



Spencer, Heath & George Ltd Exercise Bike  
Spencer, Heath & George Ltd.,

Sold



## Description

### Vintage Exercise Bicycle.

This early 20th century exercise bike is in full working order. The cast iron fly wheel can be adjusted by a canvas tensioning belt. Each full rotation of the wooden disk in view of the cyclist indicates a quarter of a mile. The handle bars are height adjustable as is the sprung saddle. The whole bike is secured onto a polished pine board that has the remains of a Spencer, Heath & George Ltd. trade label.

(The cycling distance is measured by the rotation of the flywheel which is connected to a sprocket that turns a worm wheel which turns a bar with a small wheel that is connected by a rope to the large wooden disk).

It is known that Spencer, Heath & George Ltd., Gymnasium Outfitters, Goswell Road, London made these type of exercise bicycles. They were a famous British company who designed, patented and manufactured a range of goods including gymnasium equipment and "medico-mechanical" apparatus, between 1900 and 1950's. They even designed and manufactured exercise equipment for the gymnasium on the Titanic and the Queen Mary.

NOTE: Shipping price P.O.A. Shipping subject to quotation and will be charged separately.