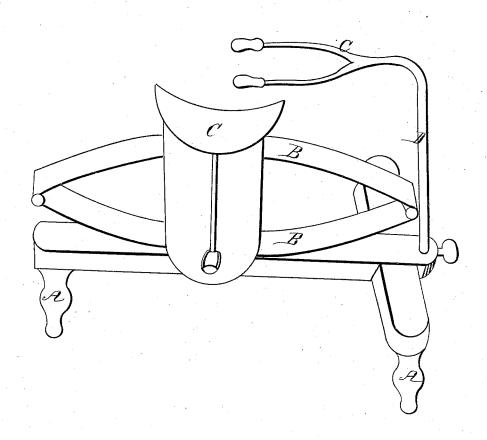
I Elliott,

Exercising Machine.

Nº 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

10 ful 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 15 body.

To enable others to use it, and to judge its utility I proceed to describe its construc-

tion and operation.

The spring horse consists of a frame sup20 ported 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
25 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
30 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 35 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 40 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 ap- 45 paratus 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 50 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 55

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.