

ABSTRACT

To provide an exercise garment with crotch part that is capable of sufficiently improving performance of various types of exercises accompanied by three-dimensional movements such as rotation of the trunk and rotation/outward rotation/inward rotation of both legs.

In an exercise garment with crotch part 1, when it is being worn, tightening forces of first tightening portions 21 act on the muscle groups existing around the greater trochanter, so that [the muscle groups] are supported to broaden the extent of mobility of the pelvic band. On the other hand, on the inside of the closed-loop first tightening portions 21, the space between a first line 21a and a second line 21b gradually becomes wider toward the greater trochanter position A, whereby a side hole 24 is formed. Due to such formation of the side hole 24, the greater trochanter of the wearer is prevented from being pressed directly by the first tightening portions 21. Therefore, in the exercise garment with crotch part 1, the first tightening portions 21 can support the muscle groups surrounding the greater trochanter and the side hole 24 can secure flexibility of the pelvic band, whereby performance of various types of exercises can be effectively improved.