

Training Belt and Rubber Ball Member

(ABSTRACT)

The invention is a training belt, comprising,

5 a plurality of stretchable belt members 12 having loop shape,

an intermediate engaging member 14, in which the plural of the belt members 12 are detachably coupled mutually,

10 a first engaging member 20, which is detachably coupled to the one edge of the belt member 12 that is coupled by the intermediate engaging member 14, and

a second engaging member 38, which is detachably coupled to the other edge of the belt member 12 that is coupled by the intermediate engaging member 14,

15 wherein the training belt becomes a loop shape by engaging the first engaging member 20 and the second engaging member 38.

[Fig. 1]