

FITNESS TOY AND FITNESS METHOD

CROSS-REFERENCE TO RELATED APPLICATIONS

[0001] The present application claims priority to a short-term patent application entitled "Fitness Toy" filed with the Intellectual Property Department of the Hong Kong Special Administrative Region of the People's Republic of China on October 24, 2024, with application number 32024098576.4, the entire contents of which are incorporated by reference in the present application.

Technical Field

[0002] Embodiments of the present application relate to the technical field of toys, in particular to a fitness toy and a fitness method.

Background Art

[0003] During outdoor activities, people usually use leisure fitness toys to increase interaction fun. For example, a fitness toy comprises a rope and a plastic ball. The rope is threaded through the plastic ball, two persons respectively hold one end of the rope, and the position of the rope is manipulated to make the plastic ball move back and forth between two ends of the rope.

[0004] During the implementation process of the embodiments of the present application, the inventor has found that the plastic ball of the above fitness toy is prone to lagging during movement along the rope, and the unsmooth movement affects the gaming experience.

Summary of the Invention

[0005] Embodiments of the present application provide a fitness toy and a fitness method. By using a sliding roller wheel mechanism, a horizontal resistance vector that is not affected by gravity can be generated, which is able to effectively solve the above problems. In addition, the fitness method adapted to the fitness toy is provided, which is able to support a single person to exercise alone, or real-time resistance exchange with interaction between two persons, improving the exercise effect.

[0006] In order to solve the above technical problems, one technical solution adopted by an embodiment of the present application is to provide a fitness toy, which comprises a first sliding assembly, a second sliding assembly and a rope assembly.

[0007] The first sliding assembly comprises a first base and a first pulley block, and the first pulley block is rotatably arranged on the first base. The second sliding assembly comprises a second base and a second pulley block, the second base is connected to the first base, the second

pulley block is rotatably arranged on the second base, and a rotation axis of the first pulley block is perpendicular to a rotation axis of the second pulley block. The rope assembly is arranged between the first base and the second base, and the first pulley block and the second pulley block can roll along the rope assembly, such that the first sliding assembly and the second sliding assembly reciprocally move along the rope assembly.

[0008] In some embodiments, the first pulley block comprises a first roller and a second roller, the first roller and the second roller are respectively arranged at end parts of the first base in a first direction, the first roller and the second roller both extend along a second direction, and the first direction is perpendicular to the second direction; and the rope assembly is arranged between the first base and the second base along the first direction, and the first roller and the second roller reciprocally slide along the rope assembly.

[0009] In some embodiments, the second pulley block is arranged between the first base and the second base, the second pulley block comprises a first wheel and a second wheel, the first wheel and the second wheel are distributed apart in the second direction, and a rotation axis of the first wheel and a rotation axis of the second wheel both extend along a third direction, every two of the first direction, the second direction and the third direction are perpendicular, and the rope assembly is arranged between the first wheel and the second wheel.

[0010] In some embodiments, the first wheel is provided with a circumferentially surrounding first groove, the first groove is used for accommodating a part of the rope assembly, and an inner wall surface of the first groove abuts against a surface of the rope assembly; and/or, the second wheel is provided with a circumferentially surrounding second groove, the second groove is used for accommodating a part of the rope assembly, and an inner wall surface of the second groove abuts against the surface of the rope assembly.

[0011] In some embodiments, the rope assembly comprises a first pull rope and a second pull rope, the first pull rope respectively abuts against the first roller, the second roller and the first wheel, and the second pull rope respectively abuts against the first roller, the second roller and the second wheel; and an end part of the first pull rope and an end part of the second pull rope are configured to move toward or away from each other in the second direction, so as to drive the first base and the second base to reciprocally move along the first pull rope and the second pull rope.

[0012] In some embodiments, two ends of the first pull rope are respectively provided with a first handle and a second handle, two ends of the second pull rope are respectively provided with a third handle and a fourth handle, the first handle and the third handle are located at one end of the rope assembly, and the second handle and the fourth handle are located at the other end of the rope assembly.

[0013] In some embodiments, the second base is provided with a first protrusion portion, the first protrusion portion and the first roller are arranged apart in the third direction, and the rope assembly is located between the first roller and the first protrusion portion; and/or, the second base is provided with a second protrusion portion, the second protrusion portion and the second roller are arranged apart in the third direction, and the rope assembly is located between the second roller and the second protrusion portion.

[0014] In some embodiments, the fitness toy further comprises a weight adjustment assembly, the weight adjustment assembly is detachably arranged on the second sliding assembly, and the weight adjustment assembly is configured to be variable in weight to adjust an overall weight of the fitness toy.

[0015] In some embodiments, one side of the second base away from the first base is provided with a fixing portion; and the weight adjustment assembly comprises a weight block and a locking member, and the locking member is respectively connected to the fixing portion and the weight block, such that the weight block is fixed to the second base.

[0016] In some embodiments, the fitness toy further comprises a first buffer member and a second buffer member, and the first buffer member and the second buffer member are respectively arranged at two ends of the second base in the first direction.

[0017] An embodiment of the present application further provides a fitness method applicable to a fitness toy, wherein a rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

[0018] Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

[0019] Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

[0020] Step 3: the first user standing in a posture with one foot in front of the other foot, keeping a trunk stable, and separating the first handle from the second handle by abducting both hands to drive a first sliding assembly and a second sliding assembly to move toward a farthest point or a highest point;

[0021] Step 4: when the first sliding assembly and the second sliding assembly move to the farthest point or the highest point, the first user gathering both hands back to the center of a chest, and keeping the rope assembly straightened, such that the first sliding assembly and the second sliding assembly move to touch the first handle and/or the second handle, and repeating Step 3 and Step 4.

[0022] An embodiment of the present application further provides a fitness method applicable to a fitness toy, wherein a rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

[0023] Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

[0024] Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

[0025] Step 3: the first user standing in a posture with both feet as wide as shoulders, and then squatting until knees reach or fall below 90 degrees, such that a first sliding assembly and a second sliding assembly move to touch the first handle and/or the second handle;

[0026] Step 4: the first user separating the first handle from the second handle by abducting both hands to drive the first sliding assembly and the second sliding assembly to move toward a farthest point or a highest point, keeping the knees slightly bent at the same time; and standing up, and repeating Step 3 and Step 4.

[0027] An embodiment of the present application further provides a fitness method applicable to a fitness toy, wherein a rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

[0028] Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

[0029] Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

[0030] Step 3: the first user standing in a posture with both feet as wide as pelvises, and separating the first handle from the second handle by abducting both hands to drive a first sliding assembly and a second sliding assembly to move toward a farthest point or a highest point;

[0031] Step 4: the first user stepping one leg backward, then making both legs in a lunge posture with knees bending at 90 degrees, when the first sliding assembly and the second sliding assembly are located at the farthest point or the highest point, the first user gathering both hands back to the center of a chest and retracting the back leg forward, keeping the rope assembly straightened, such that the first sliding assembly and the second sliding assembly move to touch the first handle and/or the second handle, then stepping the other leg backward, and repeating Step 3 and Step 4.

[0032] An embodiment of the present application further provides a fitness method applicable to a fitness toy, wherein a rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

[0033] Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

[0034] Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, the first user standing in a posture with both legs spaced apart, stretching both arms forward straightly and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

[0035] Step 3: the first user keeping arms straightened and separating the first handle from the second handle by abducting both arms, so as to drive a first sliding assembly and a second sliding assembly to move toward a farthest point or a highest point;

[0036] Step 4: when the first sliding assembly and the second sliding assembly move to the farthest point or the highest point, the first user gathering both arms back to the center of the chest and keeping both arms straightened to straighten the rope assembly, such that the first sliding assembly and the second sliding assembly move to touch the first handle and/or the second handle, and repeating Step 3 and Step 4.

[0037] An embodiment of the present application further provides a fitness method applicable to a fitness toy, wherein a rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

[0038] Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

[0039] Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

[0040] Step 3: the first user standing naturally in a posture with a body facing his/her left side, bending an arm of a right hand to make a fist close to a chest, keeping a left hand hanging down and straightened, and repeatedly pulling the rope assembly toward directions away from the door anchor or the fixing point with the left hand;

[0041] Step 4: the first user standing naturally in a posture with the body facing his/her right side, bending an arm of the left hand to make a fist close to the chest, keeping the right hand hanging down and straightened, and repeatedly pulling the rope assembly toward directions away

from the door anchor or the fixing point with the right hand; and alternately repeating Step 3 and Step 4.

[0042] An embodiment of the present application further provides a fitness method applicable to a fitness toy, wherein a rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

[0043] Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

[0044] Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

[0045] Step 3: the first user standing in a natural posture, with both hands in front of a body, bending arms to make elbow angles to be 40 degrees to 50 degrees, and driving forearms of both hands to pull the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly, so as to keep both hands straightened;

[0046] Step 4: the first user keeping big arms of both hands stable, and bending the forearms to restore the elbow angles to 40 degrees to 50 degrees; and repeating Step 3 and Step 4.

[0047] An embodiment of the present application further provides a fitness method applicable to a fitness toy, wherein a rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

[0048] Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

[0049] Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

[0050] Step 3: the first user standing in a natural posture, stretching both arms forward, holding the first handle and the second handle with palms of both hands facing down, driving big arms of both hands to move backward, and leaning a body trunk forward until big arms of both hands are flush with the body trunk, so as to drive a first sliding assembly and a second sliding assembly to move toward a farthest point (a highest point);

[0051] Step 4: when the first sliding assembly and the second sliding assembly move to the farthest point or the highest point, the first user gathering both hands back to the front of a chest, leaning the body trunk back and keeping the rope assembly straightened, such that the first sliding

assembly and the second sliding assembly move to touch the first handle and/or the second handle, and repeating Step 3 and Step 4.

[0052] An embodiment of the present application further provides a fitness method applicable to a fitness toy, wherein a rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

[0053] Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

[0054] Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

[0055] Step 3: the first user standing in a posture with both feet as wide as shoulders, and bending elbows of both hands to allow them to be located in front of a body to tighten the rope assembly, such that a first sliding assembly and a second sliding assembly are kept to be located between the door anchor or the fixing point and the first user;

[0056] Step 4: the first user raising the first handle and the second handle toward directions away from the ground with both hands until both arms are straightened, and keeping the first sliding assembly and the second sliding assembly to be located between the door anchor or the fixing point and the first user;

[0057] Step 5: the first user lowering both hands to a height slightly below ears, and keeping the first sliding assembly and the second sliding assembly to be located between the door anchor or the fixing point and the first user, and repeating Step 4 and Step 5.

[0058] An embodiment of the present application further provides a fitness method applicable to a fitness toy, wherein a first handle, a second handle, a third handle and a fourth handle of a rope assembly are all provided with wristbands, the rope assembly is provided with a marking point, and the fitness method comprises:

[0059] Step 1: a first user and a second user being respectively located at two ends of the fitness toy, and respectively wrapping wristbands around their respective wrists, and the first user and the second user both standing in a posture with one foot in front of the other foot, and jointly stretching the rope assembly, wherein, one of the first user and the second user is an initiator, and the other one is a recipient;

[0060] Step 2: the initiator kneeling with one knee and making a first sliding assembly and a second sliding assembly stand upright on the ground, and the recipient raising both hands to the height of his/her neck, bending elbows and maintaining tension;

[0061] Step 3: the initiator standing up and opening both arms, keeping the rope assembly tightened and driving the first sliding assembly and the second sliding assembly to move toward the recipient, and the recipient retracting both hands to the center of his/her chest to receive the first sliding assembly and the second sliding assembly;

[0062] Step 4: when the first sliding assembly and the second sliding assembly reach or exceed the marking point, the recipient opening both arms, keeping the rope assembly tightened, and driving the first sliding assembly and the second sliding assembly to move toward the initiator; and the initiator and the recipient exchanging identities, and repeating Step 2 to Step 4.

[0063] An embodiment of the present application further provides a fitness method applicable to a fitness toy, wherein a first handle, a second handle, a third handle and a fourth handle of a rope assembly are all provided with wristbands, the rope assembly is provided with a marking point, and the fitness method comprises:

[0064] Step 1: a first user and a second user being respectively located at two ends of the fitness toy, and respectively wrapping wristbands around their respective wrists, and the first user and the second user both standing in a posture with both feet as wide as shoulders, and jointly stretching the rope assembly, wherein, one of the first user and the second user is an initiator, and the other one is a recipient;

[0065] Step 2: the initiator starting in a deep-squatting posture, the initiator standing up and opening both arms to drive a first sliding assembly and a second sliding assembly to move toward the recipient;

[0066] Step 3: when the first sliding assembly and the second sliding assembly pass through the marking point, the recipient squatting down until the first sliding assembly and the second sliding assembly make contact with handles of the recipient, and the recipient standing up and opening both arms to drive the first sliding assembly and the second sliding assembly to move toward the initiator; wherein, the marking point is located at a midpoint of the rope assembly;

[0067] Step 4: when the first sliding assembly and the second sliding assembly pass through the marking point, the initiator squatting down until the first sliding assembly and the second sliding assembly make contact with handles of the initiator, and repeating Step 2 to Step 4.

[0068] An embodiment of the present application further provides a fitness method applicable to a fitness toy, wherein a first handle, a second handle, a third handle and a fourth handle of a rope assembly are all provided with wristbands, the rope assembly is provided with a marking point, and the fitness method comprises:

[0069] Step 1: a first user and a second user being respectively located at two ends of the fitness toy, and respectively wrapping wristbands around their respective wrists, and the first user and the second user both standing in a posture with one foot in front of the other foot, and jointly stretching

the rope assembly, wherein, one of the first user and the second user is an initiator, and the other one is a recipient;

[0070] Step 2: the initiator kneeling with one knee and making a first sliding assembly and a second sliding assembly stand upright on the ground, and the recipient raising both hands to the height of his/her neck, bending elbows and maintaining tension;

[0071] Step 3: the initiator standing up and opening both arms, keeping the rope assembly tightened and driving the first sliding assembly and the second sliding assembly to move toward the recipient, and the recipient retracting both hands to the center of his/her chest to receive the first sliding assembly and the second sliding assembly;

[0072] Step 4: when the first sliding assembly and the second sliding assembly reach or exceed the marking point, the recipient opening both arms with one arm raised slantly upward at an angle of 40 degrees to 50 degrees and the other arm straightened slantly downward at an angle of 40 degrees to 50 degrees, keeping the rope assembly tightened, and driving the first sliding assembly and the second sliding assembly to move toward the initiator; and the initiator and the recipient exchanging identities, and repeating Step 2 to Step 4.

[0073] An embodiment of the present application further provides a fitness method applicable to a fitness toy, wherein a first handle, a second handle, a third handle and a fourth handle of a rope assembly are all provided with wristbands, the rope assembly is provided with a marking point, and the fitness method comprises:

[0074] Step 1: a first user and a second user being respectively located at two ends of the fitness toy, and respectively wrapping wristbands around their respective wrists, the first user and the second user both standing in a posture with one foot in front of the other foot, the first user and the second user straightening both arms to jointly stretch the rope assembly, wherein, one of the first user and the second user is an initiator, and the other one is a recipient;

[0075] Step 2: the initiator kneeling with one knee, forming a lunge posture with one leg in front of the other leg, placing a first sliding assembly and a second sliding assembly upright on the ground, and the recipient raising both arms to the height of his/her neck and keeping both arms straightened;

[0076] Step 3: the initiator standing up and opening both arms horizontally in a state of keeping both arms straightened to drive the first sliding assembly and the second sliding assembly to move toward the recipient, and the recipient keeping both arms straightened forward at the center of his/her chest to receive the first sliding assembly and the second sliding assembly;

[0077] Step 4: when the first sliding assembly and the second sliding assembly move to the handles on the side of the recipient, the recipient opening both arms horizontally in a state of keeping both arms straightened to drive the first sliding assembly and the second sliding assembly

to move toward the initiator, and the initiator keeping both arms straightened forward at the center of his/her chest to receive the first sliding assembly and the second sliding assembly; and the initiator and the recipient exchanging identities, and repeating Step 2 to Step 4.

[0078] The beneficial effects of embodiments of the present application are: a fitness toy of the embodiments of the present application comprises a first sliding assembly, a second sliding assembly and a rope assembly. The first sliding assembly comprises a first base and a first pulley block, and the first pulley block is rotatably arranged on the first base. The second sliding assembly comprises a second base and a second pulley block, the second base and the first base are connected and are arranged apart, the second pulley block is rotatably arranged on the second base, and a rotation axis of the first pulley block is perpendicular to a rotation axis of the second pulley block. The rope assembly is threaded between the first base and the second base, and the rope assembly is used for two players to respectively hold two end parts, and the first pulley block and the second pulley block can roll along the rope assembly, such that the first sliding assembly and the second sliding assembly reciprocally move between two ends of the rope assembly. By arranging the first pulley block on the first base and arranging the second pulley block on the second base, the first pulley block and the second pulley block are both connected to the rope assembly in a rolling manner, such that the smoothness of movement between the first base and second base and the rope assembly can be improved, the probability of lagging can be reduced, and the gaming experience can be improved. In addition, the second sliding assembly can be used for installing a weight adjustment assembly, and the player can choose different weights when using the fitness toy to achieve the effect of integrating muscle training and leisure entertainment.

Brief Description of the Drawings

[0079] In order to more clearly illustrate the technical scheme in the specific embodiment of the present application, the following will briefly introduce the drawings required for the description of the specific embodiment. In all drawings, similar elements or parts are generally identified by similar figure marks. In the drawings, each element or part is not necessarily drawn according to the actual scale.

[0080] FIG. 1 is a schematic diagram of a fitness toy of an embodiment of the present application;

[0081] FIG. 2 is an exploded view of the fitness toy of the embodiment of the present application;

[0082] FIG. 3 is a partial schematic diagram of the fitness toy of the embodiment of the present application;

[0083] FIG. 4 is a cross-sectional view of the fitness toy of the embodiment of the present

application along A-A in FIG. 3;

[0084] FIG. 5 is a cross-sectional view of the fitness toy of the embodiment of the present application along B-B in FIG. 3;

[0085] FIG. 6 is a partial exploded view of the fitness toy of the embodiment of the present application.

[0086] FIG. 7 is a schematic diagram of a wristband of the fitness toy of the embodiment of the present application being wrapped around a wrist of a user.

[0087] FIG. 8 is a schematic diagram of a basic lateral exercise action for a single person in a fitness method of an embodiment of the present application;

[0088] FIG. 9 is a schematic diagram of a deep-squat stretch action for a single person in a fitness method of an embodiment of the present application;

[0089] FIG. 10 is a schematic diagram of a back lunge stretch action for a single person in a fitness method of an embodiment of the present application;

[0090] FIG. 11 is a schematic diagram of a posterior deltoid flying-bird action for a single person in a fitness method of an embodiment of the present application;

[0091] FIG. 12 is a schematic diagram of a single-arm triceps stretch action for a single person in a fitness method of an embodiment of the present application;

[0092] FIG. 13 is a schematic diagram of a double-arm triceps stretch action for a single person in a fitness method of an embodiment of the present application;

[0093] FIG. 14 is a schematic diagram of a middle and back row action for a single person in a fitness method of an embodiment of the present application;

[0094] FIG. 15 is a schematic diagram of a shoulder push action for a single person in a fitness method of an embodiment of the present application;

[0095] FIG. 16 is a schematic diagram of a basic shoulder exercise action for two persons in a fitness method of an embodiment of the present application;

[0096] FIG. 17 is a schematic diagram of a deep-squat and shoulder combination action for two persons in a fitness method of an embodiment of the present application;

[0097] FIG. 18 is a schematic diagram of a single-arm oblique-horizontal raise action for two persons in a fitness method of an embodiment of the present application;

[0098] FIG. 19 is a schematic diagram of a straight-arm rear pull action for two persons in a fitness method of an embodiment of the present application.

Detailed Description of Embodiments

[0099] In order to facilitate the understanding of the present application, the present application is described in more detail below in conjunction with the accompanying drawings and specific

embodiments. It should be noted that when an element is described as "fixed to" another element, it can be directly on the other element, or one or more centered elements can exist therebetween. When an element is described as "connected to" another element, it can be directly connected to the other element, or one or more centered elements can exist therebetween. The terms "upper", "lower", "inner", "outer", "perpendicular", "horizontal", etc. used in the present specification indicate the orientation or position relationship based on the orientation or position relationship shown in the accompanying drawings, which is only for the convenience of describing the present application and simplifying the description, rather than indicating or implying that the device or element referred to must have a specific orientation, be constructed and operated in a specific orientation, and therefore cannot be understood as a limitation on the present application. In addition, the terms "first", "second", etc. are used for descriptive purposes only and cannot be understood as indicating or implying relative importance.

[0100] Unless otherwise defined, all technical and scientific terms used in the present specification have the same meaning as those generally understood by technicians in the technical field of the present application. The terms used in the specification of the present application are only for the purpose of describing specific embodiments and are not used for limiting the present application. The term "and/or" used in the present specification comprises any and all combinations of one or more related listed items.

[0101] In addition, the technical features involved in different embodiments of the present application described below can be combined with each other as long as they do not conflict with each other.

[0102] Referring to FIG. 1 to FIG. 3, an embodiment of the present application provides a fitness toy 100. The fitness toy 100 comprises a first sliding assembly 10, a second sliding assembly 20 and a rope assembly 30. The first sliding assembly 10 comprises a first base 11 and a first pulley block 12, and the first pulley block 12 is rotatably arranged on the first base 11. The second sliding assembly 20 comprises a second base 21 and a second pulley block 22, the second base 21 and the first base 11 are connected and are arranged apart, the second pulley block 22 is rotatably arranged on the second base 21, and a rotation axis of the first pulley block 12 is perpendicular to a rotation axis of the second pulley block 22. The rope assembly 30 is threaded between the first base 11 and the second base 21, and the rope assembly 30 is used for two players to hold two end parts respectively, and the first pulley block 12 and the second pulley block 22 can roll along the rope assembly 30, such that the first sliding assembly 10 and the second sliding assembly 20 reciprocally move between two ends of the rope assembly 30. In the fitness toy 100 of the embodiment of the present application, by arranging the first pulley block 12 on the first base 11 and arranging the second pulley block 22 on the second base 21, the first pulley block 12

and the second pulley block 22 are both connected to the rope assembly 30 in a rolling manner, such that the smoothness of movement between the first base 11 and second base 21 and the rope assembly 30 can be improved, the probability of lagging can be reduced, and the gaming experience can be improved. In addition, the above structure of the fitness toy 100 of the present application makes it have a heavier weight than the structure of a hollow plastic ball, such that the player can achieve the effect of integrating muscle training and leisure entertainment when using the fitness toy 100.

[0103] In some embodiments, referring to FIG. 2 and FIG. 3, the first pulley block 12 comprises a first roller 121 and a second roller 122, the first roller 121 and the second roller 122 are respectively arranged at end parts of the first base 11 in a first direction X, and the first roller 121 and the second roller 122 both extend along a second direction Y, and the first direction X is perpendicular to the second direction Y. The rope assembly 30 is arranged between the first base 11 and the second base 21 along the first direction X, and the first roller 121 and the second roller 122 reciprocally slide along the rope assembly 30. The first roller 121 and the second roller 122 in a long cylindrical structure have a larger rolling surface area, thereby ensuring that the first roller 121 and the second roller 122 keep rolling contact with the rope assembly 30. When two players respectively hold two ends of the rope assembly 30, the rope assembly 30 cannot be in a straight line state, but in a downwardly inclined "V" shape due to the certain weight of the first sliding assembly 10 and the second sliding assembly 20. Therefore, the first roller 121 and the second roller 122 are respectively arranged at two ends of the first base 11 in the first direction X, such that the first roller 121 and the second roller 122 can be respectively in rolling contact with the rope assembly 30, to avoid the rope assembly 30 from directly rubbing the first base 11 during movement and causing wear of the first base 11.

[0104] In some embodiments, referring to FIG. 5, the second pulley block 22 is rotatably arranged between the first base 11 and the second base 21, the second pulley block 22 comprises a first wheel 221 and a second wheel 222, the first wheel 221 and the second wheel 222 are distributed apart in the second direction Y, a rotation axis of the first wheel 221 and a rotation axis of the second wheel 222 both extend along a third direction Z, every two of the first direction X, the second direction Y and the third direction Z are perpendicular, and the rope assembly 30 is arranged between the first wheel 221 and the second wheel 222. When two players respectively hold two ends of the rope assembly 30 and make the first base 11 and the second base 21 reciprocally move between the two ends of the rope assembly 30, the first wheel 221 and the second wheel 222 respectively abut against the rope assembly 30 in a rolling manner, to avoid the rope assembly 30 from directly rubbing two end parts of the second base 21 in the second direction Y and causing wear of the second base 21. By arranging the rotation axis of the first pulley block

12 and the rotation axis of the second pulley block 22 to be perpendicular to each other, the first pulley block 12 can limit the movement of the first base 11 and the second base 21 in the third direction Z, and the second pulley block 22 can limit the movement of the first base 11 and the second base 21 in the second direction Y. Therefore the first base 11 and the second base 21 only reciprocally move along the first direction X on the rope assembly 30, improving the stability of the first base 11 and the second base 21 during movement.

[0105] In some embodiments, referring to FIG. 5, the first wheel 221 is provided with a circumferentially surrounding first groove 2211, the first groove 2211 is used for accommodating a part of the rope assembly 30, and an inner wall surface of the first groove 2211 abuts a surface of the rope assembly 30. And/or, the second wheel 222 is provided with a circumferentially surrounding second groove 2221, the second groove 2221 is used for accommodating a part of the rope assembly 30, and an inner wall surface of the second groove 2221 abuts against the surface of the rope assembly 30. By providing the first groove 2211 in a circumferential direction of the first wheel 221 and providing the structure of the second groove 2221 in a circumferential direction of the second wheel 222, the first groove 2211 and the second groove 2221 are both used for accommodating the rope assembly 30, such that the rope assembly 30 can be in rolling contact with the first wheel 221 and the second wheel 222 as much as possible, ensuring the movement stability of the first base 11 and the second base 21.

[0106] In some embodiments, referring to FIG. 2 and FIG. 3, the rope assembly 30 comprises a first pull rope 31 and a second pull rope 32, the first pull rope 31 respectively abuts against the first roller 121, the second roller 122, and the first wheel 221, and the second pull rope 32 respectively abuts against the first roller 121, the second roller 122, and the second wheel 222. Referring to FIG. 1 together, an end part of the first pull rope 31 and an end part of the second pull rope 32 are configured to move toward or away from each other in the second direction Y to drive the first base 11 and the second base 21 to reciprocally move along the first pull rope 31 and the second pull rope 32. Through the above structural arrangement, both hands of the first player can respectively hold one end of the first pull rope 31 and one end of the second pull rope 32, and both hands of the second player can respectively hold the other end of the first pull rope 31 and the other end of the second pull rope 32. When the first player stretches out both arms to separate one end of the first pull rope 31 from one end of the second pull rope 32 in the second direction Y, a gap between the first pull rope 31 and the second pull rope 32 becomes larger, and under the action of the first roller 121, the second roller 122, the first wheel 221, and the second wheel 222, the first base 11 and the second base 21 move toward the second player; and when the second player stretches out both arms and the first player retracts both arms, under the action of the first roller 121, the second roller 122, the first wheel 221, and the second wheel 222, the first base 11 and the

second base 21 move toward the first player. By repeating the above actions, the two players can achieve the purpose of body fitting and entertainment.

[0107] It can be understood that in the above movement process, since the first pull rope 31 and the second pull rope 32 have a separate movement process in the second direction Y, the structures of the first groove 2211 and the second groove 2221 are provided in circumferential directions of the first wheel 221 and the second wheel 222, such that the first wheel 221 is capable of moving more smoothly along the first pull rope 31 and the second wheel 222 is capable of moving more smoothly along the second pull rope 32, and the first wheel 221 and the second wheel 222 also have a guiding function.

[0108] In a further embodiment, in order to prolong the service life of the fitness toy 100 and improve the use experience, the first pulley block 12 can be rotatably connected to the first base 11 through a rolling bearing, and the second pulley block 22 can be rotatably connected to the second base 21 through a rolling bearing. In addition, the first roller 121, the second roller 122, the first wheel 221, and the second wheel 222 can comprise a metal material, an alloy material, composite plastic, or hard plastic; and the first pull rope 31 and the second pull rope 32 can comprise a nylon material, an aramid fiber material, etc., which may improve the wear resistance of the first pulley block 12, the second pulley block 22, and the rope assembly 30.

[0109] In some embodiments, referring to FIG. 1, two ends of the first pull rope 31 are respectively provided with a first handle 311 and a second handle 312, two ends of the second pull rope 32 are respectively provided with a third handle 321 and a fourth handle 322, the first handle 311 and the third handle 321 are located at one end of the rope assembly 30 for one player to hold, and the second handle 312 and the fourth handle 322 are located at the other end of the rope assembly 30 for another player to hold. By providing handles at end parts of the pull ropes for a player to hold, the use experience of the player can be improved.

[0110] In some embodiments, referring to FIG. 4, the second base 21 is provided with a first protrusion portion 211, the first protrusion portion 211 and the first roller 121 are arranged apart in the third direction Z, and the rope assembly 30 is located between the first roller 121 and the first protrusion portion 211. And/or, the second base 21 is provided with a second protrusion portion 212, the second protrusion portion 212 and the second roller 122 are arranged apart in the third direction Z, and the rope assembly 30 is located between the second roller 122 and the second protrusion portion 212. Through the above structure, the rope assembly 30 can preferentially make contact with the first protrusion portion 211 or the second protrusion portion 212 during a movement of the second base 21 relative to the rope assembly 30, thereby avoiding the rope assembly 30 from directly making full contact with the second base 21 and causing wear of the second base 21. In addition, the first protrusion portion 211 and the first roller 121 are arranged

apart in the third direction Z, and can jointly have a limiting function for the rope assembly 30. Similarly, the second protrusion portion 212 and the second roller 122 are arranged apart in the third direction Z, and can jointly have a limiting function for the rope assembly 30. Thus, the movement stability of the first base 11 and the second base 21 can be further improved.

[0111] As one example, the first protrusion portion 211 has a first smooth arc surface, and the first smooth arc surface is in contact with the rope assembly 30. Similarly, the second protrusion portion 212 has a second smooth arc surface, and the second smooth arc surface is in contact with the rope assembly 30. Thus, wear between the rope assembly 30 and the second base 21 can be reduced. In another example, roller wheels are arranged on the second base 21 to respectively constitute the first protrusion portion 211 and the second protrusion portion 212, that is, the first protrusion portion 211 and the second protrusion portion 212 can rotate relative to the second base 21. Thus, friction between the rope assembly 30 and the second base 21 can be further reduced.

[0112] In some embodiments, referring to FIG. 2 and FIG. 3, the fitness toy 100 further comprises a weight adjustment assembly 40, the weight adjustment assembly 40 is detachably arranged on the second sliding assembly 20, the weight adjustment assembly 40 is configured to be variable in weight to adjust an overall weight of the fitness toy 100. Thus, the fitness toy 100 of the present application can be applied to people with different strengths, such as children, teenagers, adults and the elderly, thereby increasing the adaptability of the fitness toy 100. Players can adjust different weights according to their own strength, thereby achieving the effect of taking both fitness and entertainment into consideration. It can be understood that the weight adjustment assembly 40 can be detachably connected to the second sliding assembly 20 through any connection manners of screw connection, snap connection, plug connection, etc.

[0113] In some embodiments, referring to FIG. 6, one side of the second base 21 away from the first base 11 is provided with a fixing portion 213. The weight adjustment assembly 40 comprises a weight block 41 and a locking member 42, and the locking member 42 is respectively connected to the fixing portion 213 and the weight block 41, such that the weight block 41 is fixed to the second base 21. Specifically, the fixing portion 213 is a stud, the weight block 41 is provided with a through hole, the locking member 42 is a nut, the stud passes through the through-hole of the weight block 41, and the nut is screwed with the stud to fix the weight block 41 on the second base 21. Therein, there can be multiple weight blocks 41, and the multiple weight blocks 41 can have the same weight or different weights. Players can install weight blocks 41 of different weights on the second base 21 according to their own situations, or stack multiple weight blocks 41, etc.

[0114] It is worth noting that in some embodiments, the fixing portion 213 can be a stud extending directly from the bottom of the second base 21, or the stud is fixedly connected to the second base 21 by welding or other processes. In other embodiments, referring to FIG. 2 and FIG.

5, the fitness toy 100 further comprises a bolt 214, the bolt 214 passes through the first base 11, the second pulley block 22, and the second base 21 in sequence and partially protrudes from the bottom of the second base 21 to form the fixing portion 213, and the locking member 42 connects the weight block 41 to the bolt 214. The first sliding assembly 10, the second sliding assembly 20 and the weight adjustment assembly 40 are connected together by bolts 214, which can reduce parts required for fixing, simplify the structure of the fitness toy 100, and reduce the parts to reduce costs.

[0115] In some embodiments, referring to FIG. 2 and FIG. 4, the fitness toy 100 further comprises a first buffer member 50 and a second buffer member 60, and the first buffer member 50 and the second buffer member 60 are respectively arranged at two ends of the second base 21 in the first direction X. Through the above structural arrangement, when the first base 11 and the second base 21 move to an end part of the rope assembly 30, the first buffer member 50 and the second buffer member 60 have a buffering function to avoid hitting hands of the user or the handles at the end part of the rope assembly 30, or to reduce acting force during the hitting to avoid injury to the player. It can be understood that the first buffer member 50 and the second buffer member 60 can comprise soft and deformable materials such as soft rubber.

[0116] In an embodiment of the present application, the fitness toy 100 comprises a first sliding assembly 10, a second sliding assembly 20 and a rope assembly 30. The first sliding assembly 10 comprises a first base 11 and a first pulley block 12, and the first pulley block 12 is rotatably arranged on the first base 11. The second sliding assembly 20 comprises a second base 21 and a second pulley block 22, the second base 21 and the first base 11 are connected and are arranged apart, the second pulley block 22 is rotatably arranged on the second base 21, and a rotation axis of the first pulley block 12 is perpendicular to a rotation axis of the second pulley block 22. The rope assembly 30 is threaded between the first base 11 and the second base 21, and the rope assembly 30 is used for two players to hold two end parts respectively, and the first pulley block 12 and the second pulley block 22 can roll along the rope assembly 30, such that the first sliding assembly 10 and the second sliding assembly 20 reciprocally move between two ends of the rope assembly 30. By arranging the first pulley block 12 on the first base 11 and arranging the second pulley block 22 on the second base 21, the first pulley block 12 and the second pulley block 22 are both connected to the rope assembly 30 in a rolling manner, such that the smoothness of movement between the first base 11 and the second base 21 and the rope assembly 30 can be improved, the probability of jamming can be reduced, and the gaming experience can be improved.

[0117] Referring to FIG. 7 and FIG. 8, in some embodiments, a rope assembly 30 of the fitness toy 100 is provided with a door anchor and wristbands 33. By arranging the door anchor on the rope assembly 30, one end of the rope assembly 30 can be fixed on a door or a wall, such that one

user can also use the fitness toy well for exercise, providing the user with the possibility of multi-scenario use. In addition, by arranging the wristbands 33 on the rope assembly 30, the user can wrap the wristbands 33 around a wrist, thus facilitating better holding the rope assembly 30, improving the exercise effect, and preventing the rope assembly 30 from falling off from hands of the user during exercise and causing danger. Further, a first handle, a second handle, a third handle and a fourth handle on two end parts of the rope assembly 30 are all provided with corresponding wristbands 33.

[0118] Referring to FIG. 8, an embodiment of the present application further provides a fitness method applicable to a fitness toy in any one of the above embodiments, wherein a rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

[0119] Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters; thus, one end of the rope assembly can be higher than the height of a user, so as to facilitate achieving a better exercise effect.

[0120] Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly.

[0121] Step 3: the first user standing in a posture with one foot in front of the other foot, keeping a trunk stable, and separating the first handle from the second handle by abducting both hands at the same time to drive a first sliding assembly and a second sliding assembly to move toward a farthest point or a highest point.

[0122] Step 4: when the first sliding assembly and the second sliding assembly move to the farthest point or the highest point, the first user gathering both hands back to the center of the chest and keeping the rope assembly straightened, such that the first sliding assembly and the second sliding assembly move to touch the first handle and/or the second handle; and repeating Step 3 and Step 4.

[0123] The above fitness method is a basic lateral exercise method in a single-person exercise mode, which can mainly exercise the middle position of deltoid in the human muscle group.

[0124] Referring to FIG. 9, an embodiment of the present application further provides a fitness method applicable to a fitness toy in any one of the above embodiments, wherein a rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

[0125] Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

[0126] Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

[0127] Step 3: the first user standing in a posture with both feet as wide as shoulders, and then deep squatting until knees reach or fall below 90 degrees, such that a first sliding assembly and a second sliding assembly move to touch the first handle and/or the second handle;

[0128] Step 4: the first user separating the first handle from the second handle by abducting both hands to drive the first sliding assembly and the second sliding assembly to move toward a farthest point or a highest point, keeping the knees slightly bent at the same time, and standing up; and repeating Step 3 and Step 4.

[0129] The above fitness method is a deep-squat stretching exercise method in a single-person exercise mode, which can mainly exercise the middle positions of quadriceps, gluteal muscle, and deltoid in the human muscle group. By combining leg actions and hand actions, the exercise effect is further improved.

[0130] Referring to FIG. 10, an embodiment of the present application further provides a fitness method applicable to a fitness toy of any of the above embodiments, wherein a rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

[0131] Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

[0132] Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

[0133] Step 3: the first user standing in a posture with both feet as wide as the pelvis, and separating the first handle from the second handle by abducting both hands to drive a first sliding assembly and a second sliding assembly to move toward a farthest point or a highest point;

[0134] Step 4: the first user stepping one leg backward, then making both legs in a lunge posture with knees bending at 90 degrees, when the first sliding assembly and the second sliding assembly are located at the farthest point or the highest point, the first user gathering both hands back to the center of a chest and retracting the back leg forward, and keeping the rope assembly straightened, such that the first sliding assembly and the second sliding assembly move to touch the first handle and/or the second handle; then stepping the other leg backward; and repeating Step 3 and Step 4.

[0135] The above fitness method is a rear lunge stretching exercise method in a single-person exercise mode, which can mainly exercise the positions of gluteal muscle, hamstring, and the

middle of deltoid in the human muscle group. By combining leg actions and hand actions, reverse lunges and outward pull of arms are alternately performed; the trunk is kept stable all the time, so as to further improve the exercise effect.

[0136] Referring to FIG. 11, an embodiment of the present application further provides a fitness method applicable to a fitness toy of any of the above embodiments, wherein a rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

[0137] Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

[0138] Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, the first user standing in a posture with both legs spaced apart, stretching both arms forward straightly and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

[0139] Step 3: the first user keeping arms straightened, and separating the first handle from the second handle by abducting both arms to drive a first sliding assembly and a second sliding assembly to move toward a farthest point or a highest point;

[0140] Step 4: when the first sliding assembly and the second sliding assembly move to the farthest point or the highest point, the first user gathering both arms back to the center of a chest, and keeping the arms straightened to make the rope assembly straightened, such that the first sliding assembly and the second sliding assembly move to touch the first handle and/or the second handle; and repeating Step 3 and Step 4.

[0141] The above fitness method is a posterior deltoid flying-bird exercise method in a single-person exercise mode, which can mainly exercise the positions of the rear portion of deltoid and scapular stabilizing muscle in the human muscle group. By strengthening hand actions and increasing the amplitude of motion, arms of a user are kept extended; and pull outward and backward to isolate the rear shoulder and upper back, so as to further improve the exercise effect.

[0142] Referring to FIG. 12, an embodiment of the present application further provides a fitness method applicable to a fitness toy of any of the above embodiments, wherein a rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

[0143] Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

[0144] Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

[0145] Step 3: the first user standing naturally in a posture with the body facing his/her left side, bending the right arm to make the fist close to the chest, keeping the left hand hanging down and straightened, and repeatedly pulling the rope assembly with the left hand toward directions away from the door anchor or the fixing point;

[0146] Step 4: the first user stands naturally in a posture with the body facing his/her right side, bending the left arm to make the fist close to the chest, and keeping the right hand hanging down and straightened, and repeatedly pulling the rope assembly with the right hand toward a direction away from the door anchor or the fixing point; and alternately repeating Step 3 and Step 4.

[0147] The above fitness method is a single-arm triceps stretching exercise method in a single-person exercise mode, which can mainly exercise the position of triceps in the human muscle group. By strengthening hand actions, one arm of a user pulls a rope downward, and the other arm remains stable; and emphasis is placed on isolated elbow extension, so as to further improve the exercise effect.

[0148] Referring to FIG. 13, an embodiment of the present application further provides a fitness method applicable to a fitness toy of any of the above embodiments, wherein a rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

[0149] Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

[0150] Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

[0151] Step 3: the first user standing in a natural posture, making both hands in front of the body, bending arms to make elbow angles to be 40 degrees to 50 degrees, and driving forearms of both hands to pull the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly, such that both hands keep straightened;

[0152] Step 4: the first user keeping big arms of both hands stable, and bending the forearms to restore the elbow angles to 40 degrees to 50 degrees; and repeating Step 3 and Step 4.

[0153] The above fitness method is a double-arm triceps stretching exercise method in a single-person exercise mode, which can mainly exercise the position of triceps in a human muscle group. By strengthening hand actions, both arms of the user are stretched downward from 45°; and control and rope tension are kept all the time, so as to further improve an exercise effect.

[0154] Referring to FIG. 14, an embodiment of the present application further provides a fitness method applicable to a fitness toy of any of the above embodiments, wherein a rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

[0155] Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

[0156] Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

[0157] Step 3: the first user standing in a natural posture, stretching both arms forward, holding the first handle and the second handle with palms of both hands facing downward, driving big arms of both hands to move backward, and leaning a body trunk forward until the big arms of both hands are flush with the body trunk to drive a first sliding assembly and a second sliding assembly to move toward a farthest point (a highest point);

[0158] Step 4: when the first sliding assembly and the second sliding assembly move to the farthest point or the highest point, the first user gathering both hands back to the front of the chest, leaning the body trunk back, and keeping the rope assembly straightened, such that the first sliding assembly and the second sliding assembly move to touch the first handle and/or the second handle; and repeating Step 3 and Step 4.

[0159] The above fitness method is a middle and rear row exercise method in a single-person exercise mode, which can mainly exercise the positions of rhomboid muscle, posterior deltoid bundle, and latissimus dorsi in the human muscle group. By strengthening hand actions, elbows of the user are pulled backward about 35°; the retraction of scapula and control of a return position are emphasized, so as to further improve the exercise effect.

[0160] Referring to FIG. 15, an embodiment of the present application further provides a fitness method applicable to a fitness toy of any of the above embodiments, wherein a rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

[0161] Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

[0162] Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

[0163] Step 3: the first user standing in a posture with both feet as wide as shoulders, and bending elbows of both hands to allow it to be located in front of the body to tighten the rope assembly, such that a first sliding assembly and a second sliding assembly are kept to be located between the door anchor or the fixing point and the first user;

[0164] Step 4: the first user raising the first handle and the second handle toward directions away from the ground with both hands until both arms are straightened, and keeping the first sliding assembly and the second sliding assembly to be located between the door anchor or the fixing point and the first user;

[0165] Step 5: the first user lowering both hands to a height slightly below ears, and keeping the first sliding assembly and the second sliding assembly to be located between the door anchor or the fixing point and the first user; and repeating Step 4 and Step 5.

[0166] The above fitness method is a shoulder press exercise method in a single-person exercise mode, which can mainly exercise the positions of anterior deltoid bundle, triceps, and upper trapezius bundle in the human muscle group. By strengthening hand actions, the user keeps the fitness toy to be located at the center of the rope assembly; and pushes arms upward to keep the fitness toy stable and symmetrical, so as to further improve the exercise effect.

[0167] The fitness toy in the embodiment of the present application can be used not only for single-person training, but also for simultaneous training of two persons, thereby improving the interactivity of exercise.

[0168] Referring to FIG. 16, an embodiment of the present application further provides a fitness method being applicable to a fitness toy of any one of the above embodiments, wherein a first handle, a second handle, a third handle and a fourth handle of a rope assembly are all provided with wristbands, and the rope assembly is provided with a marking point. As one example, the marking point is located at a midpoint of the rope assembly. The fitness method comprises:

[0169] Step 1: a first user and a second user being respectively located at two ends of the fitness toy, and respectively wrapping the wristbands around their respective wrists, and the first user and the second user both standing in a posture with one foot in front of the other foot, and jointly stretching the rope assembly, wherein, one of the first user and the second user is an initiator, and the other one is a recipient;

[0170] Step 2: the initiator kneeling with one knee and making a first sliding assembly and a second sliding assembly stand upright on the ground, and the recipient raising both hands to the height of his/her neck, bending elbows and maintaining tension;

[0171] Step 3: the initiator standing up and opening both arms, keeping the rope assembly tightened and driving the first sliding assembly and the second sliding assembly to move toward the recipient, and the recipient retracting both hands to the center of his/her chest to receive the first sliding assembly and the second sliding assembly;

[0172] Step 4: when the first sliding assembly and the second sliding assembly reach or exceed the marking point, the recipient opening both arms, keeping the rope assembly tightened, and

driving the first sliding assembly and the second sliding assembly to move toward the initiator; and the initiator and the recipient exchanging identities, and repeating Step 2 to Step 4.

[0173] The above fitness method is a basic shoulder exercise method in a two-person exercise mode, which can mainly exercise the position of the middle of deltoid in the human muscle group. By strengthening action coordination between the two persons, the initiator and the recipient move alternately, one of them kneels with one knee, and the other one puts both hands at the height of the neck to create a height difference of two ends of the rope assembly, and at the same time cooperates with arm abduction of hands to perform chest expansion motion, so as to further improve the exercise effect.

[0174] Referring to FIG. 17, an embodiment of the present application further provides a fitness method being applicable to a fitness toy of any one of the above embodiments, wherein a first handle, a second handle, a third handle and a fourth handle of a rope assembly are all provided with wristbands, and the rope assembly is provided with a marking point. As one example, the marking point is located at a midpoint of the rope assembly. The fitness method comprises:

[0175] Step 1: a first user and a second user being respectively located at two ends of the fitness toy, and respectively wrapping the wristbands around their respective wrists, and the first user and the second user both standing in a posture with both feet as wide as shoulders, and jointly stretching the rope assembly, wherein, one of the first user and the second user is an initiator, and the other one is a recipient;

[0176] Step 2: the initiator starting in a deep-squatting posture, the initiator standing up and opening both arms to drive a first sliding assembly and a second sliding assembly to move toward the recipient;

[0177] Step 3: when the first sliding assembly and the second sliding assembly pass through the marking point, the recipient squatting until the first sliding assembly and the second sliding assembly make contact with handles of the recipient, and the recipient standing up and opening both arms to drive the first sliding assembly and the second sliding assembly to move toward the initiator, wherein, the marking point is located at the midpoint of the rope assembly;

[0178] Step 4: when the first sliding assembly and the second sliding assembly pass through the marking point, the initiator squatting until the first sliding assembly and the second sliding assembly make contact with handles of the initiator; and repeating Step 2 to Step 4.

[0179] The above fitness method is a deep-squat and shoulder combination exercise method in a two-person exercise mode, which can mainly exercise the positions of legs and the middle of deltoid in the human muscle group. By strengthening action coordination between the two persons, the initiator and the recipient move alternately, both of them are in a squatting position and a posture that feet are staggered, pulling the rope assembly to tighten it, one person squats, and the

other stands up, outstretches both arms, and coordinates with arm abduction of hands to perform chest expansion motion, so as to further improve the exercise effect.

[0180] Referring to FIG. 18, an embodiment of the present application further provides a fitness method being applicable to a fitness toy of any one of the above embodiments, wherein a first handle, a second handle, a third handle and a fourth handle of a rope assembly are all provided with wristbands, and the rope assembly is provided with a marking point. As one example, the marking point is located at a midpoint of the rope assembly. The fitness method comprises:

[0181] Step 1: a first user and a second user being respectively located at two ends of the fitness toy, and respectively wrapping the wristbands around their respective wrists, and the first user and the second user both standing in a posture with one foot in front of the other foot, and jointly stretching the rope assembly, wherein, one of the first user and the second user is an initiator, and the other one is a recipient;

[0182] Step 2: the initiator kneeling with one knee and making a first sliding assembly and a second sliding assembly stand upright on the ground, and the recipient raising both hands to the height of his/her neck, bending elbows and maintaining tension;

[0183] Step 3: the initiator standing up and opening both arms, keeping the rope assembly tightened and driving a first sliding assembly and a second sliding assembly to move toward the recipient, and the recipient retracting both hands to the center of his/her chest to receive the first sliding assembly and the second sliding assembly;

[0184] Step 4: when the first sliding assembly and the second sliding assembly reach or exceed the marking point, the recipient opening both arms with one arm raised slantly upward at an angle of 40 degrees to 50 degrees and the other arm straightened slantly downward at an angle of 40 degrees to 50 degrees, keeping the rope assembly tightened, and driving the first sliding assembly and the second sliding assembly to move toward the initiator; and the initiator and the recipient exchanging identities, and repeating Step 2 to Step 4.

[0185] The above fitness method is a single-arm inclined horizontal raising exercise method in a two-person exercise mode, which can mainly exercise the position of middle and posterior deltoid in the human muscle group. By strengthening action coordination between the two persons, both the initiator and the recipient stand in a staggered posture and tighten the rope assembly. One of them kneels with one knee, and the other one puts both hands at the height of the neck to create a height difference of two ends of the rope assembly, uses opposite diagonal arms to send/receive roller wheels, and cooperates with arm abduction of hands to perform chest expansion motion, so as to further improve the exercise effect.

[0186] Referring to FIG. 19, an embodiment of the present application further provides a fitness method being applicable to a fitness toy of any one of the above embodiments, wherein a first

handle, a second handle, a third handle and a fourth handle of a rope assembly are all provided with wristbands, and the rope assembly is provided with a marking point. As one example, the marking point is located at a midpoint of the rope assembly. The fitness method comprises:

[0187] Step 1: a first user and a second user being respectively located at two ends of the fitness toy, and respectively wrapping the wristbands around their respective wrists, the first user and the second user both standing in a posture with one foot in front of the other foot, and the first user and the second user straightening both arms to jointly stretch the rope assembly, wherein, one of the first user and the second user is an initiator, and the other one is a recipient;

[0188] Step 2: the initiator kneeling with one knee, forming a lunge posture with one leg in front of the other leg, placing a first sliding assembly and a second sliding assembly upright on the ground, and the recipient raising both arms to the height of his/her neck and keeping both arms straightened;

[0189] Step 3: the initiator standing up and opening both arms horizontally in a state of keeping both arms straightened to drive the first sliding assembly and the second sliding assembly to move toward the recipient, and the recipient keeping both arms straightened forward at the center of his/her chest to receive the first sliding assembly and the second sliding assembly;

[0190] Step 4: when the first sliding assembly and the second sliding assembly move to the handles on the side of the recipient, the recipient opening both arms horizontally in a state of keeping both arms straightened to drive the first sliding assembly and the second sliding assembly to move toward the initiator, and the initiator keeping both arms straightened forward at the center of his/her chest to receive the first sliding assembly and the second sliding assembly; and the initiator and the recipient exchanging identities, and repeating Step 2 to Step 4.

[0191] The above fitness method is a straight arm back pull exercise method in a two-person exercise mode, which can mainly exercise the positions of the rear portion of deltoid and the middle back portion in the human muscle group. By strengthening action coordination between the two persons, both the initiator and the recipient stand in a staggered posture with both arms fully extended, such that the rope assembly is tightened. One of them kneels down in a lunge, and the other stands with both arms stretched out. The two persons keep their arms straightened when pulling and sending the fitness toy, and cooperate with arm abduction of hands to perform chest expansion motion, so as to further improve the exercise effect.

[0192] The above description is only embodiments of the present application and does not limit the patent scope of the present application. Any equivalent structure or equivalent process transformation made using the contents of the present application specification and drawings, or directly or indirectly applied in other related technical fields, are also comprised in the patent protection scope of the present application.

WHAT IS CLAIMED IS:

1. A fitness toy, comprising:

a first sliding assembly comprising a first base and a first pulley block, wherein the first pulley block is rotatably arranged on the first base;

a second sliding assembly comprising a second base and a second pulley block, wherein the second base is connected to the first base, the second pulley block is rotatably arranged on the second base, and a rotation axis of the first pulley block is perpendicular to a rotation axis of the second pulley block;

and a rope assembly arranged between the first base and the second base, wherein the first pulley block and the second pulley block can roll along the rope assembly, such that the first sliding assembly and the second sliding assembly reciprocally move along the rope assembly.

2. The fitness toy according to claim 1, wherein

the first pulley block comprises a first roller and a second roller, the first roller and the second roller are respectively arranged at end parts of the first base in a first direction, the first roller and the second roller both extend along a second direction, and the first direction is perpendicular to the second direction;

and the rope assembly is arranged between the first base and the second base along the first direction, and the first roller and the second roller reciprocally slide along the rope assembly.

3. The fitness toy according to claim 2, wherein

the second pulley block is arranged between the first base and the second base, the second pulley block comprises a first wheel and a second wheel, the first wheel and the second wheel are distributed apart in the second direction, and a rotation axis of the first wheel and a rotation axis of the second wheel both extend along a third direction; every two of the first direction, the second direction, and the third direction are perpendicular; and the rope assembly is arranged between the first wheel and the second wheel.

4. The fitness toy according to claim 3, wherein

the first wheel is provided with a circumferentially surrounding first groove, the first groove is used for accommodating a part of the rope assembly, and an inner wall surface of the first groove abuts against a surface of the rope assembly; and/or

the second wheel is provided with a circumferentially surrounding second groove, the second groove is used for accommodating a part of the rope assembly, and an inner wall surface of the second groove abuts against the surface of the rope assembly.

5. The fitness toy according to claim 3, wherein

the rope assembly comprises a first pull rope and a second pull rope, the first pull rope respectively abuts against the first roller, the second roller, and the first wheel, and the second pull

rope respectively abuts against the first roller, the second roller, and the second wheel;

and an end part of the first pull rope and an end part of the second pull rope are configured to move toward or away from each other in the second direction to drive the first base and the second base to reciprocally move along the first pull rope and the second pull rope.

6. The fitness toy according to claim 5, wherein

two ends of the first pull rope are respectively provided with a first handle and a second handle, two ends of the second pull rope are respectively provided with a third handle and a fourth handle, the first handle and the third handle are located at one end of the rope assembly, and the second handle and the fourth handle are located at the other end of the rope assembly.

7. The fitness toy according to claim 2, wherein

the second base is provided with a first protrusion portion, the first protrusion portion and the first roller are arranged apart in a third direction, and the rope assembly is located between the first roller and the first protrusion portion; and/or the second base is provided with a second protrusion portion, the second protrusion portion and the second roller are arranged apart in the third direction, and the rope assembly is located between the second roller and the second protrusion portion.

8. The fitness toy according to claim 1, wherein

the fitness toy further comprises a weight adjustment assembly, the weight adjustment assembly is detachably arranged on the second sliding assembly, and the weight adjustment assembly is configured to be variable in weight to adjust an overall weight of the fitness toy.

9. The fitness toy according to claim 8, wherein

one side of the second base away from the first base is provided with a fixing portion; and the weight adjustment assembly comprises a weight block and a locking member, and the locking member is respectively connected to the fixing portion and the weight block, such that the weight block is fixed to the second base.

10. The fitness toy according to claim 1, wherein

the fitness toy further comprises a first buffer member and a second buffer member, and the first buffer member and the second buffer member are respectively arranged at two ends of the second base in a first direction.

11. A fitness method applicable to the fitness toy according to any one of claims 1 to 10, wherein the rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

Step 3: the first user standing in a posture with one foot in front of the other foot, keeping a trunk stable and separating the first handle from the second handle by abducting both hands to drive the first sliding assembly and the second sliding assembly to move toward a farthest point or a highest point;

Step 4: when the first sliding assembly and the second sliding assembly move to the farthest point or the highest point, the first user gathering both hands back to the center of the chest and keeping the rope assembly straightened, such that the first sliding assembly and the second sliding assembly move to touch the first handle and/or the second handle; and repeating Step 3 and Step 4.

12. A fitness method applicable to the fitness toy according to any one of claims 1 to 10, wherein the rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

Step 3: the first user standing in a posture with both feet as wide as shoulders, and then deep squatting until knees reach or fall below 90 degrees, such that a first sliding assembly and a second sliding assembly move to touch the first handle and/or the second handle;

Step 4: the first user separating the first handle from the second handle by abducting both hands to drive the first sliding assembly and the second sliding assembly to move toward a farthest point or a highest point, keeping the knees slightly bent at the same time, and standing up; and repeating Step 3 and Step 4.

13. A fitness method applicable to the fitness toy according to any one of claims 1 to 10, wherein the rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

Step 3: the first user standing in a posture with both feet as wide as the pelvis, and separating the first handle from the second handle by abducting both hands to drive a first sliding assembly and a second sliding assembly to move toward a farthest point or a highest point;

Step 4: the first user stepping one leg backward, then making both legs in a lunge posture with knees bending at 90 degrees, when the first sliding assembly and the second sliding assembly are located at the farthest point or the highest point, the first user gathering both hands back to the center of a chest and retracting the back leg forward, and keeping the rope assembly straightened, such that the first sliding assembly and the second sliding assembly move to touch the first handle and/or the second handle; then stepping the other leg backward; and repeating Step 3 and Step 4.

14. A fitness method applicable to the fitness toy according to any one of claims 1 to 10, wherein the rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, the first user standing in a posture with both legs spaced apart, stretching both arms forward straightly and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

Step 3: the first user keeping arms straightened, and separating the first handle from the second handle by abducting both arms to drive a first sliding assembly and a second sliding assembly to move toward a farthest point or a highest point;

Step 4: when the first sliding assembly and the second sliding assembly move to the farthest point or the highest point, the first user gathering both arms back to the center of a chest, and keeping the arms straightened to make the rope assembly straightened, such that the first sliding assembly and the second sliding assembly move to touch the first handle and/or the second handle; and repeating Step 3 and Step 4.

15. A fitness method applicable to the fitness toy according to any one of claims 1 to 10, wherein the rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

Step 3: the first user standing naturally in a posture with the body facing his/her left side, bending the right arm to make the fist close to the chest, keeping the left hand hanging down and straightened, and repeatedly pulling the rope assembly with the left hand toward a direction away from the door anchor or the fixing point;

Step 4: the first user stands naturally in a posture with the body facing his/her right side, bending the left arm to make the fist close to the chest, and keeping the right hand hanging down and straightened, and repeatedly pulling the rope assembly with the right hand toward a direction away from the door anchor or the fixing point; and alternately repeating Step 3 and Step 4.

16. A fitness method applicable to the fitness toy according to any one of claims 1 to 10, wherein the rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

Step 3: the first user standing in a natural posture, making both hands in front of the body, bending arms to make elbow angles to be 40 degrees to 50 degrees, and driving forearms of both hands to pull the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly, such that both hands keep straightened;

Step 4: the first user keeping big arms of both hands stable, and bending the forearms to restore the elbow angles to 40 degrees to 50 degrees; and repeating Step 3 and Step 4.

17. A fitness method applicable to the fitness toy according to any one of claims 1 to 10, wherein the rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

Step 3: the first user standing in a natural posture, stretching both arms forward, holding the first handle and the second handle with palms of both hands facing downward, driving big arms of both hands to move backward, and leaning a body trunk forward until the big arms of both hands are flush with the body trunk to drive a first sliding assembly and a second sliding assembly to move toward a farthest point (a highest point);

Step 4: when the first sliding assembly and the second sliding assembly move to the farthest point or the highest point, the first user gathering both hands back to the front of the chest, leaning the body trunk back, and keeping the rope assembly straightened, such that the first sliding assembly and the second sliding assembly move to touch the first handle and/or the second handle; and repeating Step 3 and Step 4.

18. A fitness method applicable to the fitness toy according to any one of claims 1 to 10, wherein the rope assembly is provided with a door anchor and wristbands, and the fitness method comprises:

Step 1: installing the fitness toy through the door anchor or a fixing point, wherein a height of the fixing point from the ground is greater than or equal to 2 meters;

Step 2: a first user wrapping the wristbands around his/her wrists, respectively holding a first handle and a second handle of the rope assembly with both hands, and pulling the rope assembly toward directions away from the door anchor or the fixing point to straighten the rope assembly;

Step 3: the first user standing in a posture with both feet as wide as shoulders, and bending elbows of both hands to allow it to be located in front of the body to tighten the rope assembly, such that a first sliding assembly and a second sliding assembly are kept to be located between the door anchor or the fixing point and the first user;

Step 4: the first user raising the first handle and the second handle toward directions away from the ground with both hands until both arms are straightened, and keeping the first sliding assembly and the second sliding assembly to be located between the door anchor or the fixing point and the first user;

Step 5: the first user lowering both hands to a height slightly below ears, and keeping the first sliding assembly and the second sliding assembly to be located between the door anchor or the fixing point and the first user; and repeating Step 4 and Step 5.

19. A fitness method applicable to the fitness toy according to any one of claims 1 to 10, wherein a first handle, a second handle, a third handle, and a fourth handle of the rope assembly are all provided with wristbands, the rope assembly is provided with a marking point, and the fitness method comprises:

Step 1: a first user and a second user being respectively located at two ends of the fitness toy, and respectively wrapping the wristbands around their respective wrists, and the first user and the second user both standing in a posture with one foot in front of the other foot, and jointly stretching the rope assembly, wherein, one of the first user and the second user is an initiator, and the other one is a recipient;

Step 2: the initiator kneeling with one knee and making a first sliding assembly and a second sliding assembly stand upright on the ground, and the recipient raising both hands to the height of his/her neck, bending elbows and maintaining tension;

Step 3: the initiator standing up and opening both arms, keeping the rope assembly tightened and driving the first sliding assembly and the second sliding assembly to move toward the recipient, and the recipient retracting both hands to the center of his/her chest to receive the first sliding assembly and the second sliding assembly;

Step 4: when the first sliding assembly and the second sliding assembly reach or exceed the marking point, the recipient opening both arms, keeping the rope assembly tightened, and driving the first sliding assembly and the second sliding assembly to move toward the initiator; and the initiator and the recipient exchanging identities, and repeating Step 2 to Step 4.

20. A fitness method applicable to the fitness toy according to any one of claims 1 to 10, wherein a first handle, a second handle, a third handle, and a fourth handle of the rope assembly are all provided with wristbands, the rope assembly is provided with a marking point, and the fitness method comprises:

Step 1: a first user and a second user being respectively located at two ends of the fitness toy, and respectively wrapping the wristbands around their respective wrists, and the first user and the second user both standing in a posture with both feet as wide as shoulders, and jointly stretching the rope assembly, wherein, one of the first user and the second user is an initiator, and the other one is a recipient;

Step 2: the initiator starting in a deep-squatting posture, the initiator standing up and opening both arms to drive a first sliding assembly and a second sliding assembly to move toward the recipient;

Step 3: when the first sliding assembly and the second sliding assembly pass through the marking point, the recipient squatting until the first sliding assembly and the second sliding assembly make contact with handles of the recipient, and the recipient standing up and opening both arms to drive the first sliding assembly and the second sliding assembly to move toward the initiator, wherein, the marking point is located at a midpoint of the rope assembly;

Step 4: when the first sliding assembly and the second sliding assembly pass through the marking point, the initiator squatting until the first sliding assembly and the second sliding assembly make contact with handles of the initiator; and repeating Step 2 to Step 4.

21. A fitness method applicable to the fitness toy according to any one of claims 1 to 10, wherein a first handle, a second handle, a third handle, and a fourth handle of the rope assembly are all provided with wristbands, the rope assembly is provided with a marking point, and the fitness method comprises:

Step 1: a first user and a second user being respectively located at two ends of the fitness toy, and respectively wrapping the wristbands around their respective wrists, and the first user and the second user both standing in a posture with one foot in front of the other foot, and jointly stretching the rope assembly, wherein, one of the first user and the second user is an initiator, and the other one is a recipient;

Step 2: the initiator kneeling with one knee and making a first sliding assembly and a second sliding assembly stand upright on the ground, and the recipient raising both hands to the height of his/her neck, bending elbows and maintaining tension;

Step 3: the initiator standing up and opening both arms, keeping the rope assembly tightened and driving the first sliding assembly and the second sliding assembly to move toward the recipient, and the recipient retracting both hands to the center of his/her chest to receive the first sliding assembly and the second sliding assembly;

Step 4: when the first sliding assembly and the second sliding assembly reach or exceed the marking point, the recipient opening both arms with one arm raised slantly upward at an angle of 40 degrees to 50 degrees and the other arm straightened slantly downward at an angle of 40 degrees to 50 degrees, keeping the rope assembly tightened, and driving the first sliding assembly and the second sliding assembly to move toward the initiator; and the initiator and the recipient exchanging identities, and repeating Step 2 to Step 4.

22. A fitness method applicable to the fitness toy according to any one of claims 1 to 10, wherein a first handle, a second handle, a third handle, and a fourth handle of the rope assembly are all provided with wristbands, the rope assembly is provided with a marking point, and the fitness method comprises:

Step 1: a first user and a second user being respectively located at two ends of the fitness toy, and respectively wrapping the wristbands around their respective wrists, the first user and the second user both standing in a posture with one foot in front of the other foot, and the first user and the second user straightening both arms to jointly stretch the rope assembly, wherein, one of the first user and the second user is an initiator, and the other one is a recipient;

Step 2: the initiator kneeling with one knee, forming a lunge posture with one leg in front of the other leg, placing the first sliding assembly and the second sliding assembly upright on the ground, and the recipient raising both arms to the height of his/her neck and keeping both arms straightened;

Step 3: the initiator standing up and opening both arms horizontally in a state of keeping both arms straightened to drive a first sliding assembly and a second sliding assembly to move toward the recipient, and the recipient keeping both arms straightened forward at the center of his/her chest to receive the first sliding assembly and the second sliding assembly;

Step 4: when the first sliding assembly and the second sliding assembly move to the handles on the side of the recipient, the recipient opening both arms horizontally in a state of keeping both arms straightened to drive the first sliding assembly and the second sliding assembly to move toward the initiator, and the initiator keeping both arms straightened forward at the center of his/her chest to receive the first sliding assembly and the second sliding assembly; and the initiator and the recipient exchanging identities, and repeating Step 2 to Step 4.