

- [54] **HEAD WEIGHT AND METHOD OF USE**
[76] Inventor: **Elmer L. Tarbox**, P.O. Box 5426,
Lubbock, Tex. 79408
[22] Filed: **Sept. 23, 1971**
[21] Appl. No.: **183,160**
[52] U.S. Cl. **272/57 R, 273/DIG. 17, 2/3 R,**
128/97
[51] Int. Cl. **A63b 23/00**
[58] Field of Search **2/3 R, 6, 171.2, 9, 185 R;**
272/57 R, 57 D, 80, 67, 81; 273/DIG. 17;
128/76, 97

1,616,187	2/1927	Hart.....	2/6
1,691,202	11/1928	La Van.....	2/6
1,705,879	3/1929	Rodgers.....	2/6
1,759,738	5/1930	Erario.....	2/9
1,887,636	11/1932	Hamby.....	2/3 R
2,871,484	2/1959	Finken.....	2/6 X
3,124,353	3/1964	Sharkey.....	272/80
3,594,815	7/1971	Reese.....	2/3 R
3,613,294	10/1971	Graham.....	273/DIG. 17

Primary Examiner—Richard C. Pinkham
Assistant Examiner—Richard J. Apley
Attorney, Agent, or Firm—Wendell Coffee

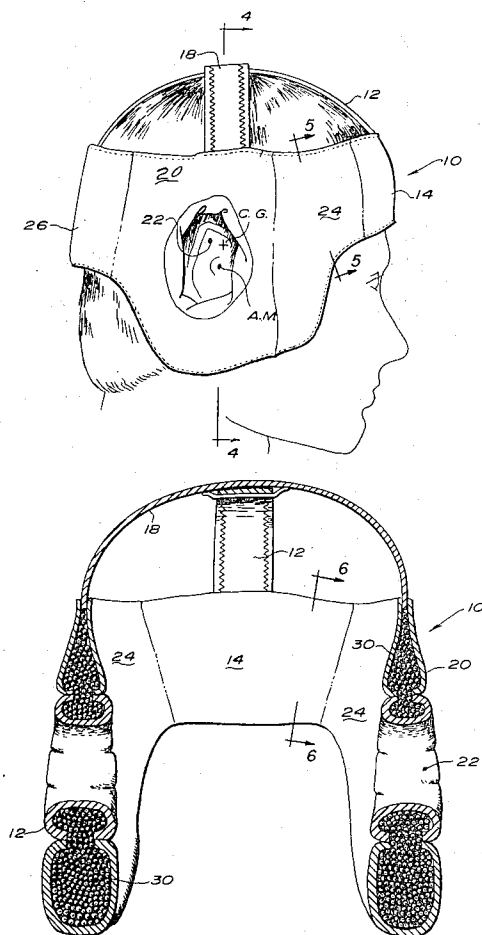
[56] **References Cited**
UNITED STATES PATENTS

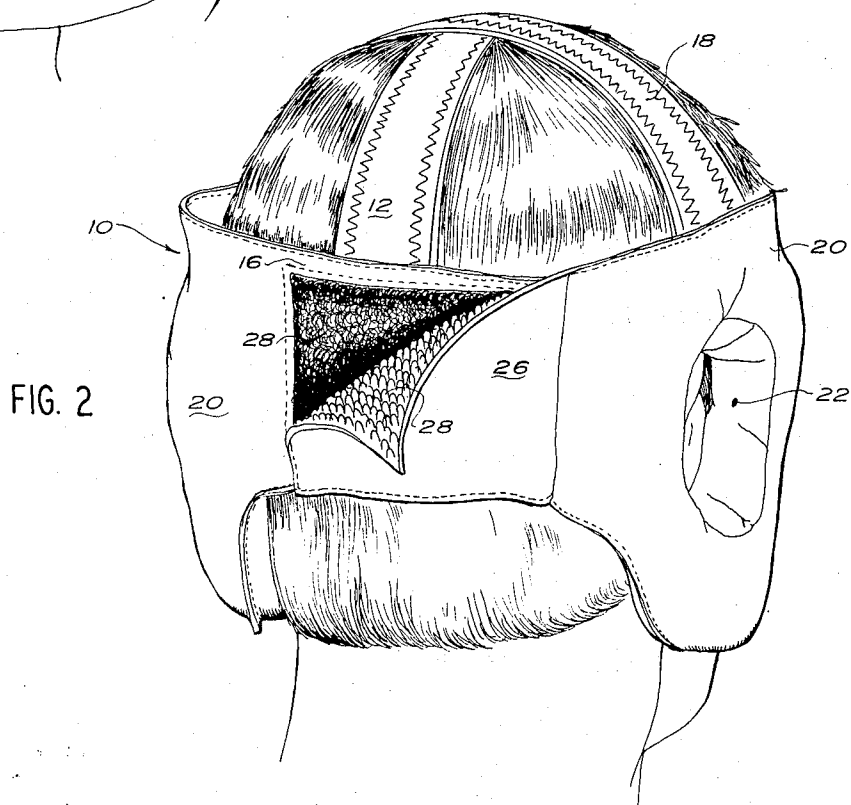
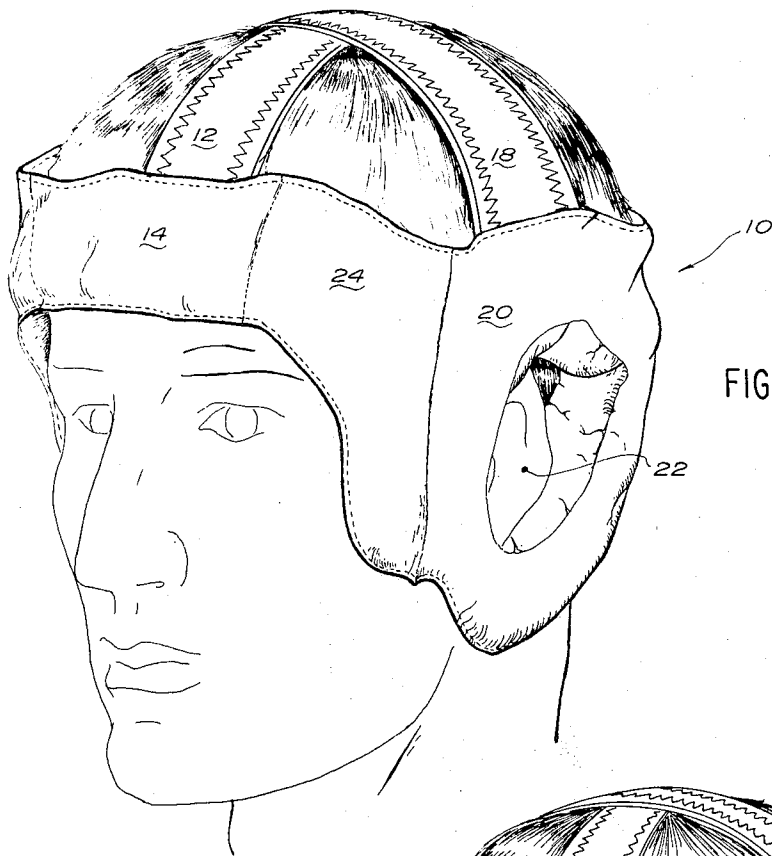
500,686	7/1893	Corker.....	272/57 R
1,456,524	5/1923	Waldron.....	2/6
1,514,516	11/1924	Golomb.....	2/9
1,517,886	12/1924	Austin.....	2/9
1,530,748	3/1925	Alastalo.....	272/57 R

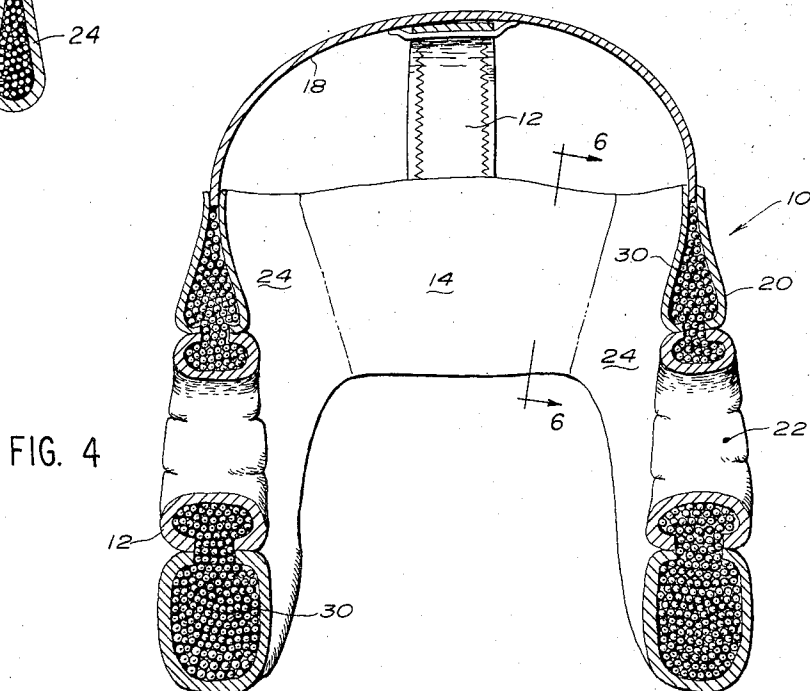
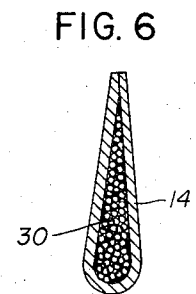
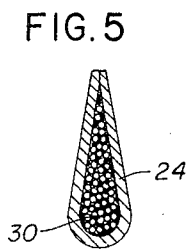
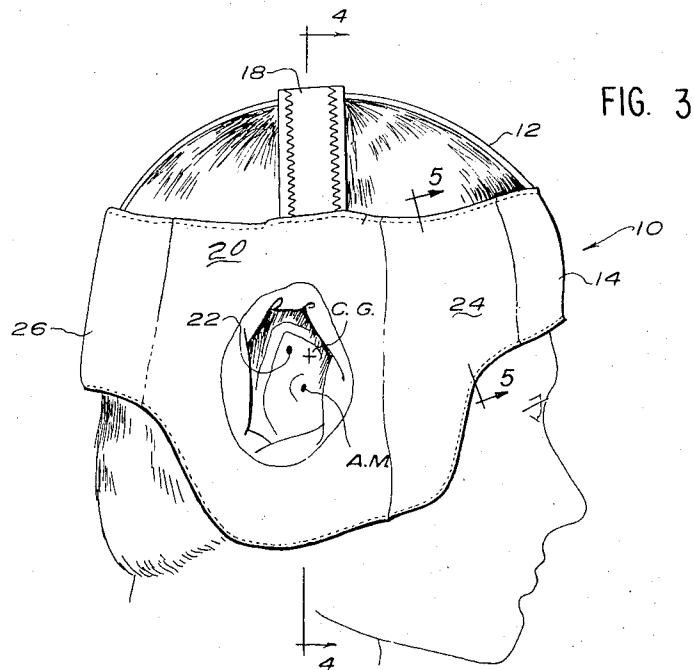
[57] **ABSTRACT**

A weighted head band is worn by an athlete to strengthen the neck muscles. The band is made of fabric, filled with shot and supported by medial and transverse straps over the top of the head. The band weighs between eight and twelve pounds and the weight is concentrated about the ears of the athlete.

6 Claims, 6 Drawing Figures







HEAD WEIGHT AND METHOD OF USE

BACKGROUND OF THE INVENTION

1. Field of the Invention

This invention relates to athletic equipment and more particularly to a weighted band to be worn upon the head.

2. Description of the Prior Art

Previously it has been suggested that athletes wear weighted bands upon their ankles or their wrists to strengthen their muscles as they exercise. Also, it has been suggested that they wear weighted belts and weighted vests.

SUMMARY OF THE INVENTION

New and Different Function

With the advent of modern contact sports, such as football, the development of the neck muscles has become more important. At the present time in football, ramming opposing players with the head is becoming common practice. This practice puts particular strain upon the neck of the players; therefore, it is desirable to strengthen the neck muscles of the players.

I have invented a head weight to be worn by the athlete. The weight is provided by lead shot particularly concentrated to either side; therefore, the additional weight and the additional strength required when the head is tilted from one side to the other strengthens the neck muscles.

Objects of the Invention

An object of this invention is to provide a head weight for an athlete.

Another object is to make a head weight which is comfortable to wear and which strengthens the muscles of the neck of the athlete.

Further objects are to achieve the above with a device that is sturdy, compact, durable, simple, safe, efficient, versatile, and reliable, yet inexpensive and easy to manufacture, adjust, and maintain.

Still further objects are to achieve the above with a method that is safe, versatile, rapid, efficient, and inexpensive, and does not require skilled people to adjust and maintain.

The specific nature of the invention, as well as other objects, uses, and advantages thereof, will clearly appear from the following description and from the accompanying drawing, the different views of which are not necessarily to the same scale.

BRIEF DESCRIPTION OF THE DRAWING

FIG. 1 is a front perspective view of my invention shown in use upon the head of an athlete.

FIG. 2 is a rear perspective view of the device as worn, showing the rear fastener partially loose.

FIG. 3 is a side elevational view of the head weight upon the head of an athlete.

FIG. 4 is a sectional view of the device taken substantially on line 4—4 of FIG. 3.

FIG. 5 is a sectional view of the device taken along line 5—5 of FIG. 3.

FIG. 6 is a sectional view of the device taken along line 6—6 of FIG. 4.

DESCRIPTION OF THE PREFERRED EMBODIMENT

As illustrated, the device is basically in the form of band 10 which encircles the upper portion of the head of the wearer. The band 10 is supported by median strap 12 which extends from the front panel 14 of the band 10 to the back inside panel 16. The band 10 is also supported by traverse strap 18 which extends from the top of one ear panel 20 to the top of the opposite ear panel. The median strap 12 and traverse strap 18 cross at the center of the head, i.e., above a line connecting the auditory meatus.

The front panel 14 of the band 10 is a rather narrow panel which is worn at the forehead above the eyes of the wearer. The ear panels 20 are wider panels which extend both above the ear of the wearer and below the ear of the wearer. They have an auditory opening 22 over the ear of the wearer for the comfort of the wearer and, also, so his hearing is not impaired. The front panel 14 is connected to the ear panel 20 by front quarter panel 24 which is somewhat of triangular shape. I.e., where the front quarter panel 24 connects to the front panel 14, it is rather narrow and about the same width as that panel and where it connects to the ear panel 20 is about the same width as the ear panel.

The back inside panel 16 is connected to the rear of one ear panel 20 and the back outside panel 26 is connected to the rear of the other ear panel 20. The width of the two back panels 16 and 26 are the same and they are of intermediate width. I.e., they are wider than the front panel 14, but not as wide as the ear panels 20. The bottom edge of the back panels 16 and 26 will be at about the level of the auditory meatus. The outside surface of the inside panel 16 and the inside surface of the outside panel 26 are covered with attaching material 28 such as Velcro. In this way the circumference of the band 10 may be adjusted to the size of the head of the wearer; thus, the band 10 is fitted snugly to the head of the wearer. The back panels 16 and 26 are not weighted.

The front panel 14, front quarter panels 24, and ear panels 20, are filled with lead shot 30. The main concentration of lead shot is in the two ear panels 20.

The total weight of the head band is about 10 pounds. Specifically, I prefer to make three separate weights: 8 pounds, 10 pounds, and 12 pounds. The 8 pound weight is recommended for people weighing about 165–185; the 10-pound, about 185–210 pounds; and the 12-pound weight for people weighing over 210 pounds. The recommended head weight is about 5 percent of the total weight of the athlete.

The center of gravity (C.G.) of the head band 10 is slightly higher than the auditory meatus (A.M.) and vertically aligned with the auditory meatus when in use as illustrated in FIG. 3. Specifically, with the 10-pound device on an average head, the center of gravity would be about 2 to 2½ centimeters (about 1 inch) above the line connecting the auditory meatus. However, with the lighter weight, the center of gravity will be slightly lower on the head and the heavier weight will be slightly higher. Thus, the center of gravity will be vertically aligned with the auditory meatus and between the level of the auditory meatus and one and one-half inches thereabove.

Therefore, when the athlete wears the head band 10, it exerts additional stress upon the neck muscles which

support the head, thus strengthening the neck muscles. This is particularly true if the band is worn during normal activities when the head is tilted from side to side, i.e., the additional weight places additional strain upon the neck muscles when the head is tilted, thereby strengthening the muscles. When the head is tilted, the band 10 partially bears against the head of the wearer below the ears. The band may be in the form of a helmet liner.

The band 10 is made of two-ply flexible, pliable fabric. The fabric of the band 10 can be of any convenient material such as canvas or leather or a combination of different materials. I prefer to use synthetic materials (such as those commonly called vynal) because they have the required strength, flexibility and pliability and, also, they are readily available in uniform quality.

The embodiment shown and described above is only exemplary. I do not claim to have invented all the parts, elements or steps described. Various modifications can be made in the construction, material, arrangement, and operation, and still be within the scope of my invention. The limits of the invention and the bounds of the patent protection are measured by and defined in the following claims. The restrictive description and drawing of the specific example above do not point out what an infringement of this patent would be, but are to enable the reader to make and use the invention.

I claim as my invention:

1. The method of strengthening the neck muscles of an athlete comprising:

- a. wearing a weight on the head by the athlete,
- b. determining the weight of the athlete,
- c. adjusting said weighted band to about five per cent of the weight of the athlete,
- d. concentrating said weighted band mainly about the ears of the athlete, and
- e. supporting the weighted band partially below the ears when the head is tilted.

2. The invention as defined in claim 1 with an addi-

tional limitation of

f. placing the center of gravity of the weighted band

- i. about vertically aligned with the auditory meatus and
- ii. within about 1½ inches thereabove.

3. A head weight device to strengthen the neck muscles comprising:

- a. a band,
- b. adjustment means on the band so that it fits snugly to the head,
- c.
 - (i) a median strap and
 - (ii) a traverse strap
 - (iii) crossing at the center of the head and attached to the band,
- d. the band weighing at least about eight pounds,
- e. an ear panel on each side of said band adapted to extend around the ear when in use,
- f. an opening in each ear panel adapted to be over the ear when in use, and
- g. particulate weighting material in the ear panel, some of which weighting material is below the opening therein and the weight of said band being concentrated in said ear panels.

4. The invention as defined in claim 3 with an additional limitation of

- h. said device having a center of gravity between about the level of the opening in the ear panels.

5. The invention as defined in claim 4 with additional limitations of

- j. said band made of two-ply flexible, pliable fabric,
- k. parts of said band being filled with shot.

6. The invention as defined in claim 5 with an additional limitation of

- m. said adjustment means being at the rear of the band.

* * * * *

40

45

50

55

60

65