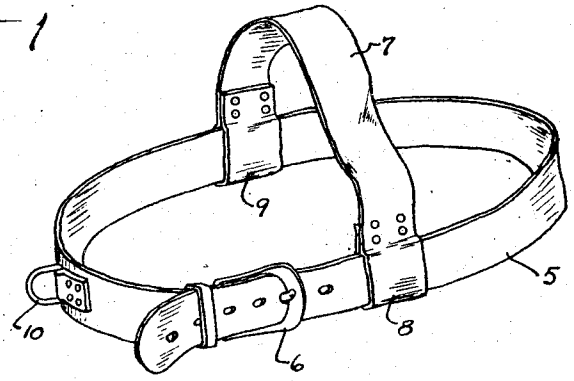
June 23, 1925. 1,543,346

H. W. TITUS

HEADGEAR FOR EXERCISERS

Filed Oct. 29, 1923

Fig 1



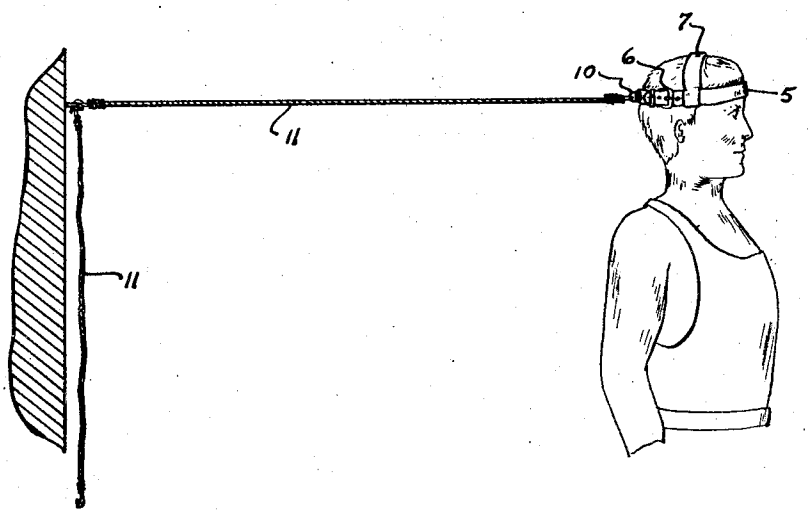


Fig 2

INVENTOR
Henry W. Titus
BY
Arthur Phelps Mann
ATTORNEY

Patented June 23, 1925. 1,543,346

UNITED STATES PATENT OFFICE.

HENRY W. TITUS, OF NEW YORK, N. Y.

HEADGEAR FOR EXERCISERS.

Application filed October 29, 1923. Serial No. 671,401.

To all whom it may concern:

Be it known that I, HENRY W. TITUS, a citizen of the United States, and resident of the borough of Manhattan, city, county and State of New York, have invented certain new and useful Improvements in Headgears for Exercisers, of which the following is the specification.

The device, the subject of this invention consists of a head gear, to which may be attached an exerciser, for the purpose of developing the neck.

The objects of the invention are to produce a head gear, adjustable for all sizes and one wherein the connecting member or loop may always be centered at the point desired.

The following is what I consider the best means of carrying out this invention and the acccompanying drawing should be referred to for a complete understanding of the specification which follows.

In the drawing:

Fig. 1, is a perspective view of my head gear.

Fig. 2, is a view in elevation, showing the device in use.

Similar reference numerals indicate like parts in all the figures where they appear.

Progressive exercisers have been designed and constructed for the development of practically all parts of the body, with the exception possibly, of the neck. This is probably due to the fact that only recently, has the importance of neck exercises been given careful consideration and recently, statements have been made that the development of the neck is of utmost importance, for in its development and the exercises necessary therefor, the spinal column is adjusted and the upper vertabrae more accurately aligned.

It may be taken almost as a fact that nervous diseases and headaches emanate from mal-adjustment of that portion of the spinal column, passing through the neck and upper shoulders and chiropractors and similar mechano-therapeutists spend much time in so termed, neck adjustment.

As a student and teacher of physical culture, I have, after due consideration, provided means for exercising the neck and upper shoulder muscles, which means, forms the basis of this application and at 5 in Fig. 1, I show a strap member, which may be formed of leather or non-elastic webbing or other suitable material and which is intended to be fitted to the head.

It is not necessary that this strap fit the head tight, though it should be adjusted, so that free movement cannot take place, as such free movement might cause chaffing during the exercise.

For the purpose of adjustment, I provide a buckle 6, which may be of any usual type and upon the strap 5, I arrange a strap 7, which I term a crown strap and which is adapted to pass over the head and which is, by means of loops 8 and 9 freely adjustable upon the strap 5.

Secured to the strap 5 and in a convenient but firm manner is a metallic loop member 10, to which a resilient member will be secured. The resilient member as shown at 11 may be a coiled spring or an elastic cord or it may be a rope from a weight exerciser of a common type.

If resilient members, such as springs or elastic cable are used, one or more strands may be secured to the loop 10, as the muscles of the neck increase in strength, thus the device becomes a progressive exerciser for the neck and upper shoulder muscles, the tension of which may be varied at will.

If a webbing is employed, a flat bar buckle, without tongue may be used. The width of the members 5 and 7 and the length of these members may be varied at will and other modifications may be made within the scope of the appended claim, without departing from the principle or sacrificing the advantages of the invention.

Having carefully and fully described my invention, what I claim and desire to obtain is:—

A head gear for exercisers comprising a head band having a buckle therein and a loop secured thereto and a second band having a plurality of loops upon said first mentioned band said loops being formed one at each end of said second band and both said loops being adjustable on said first band.

Signed at the city, county and State of New York, this 15 day of October, 1923.

HENRY W. TITUS.