## ABSTRACT

There is provided an exercise garment according to which the exercise performance in various types of exercise accompanied by rotation of the trunk and movement of the arms can be sufficiently improved.

With the exercise garment 1, when the exercise garment 1 is being worn, tightening forces due to first tightening portions 21 act on the scapulae and the scapula-surrounding muscle groups, so that the scapulae and the scapula-surrounding muscle groups are supported such that the extent of mobility of the scapulae is broadened when the wearer carries out rotation of the trunk or movement of the arms. Moreover, the tightening force due to one of the first tightening portions 21 is transmitted to the other first tightening portion 21 via second tightening portions 22. As a result, movement of one scapula linked to the movement of the other scapula is promoted, and hence the extent of mobility of the scapulae is further broadened. Consequently, with the exercise garment 1, the flexibility around the shoulders during exercise in which the left and right shoulders are working together can be effectively increased, and hence an improvement in performance in various types of exercise accompanied by rotation of the trunk and movement of the arms is achieved.