

TITLE OF INVENTION: FUNCTIONAL LOWER BODY EXERCISE DEVICE

ABSTRACT

The present invention relates to a functional lower body exercise device, which can exhibit a concentrated exercise effect on thighs and hips while minimizing strain on knee or ankle joints. To this end, the exercise device of the present invention comprises: a device main body (10) forming an inclined surface (11) of which the height gradually decreases toward the left and right sides from the center; a knee protection shin pad (20) mounted on the inclined surface (11) of the device main body (10) so as to be horizontally movable; an elastic spring (30) formed inside the device main body (10) to elastically support the knee protection shin pad (20); and moving rollers (22, 22') provided on a lower portion of the knee protection shin pad (20) to enable smooth movement along the inclined surface.

FIG. 2