United States Patent [19]

Copeland

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[54] **HEAD STAND EXERCISER**

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[52] **U.S. Cl.** ..... **128/24 R,** 128/70

[51] **Int. Cl.** **A61h 1/00**

[58] **Field of Search** 128/24, 68, 70, 33

[56] **References Cited**

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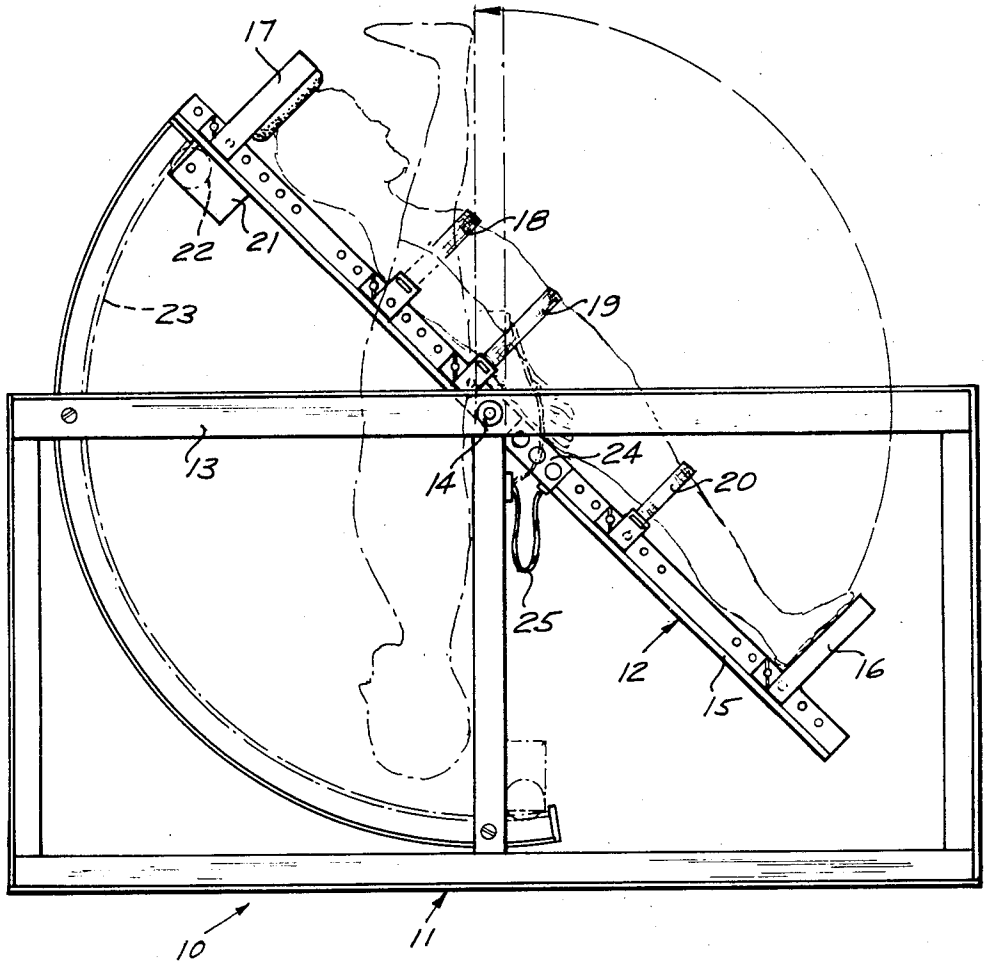
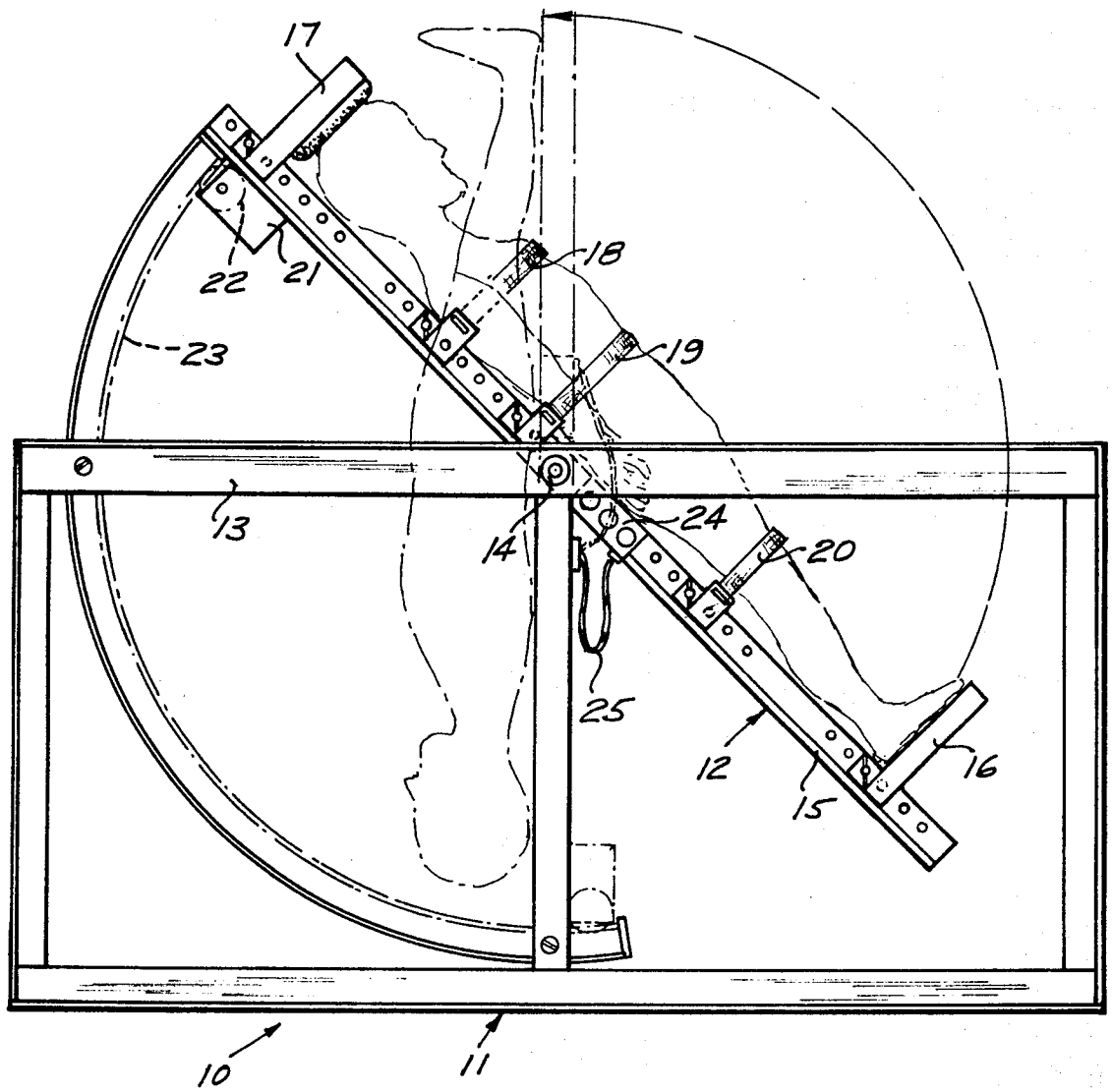
[57] **ABSTRACT**

A platform provided with a harness for complete comfortable support is rotatable by the user and controlled during use both in degree of rotation and duration at any position up to the head down position.

1 Claim, 1 Drawing Figure

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HEAD STAND EXERCISER

This invention relates to exercisers for health, more particularly to passive machines for obtaining tilted positions of the body.

A principal object of the present invention is to provide a device for passively improving the cardio vascular system by controllably placing the body in positions in which gravity operates in a direction opposed to the normal. The device straps in the user comfortably and is then operated to tilt the body to the head stand position. It is believed that the re-combining of the cardio vascular forces with the changed attitudes with respect to gravity is beneficial to heart, skin-tone, hair-root nourishment and general well being.

Another object of the present invention is to provide a device of the type described that any person can use safely and without harness discomfort.

These and other objects will be readily evident upon a study of the following specification and the accompanying drawing wherein the FIGURE shows the machine **10** comprising a supporting base **11** and a rotatable assembly **12.**

Base **11** shows one member **13** of a pair of parallel disposed members having bearings **14.** Spindled on bearings **14,** assembly **12** shows a platform **15** having an adjustable foot support **16,** an adjustable head support **17** and harnesses **18, 19** and **20.** The rarnesses are both adjustable along platform **15** and in their lengths by buckling means, not shown.

Attached to platform **15,** a housing **21** contains a motor driving a gear **22** which meshes with an arcuate rack **23** fixed on base **11.** A control station **24** on platform **15** is positioned within reach, comfortably, by the user. A flexible connection for poower feed is shown by cord **25.**

For rotation into the inverted position, a non-maintaining push button is desirable. For rotation back to the start position, a maintained pushbutton is used. This provision makes for safety as the user controls the tilt at all times, but does not have to keep the button depressed to get back to the start position. Limit switches are applied at both ends of rack **23** in a well known manner.

What I now claim is:

1. A combination of a frame and a platform, said frame having bearings for spindling said platform, said platform provided with a motor, driving gear and controls, said gear engaging a sector rack, having its center at said bearings, affixed to said frame, said platform provided with harnesses, head and foot platforms for holding a person comfortably in tilted attitudes through any angle up to the inverted position, said controls readily available to the person in the harnessed position.

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