(No Model.)

# G. C. EDWARDS.

## EXERCISING APPARATUS.

No. 559,270. Patented Apr. 28, 1896.

Fig. 1

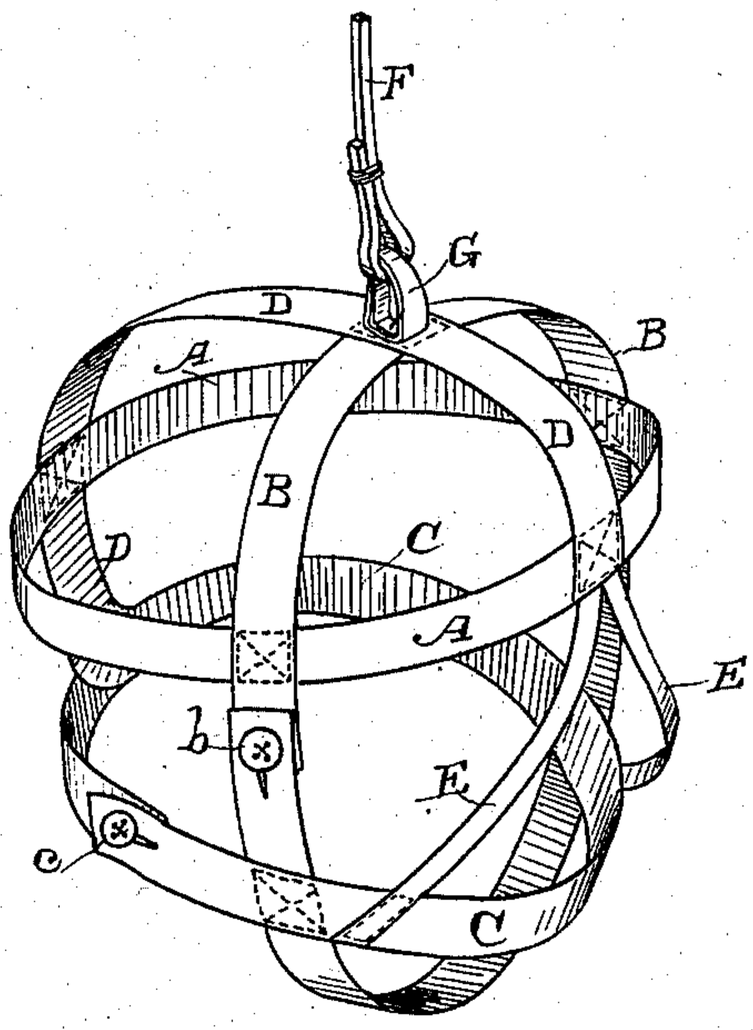
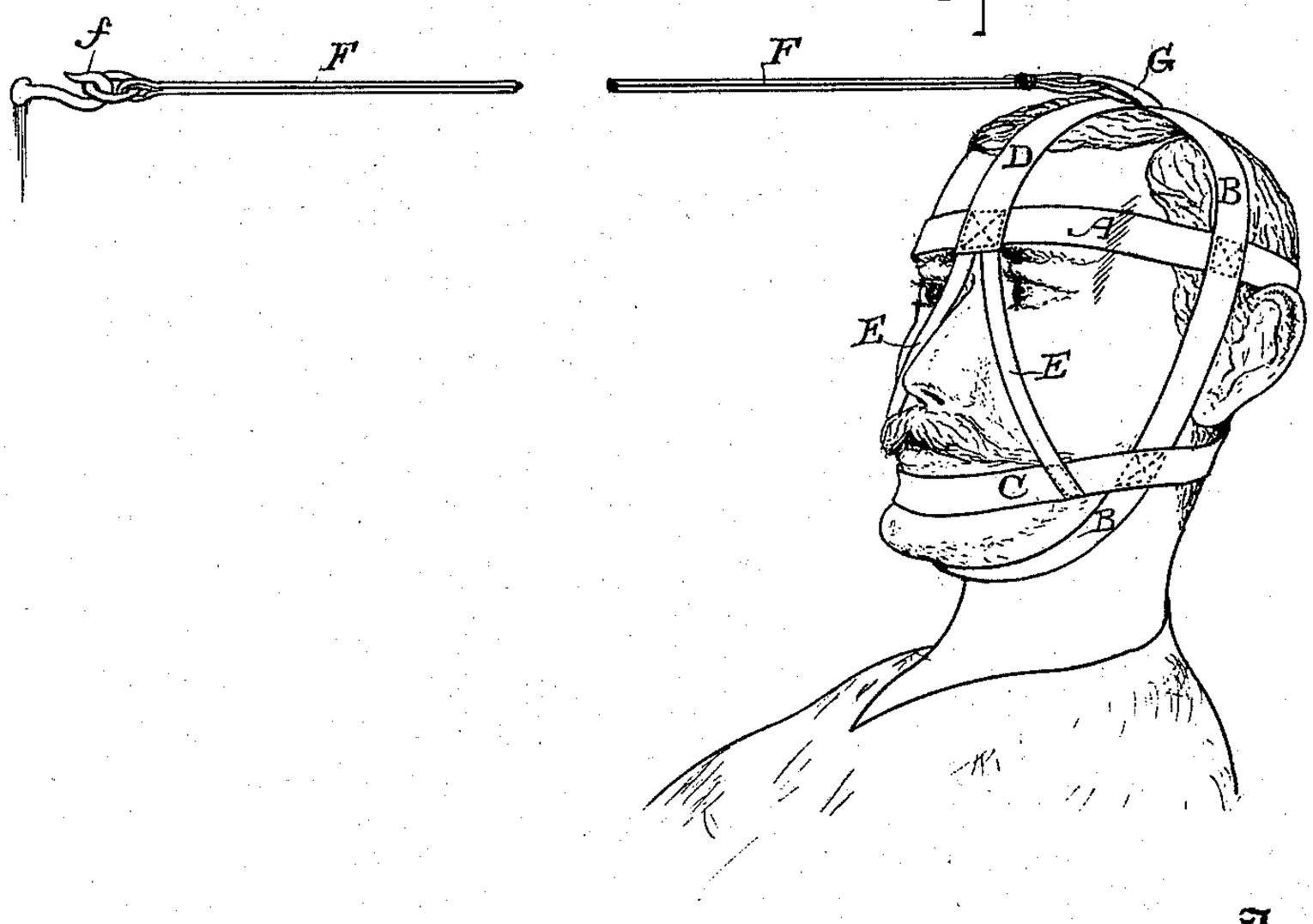



Fig. 2




Witnesses,
L. Thorne
J. A. Bayless

Inventor,
George C. Edwards
By Dewey & Co.
Attys

# UNITED STATES PATENT OFFICE.

GEORGE C. EDWARDS, OF OAKLAND, CALIFORNIA.

## EXERCISING APPARATUS.

SPECIFICATION forming part of Letters Patent No. 559,270, dated April 28, 1896.

Application filed June 10, 1895. Serial No. 552,332. (No model.)

*To all whom it may concern:*

Be it known that I, GEORGE C. EDWARDS, a citizen of the United States, residing in Oakland, Alameda county, State of California, have invented an Improvement in Exercising Apparatus; and I hereby declare the following to be a full, clear, and exact description of the same.

My invention relates to that class of exercising apparatus which involves the use of a suitable headstall or harness adapted to fit the head and connected with a resistant device, such as a weighted cord or an elastic strap, whereby, through the movements of the head, the muscles of the neck particularly are exercised and strengthened.

My invention consists of the parts and the constructions and combinations of parts forming the exercising apparatus which I shall hereinafter fully describe and claim.

The object of my invention is to provide, by reason of the connection with the headstall at the top of the head, for the exercising or movement of the head in every possible direction without danger or liability of disarranging the headstall or harness, and also to provide such a headstall or harness as will remain in firm and perfect position, no matter in what direction the head may be turned in exercising.

Referring to the accompanying drawings for a more complete explanation of my invention, Figure 1 is a perspective view of my exercising apparatus. Fig. 2 is a view showing the apparatus applied and the manner of its use.

A is the upper latitudinal band or strap, which encircles the forehead and the back of the head. B is the side longitudinal band or strap, which passes over the top of the head and down under the chin. C is the lower latitudinal band or strap, which passes around the front of the chin and the back of the neck under the ears. D is the front longitudinal band or strap, passing over the top of the head in the fore-and-aft plane thereof, connected at its back to the back of the band C and at its front having forked extensions E, passing down on each side of the nose and secured at their lower ends to the front of the band C. These several bands are stitched or otherwise secured together at their lines of intersection, and in order to adjust the device to the head and remove it again with facility the band or strap B is severed on one side, and its severed ends are joined together by the button at *b*, and the band or strap C is likewise severed at one side and joined together by the button at *c*. Other suitable fastenings may be used; but I prefer the buttons, as being simple and convenient.

The various straps or bands may be made of any suitable material. At the extreme top of the headstall formed by these bands and at the top of the head of the wearer is the connection with the resistant device. This device may be of any suitable character—as, for example, a weighted cord passing over a pulley, or, as here shown, an elastic band F, which, at *f*, is adapted to be hooked to a stationary frame. The connection of the strap F with the top of the headstall may be of any suitable character—at best a flexible connection, such as is represented by the loop G, whereby the head of the wearer may be turned in every possible direction.

In devices of this class heretofore in use in gymnasiums it has been a difficult matter to keep the headstall upon the head. The usual head-gear is a simple band encircling the forehead, and with the front portion of which the resistant device is connected.

Another form of head-gear is that of two divergent bands at the back of the head and having a double connection—one at each side—with the resistant device, said connection passing on each side of the face.

In the first-named case it is almost impossible to keep the harness upon the head, except under the straightest pulls, and there is no variety in the exercises, it not being possible to turn sidewise nor backward.

In the second-named device, the connection being with the sides, it is only possible to exercise in one direction—namely, with the face directed toward the resistant device—and under all circumstances the exercise is limited to a straight pull, and even the limits of this are circumscribed, as the head cannot be bent very far forward without danger of having the head-gear slip from its place.

The connection of the resistant device, in

my case, with the top of the headstall, at the top of the head, enables the user to turn to every possible position. He can exercise with his face directed toward the resistant device. He can turn around with his back toward it. He can turn with either side of his head toward it or to any intermediate angle, as the central and flexible connection will permit of all these exercises. Again, the direction of the straps, their number, and connections are such that under no circumstances will the headstall or harness become disarranged or tend to slip from place, and the arrangement is such as to receive the strain to the best advantage, no matter in what direction the head is turned.

If the face is directed toward the resistant device, the strain is primarily received on the back of the strap D, but is transferred to and is ultimately received through the strap C by the front of the chin.

Where the face is directed away from the resistant device, the strain is received by the front of the band A and is then transferred to the strap B and is received under the chin.

When the head is turned sidewise, the strain is received by the sides of the strap B, and in all cases the straps are so firmly secured in position that they will not move in the slightest, no matter what may be the extent of the exercises.

With this device the exercises may be taken by throwing forward and back not only the head, but the body also, without any danger of loosening the headstall. In short, the limits of exercise are bounded only by such movement as the whole body is capable of making. In this way not only the muscles of the neck are exercised, but all the other muscles of the body may be brought into play.

Having thus described my invention, what I claim as new, and desire to secure by Letters Patent, is—

1. A headstall for an exercising apparatus, comprising an upper latitudinal band encircling the upper portion of the head, a lower latitudinal band encircling the front of the chin and back of the neck, a side longitudinal band passing under the chin and over the top of the head, and a front longitudinal band passing over the head at right angles to the side longitudinal band and secured at its ends to the lower latitudinal band, said lower latitudinal and side longitudinal bands having severed ends and fastening means whereby the headstall may be readily adjusted to and removed from the head.

2. An exercising apparatus consisting of a headstall, or harness for the head, comprising an upper latitudinal band encircling the upper portion of the head, a lower latitudinal band encircling the front of the chin and back of the neck, a side longitudinal band passing under the chin and over the top of the head, and a front longitudinal band passing over the head at right angles to the side longitudinal band and secured at its ends to the lower latitudinal band, a resistant device and a connection between said device and the headstall.

3. An exercising apparatus consisting of a headstall, or harness for the head, comprising an upper latitudinal band encircling the upper portion of the head, a lower latitudinal band encircling the front of the chin and back of the neck, a side longitudinal band passing under the chin and over the top of the head, and a front longitudinal band passing over the head at right angles to the side longitudinal band, and having its lower front portion forked and secured at its ends to the lower latitudinal band, a resistant device and a connection between said device and the headstall at the top of the head.

4. An exercising apparatus consisting of a headstall, or harness for the head, comprising an upper latitudinal band encircling the upper portion of the head, a lower latitudinal band encircling the front of the chin and back of the neck, a side longitudinal band passing under the chin and over the top of the head, and a front longitudinal band passing over the head at right angles to the side longitudinal band and having its front portion forked and secured at its ends to the lower latitudinal band, said lower latitudinal band and side longitudinal band being severed at one side, and provided with fastening devices whereby the headstall may be adjusted to the head, and readily removed, a resistant device and a connection between said device and the headstall at the top of the head, said connection being flexible, adapting the head to be turned in all directions.

In witness whereof I have hereunto set my hand.

GEORGE C. EDWARDS.

Witnesses:
WM. F. BOOTH,
S. H. NOURSE.