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A. E. BURNETT

GYMNASIUM APPARATUS

Filed Jan. 17, 1924

Fig. 1.

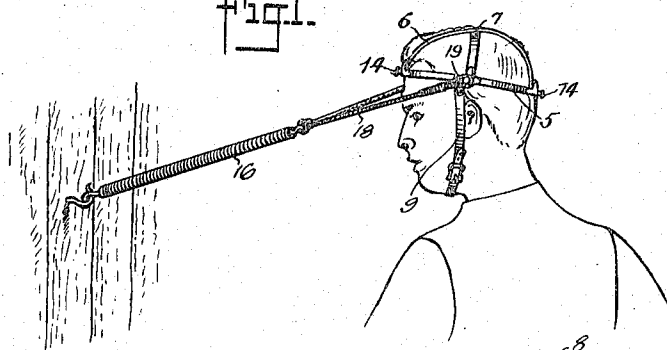


Fig. 2.

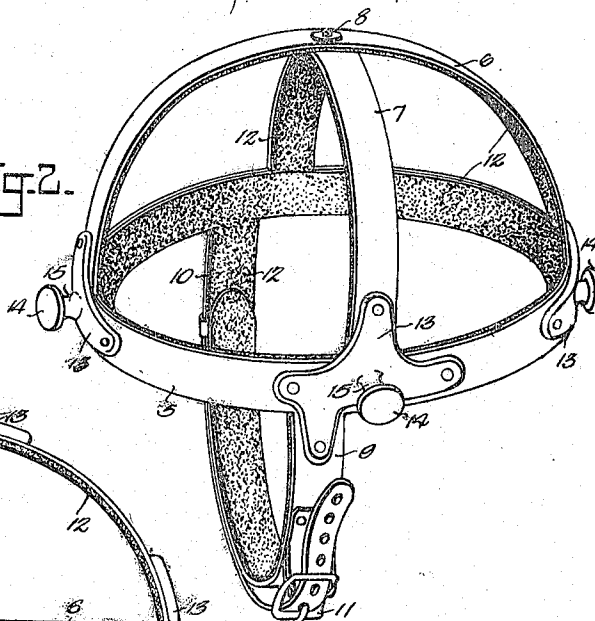


Fig. 3.

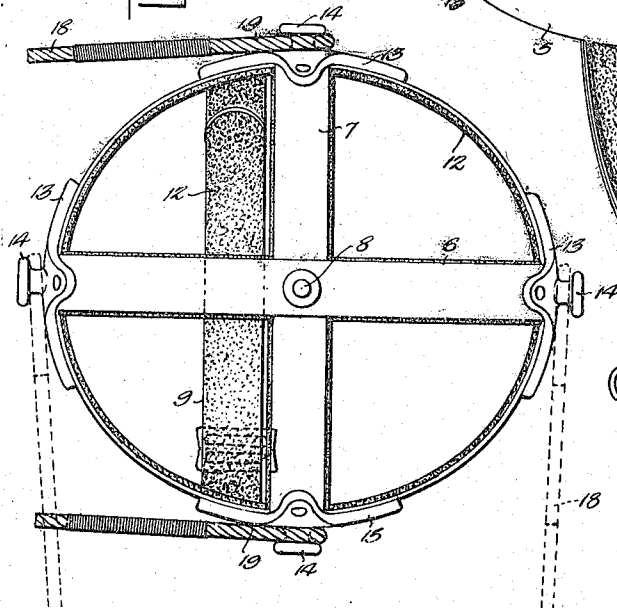
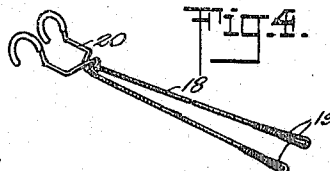


Fig. 4.



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GYMNASIUM APPARATUS.

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To all whom it may concern:

Be it known that I, ALFRED E. BURNETT, a citizen of the United States, and a resident of the city of New York, borough of Brooklyn, in the county of Kings and State of New York, have invented a new and Improved Gymnasium Apparatus, of which the following is a full, clear, and exact description.

10 This invention relates to improvements in gymnasium apparatus, and has particular reference to a device utilized primarily for the development of the neck muscles.

15 An object of the invention is to provide an improved device of simple and inexpensive construction capable of being attached to the head of a user and connected to a resistance member in such manner that the neck may be exercised by the swinging of the head both forwardly and backwardly and sidewise over the shoulders.

20 The above and other objects will appear more clearly from the following detailed description when taken in connection with the accompanying drawing, which illustrates preferred embodiments of the inventive idea.

In the drawing—

30 Figure 1 is a side elevation of one form of the invention showing its application;

Figure 2 is a perspective view of the headgear forming a part of the apparatus;

35 Figure 3 is a top plan view showing in full and dotted lines the manner of attaching the tensioning device to the headgear so as to enable the user to swing the head both forwardly and backwardly and sidewise over the shoulders; and

40 Figure 4 is a perspective view of a different form of attaching means to be utilized in connection with pulley weights or other similar apparatus.

Referring more particularly to the accompanying drawing, the headgear forming a part of the device and which is made principally of leather, is shown as comprising an annular band 5 which encircles the head and to which is secured in any preferred manner at diametrically opposite points the head straps 6 and 7 arranged transversely with respect to each other and secured at crossing points by a rivet or other fastener 8. Formed integrally with the band 5 at points adjacent the points of attachment of the strap 7 to the band 5 and forwardly thereof are the chin straps 9 and 10,

which may be secured together in various adjusted positions by means of a buckle 11. As is clearly shown in Figure 1, the straps 9 depend from the band 5 at an acute angle relative to the rear portion of said band so that when the headgear is placed upon the head by a downward pull upon the straps 9 the band 5 will assume the angular position on the head as shown in said figure with the rear portion of the band at or slightly below the promontory of the occipital bone. By thus positioning the headgear it will be apparent that any tendency of the band slipping off the head, especially when moving the head forwards, is reduced to a minimum. The band 5 and straps 6, 7, 9 and 10 are preferably lined interiorly with layers of felt 12 or other soft material which is utilized as a protection to the user.

75 At each point of attachment of the straps 6 and 7 with the band 5 said band and adjacent portions of said straps have secured thereto the plates 13 each of which is provided with a projection in the form of a stud having a head 14 and shank 15. These studs are utilized in pairs, the studs adjacent the ends of the strap 6 forming one pair while those at the ends of the strap 7 form the other pair.

85 Referring to Figure 1 the resistance element used in connection with the device is here shown as consisting of a coil spring 16 of suitable tension, one end of which may be connected to a hook 17 secured in a wall, while the other end has connected thereto in any preferred manner the intermediate portion of a flexible attaching element 18, the ends of which are formed with loops 19 loosely engageable over either pair of studs 14 so as to permit of a free swinging movement of the head and avoid any binding action at the points of connection to the attaching element.

95 As shown in Figure 4 the attaching member 18 may be connected, in the same manner as described in connection with Figure 1, to a hook 20 which may be utilized to connect the device to other tensioning means, such as a set of pulley weights or the like.

105 In practice, when it is desired to exercise the muscles of the neck by swinging the head forwardly and backwardly the loops 19 are engaged over the pair of studs 14 fixed to the headgear adjacent the ends of the strap 7. The user, by then directly facing the point of attachment of the head-

gear with the tensioning device will be enabled to swing the head in the direction indicated. Then by connecting the attaching element 18 to the other pair of studs 5 14 at the ends of the strap 6, as indicated in dotted lines in Figure 3, and turning the body at right angles to the first-named position the head may be swung sidewise over the shoulders.

10 What is claimed is:

1. An exercising apparatus including a headgear, a plurality of attaching members carried by said headgear and arranged in pairs, the members of each pair being located at oppositely disposed points on said 15 headgear, and an attaching element capable of being connected to a tensioning device and having means for connection to the attaching members of each of said pairs.

20 2. An exercising apparatus including a headgear, a plurality of studs carried by said headgear and arranged in pairs, the studs of each pair being arranged at oppositely disposed points on the headgear, and 25 an attaching element capable of connection to a tensioning device and having loops loosely engageable over the studs of each pair to permit of a free oscillatory movement of said studs in said loops.

30 3. An exercising apparatus including a

headgear having an annular band, a pair of head straps arranged in transverse planes and each having their ends secured to said band at oppositely disposed points, a chin strap secured to said band, a pair of plates 35 connected to said band and to the ends of each of said head straps, each plate having a stud, and a flexible attaching element having its intermediate portion capable of attachment to a tensioning device and its ends 40 formed with loops loosely engageable over pairs of said studs.

4. An exercising device comprising a headgear including an annular band capable of encircling the head and having depend- 45 ing therefrom chin straps arranged at such an angle to the band that a downward pull upon the straps, when placing the headgear in position upon the head, will cause said band to assume a position upon the head at 50 an angle to the horizontal with the rear portion of the band engaging the promontory of the occipital bone, a plurality of attaching members carried by said headgear and arranged in pairs with the members of each 55 pair located at oppositely disposed points, and an attaching element capable of being connected to a tensioning device and to the attaching members of each of said pairs.

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