March 24, 1925. 1,530,748

W. U. ALASTALO

PHYSICAL TRAINING DEVICE

Filed Sept. 7, 1923

Fig. 1,

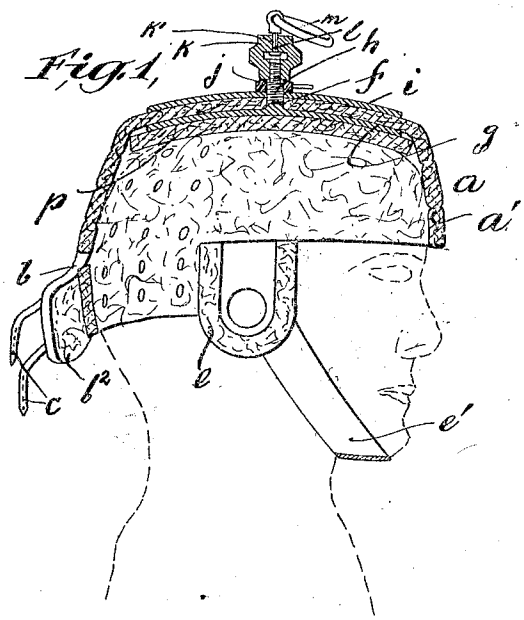


Fig. 2,

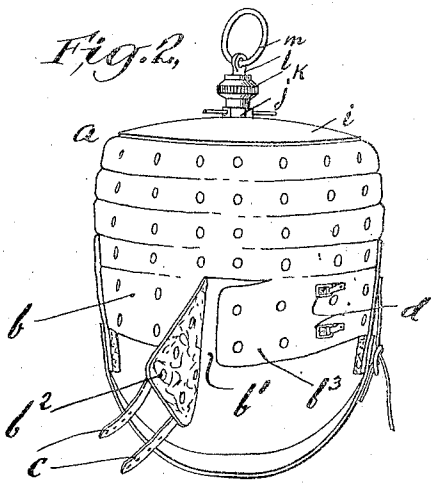


Fig. 3,

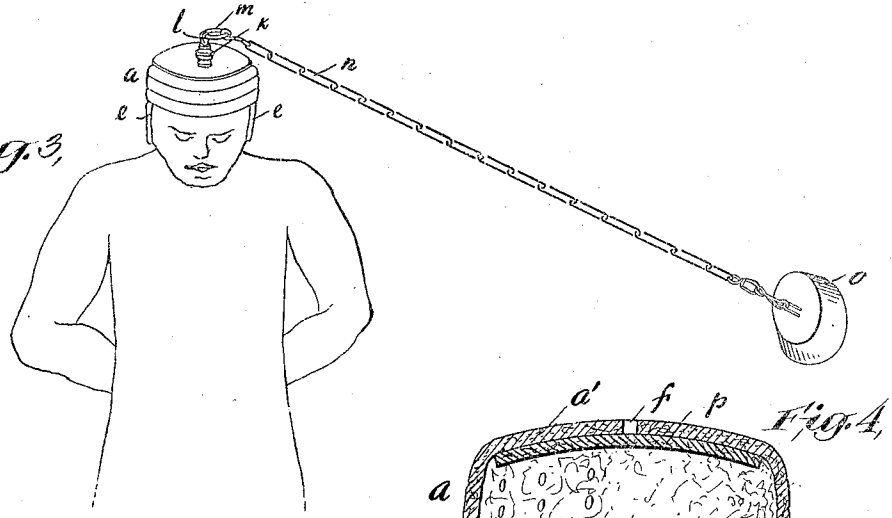
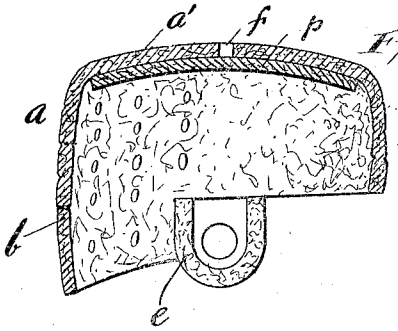


Fig. 4,



INVENTOR

Wilgo U. Alastalo

BY

Mark W. Ordway

ATTORNEY

Patented Mar. 24, 1925. 1,530,748

UNITED STATES PATENT OFFICE.

WILJO U. ALASTALO, OF NEW YORK, N. Y.

PHYSICAL-TRAINING DEVICE.

Application filed September 7, 1923. Serial No. 661,453.

To all whom it may concern:

Be it known that I, WILJO U. ALASTALO, a citizen of Finland, residing at New York, in the county of New York and State of New York, have invented certain new and useful Improvements in Physical-Training Devices, of which the following is a specification.

The present invention relates to outfits for physical training and particularly to caps to be used for the development of the different muscles of the head, neck and face.

For the development of these muscles, the user has to perform certain exercises with his head, for instance, while resting on the floor head down or in standing position with weights suspended from his head.

The object of this invention is to provide a cap, which can be interchangeably used as a cushion for the head in the first instance and to carry a weight in the second instance.

Another object of the invention is to provide a cap construction, which will fit different sizes of heads, so that one and the same cap may be used by different members of a family.

My invention will be fully understood by reference to the accompanying drawing in which similar characters denote corresponding parts and Fig. 1 is a vertical section of my cap; Fig. 2 is a rear elevation thereof; Fig. 3 illustrates the use of said cap as a weight suspension means and Fig. 4 is a vertical section of the cap with the suspension device removed to serve as a cushion.

The cap a is substantially in shape of a football player's or aviator's cap, and is made of leather with a soft lining a' of absorbent cotton or the like. The rear part of the cap is extended downwardly and so shaped as to form a hood b, which is adapted to snugly envelop the rear part of the head. This hood is, like the rest of cap, made with a soft or cushioning lining of cotton or the like. For the purposes of adjustment, this hood is cut out, as at b', and formed at the sides of the recess with transversely extended flaps b^2, b^2 adapted, when the cap is applied to the head, to overlap one another and be tightened by means of straps c projecting from one of the flaps and engaging buckles d fixed to the other flap. Projecting from the sides of the cap, are ear flaps e, to one of which is fixed a band e' adapted to fit around the head below the chin and to be tightened to the other ear flap.

In the top of the cap, a central hole f is provided for the purpose of the attachment of the weight suspension means. The latter comprise a metal plate g of substantially circular shape to fit on the inner face of the top of the crown. This plate is formed with a screw bolt h fixed thereto and adapted to project outwardly through the hole f. Adapted to rest on the outer face of the cap, is a second metal plate i, which is formed with a central hole through which the bolt h is adapted to pass freely. These two plates, when applied to the cap, are adapted to be tightened by a nut j working on the bolt h. Screwing on the bolt h is also a boss k the top of which is formed with a socket k' in which is supported by means of a swivel joint l a ring m serving for the attachment of a chain n to carry the weight o (Fig. 3). p denotes a soft pad to be placed loosely into the cap to protect the head against the metal plate g or to serve as an additional cushion, when exercising head down. For exercises with the weight, the suspension means therefor are first fastened to the cap and then the latter is tightened to the head in the aforedescribed manner. The swivel joint permits the user to swing his head in different directions without slackening the boss.

When exercises head down are to be carried out, the weight suspension means are removed, so that the cap, when applied to the head, serves merely as a cushion.

What I claim is:—

1. In a physical training device, a cushioned cap formed at its rear with a downward extension forming a hood adapted to envelop the rear part of the head, said hood being cut out and formed with transversely extending flaps capable of overlapping one another and of being tightened together, means for fastening said cap to the head of the user, and removable means on top of said cap for the attachment of a weight.

2. In a physical training device, a cap

comprising two rigid members adapted to reinforceably embrace between themselves the top of the cap and capable of being tightened together, a swivel joint on the outer one of said members and means carried by said swivel joint for the attachment of a weight.

In testimony whereof I affix my signature in presence of two witnesses.

WILJO U. ALASTALO.

Witnesses:
MAX D. ORDMANN,
JOSEPH T. MCMAHON.