CLAIMS

1. A muscle training method comprising: asking a user to perform underwater exercise while winding a belt around at least one of four limbs of the user; and applying specific pressure to restrict blood circulation at a muscle of the user without stopping the blood circulation, to thereby train the muscle of the user (provided, however, that medical activities are excluded), wherein:

the belt is a member made of a material with elasticity and shaped like a belt, wherein a buckle and a small piece made of leather or fabric arranged on an inner face of the buckle are attached at one end of the belt, and a belt-like member having a width that is the same as or slightly narrower than a width of the belt is attached at the other end of the belt;

the method comprises: performing arm pressurization by winding the belt around a base of an arm of the user; allowing the belt-like member and the other end of the belt to pass through the buckle; and tightening the belt while holding the belt-like member so that specific pressure is applied to restrict blood circulation at a muscle of the arm of the user without stopping the blood circulation, while keeping a loop shape of the belt by way of coupling a hook-and-loop fastener provided on an outer face of the belt-like member with a hook-and-loop fastener provided on an outer face of the belt;

the specific pressure is set in a range of 80 to 120 mmHg;

while receiving the arm pressurization, the user is asked to perform specific swim exercise including an arm/leg propulsion exercise to move forward by making strokes with arms and by kicking water, and an arm propulsion exercise to move forward by making strokes with the arms only;

the specific swim exercise includes: a first step of performing the arm/leg propulsion exercise continuously; a second step of performing the arm/leg propulsion exercise two or more times while having a specific stop duration therebetween; and a third step of performing the arm propulsion exercise, followed by the arm/leg propulsion exercise while having a specific stop duration therebetween;

the arm/leg propulsion exercise in the second step is performed with intensity higher than in the arm/leg propulsion exercise in the first step; and

the arm/leg propulsion exercise in the third step is performed with intensity

higher than in the arm/leg propulsion exercise in the second step.

2. The muscle training method according to claim 1, wherein:

the arm/leg propulsion exercise of 200 yards is performed continuously in the first step;

the arm/leg propulsion exercise of 50 yards is performed four times while having a specific stop duration therebetween in the second step; and

the arm propulsion exercise of 50 yards is performed, followed by the arm/leg propulsion exercise of 50 yards while having a specific stop duration therebetween in the third step.

3. A muscle training method comprising: asking a user to perform underwater exercise while winding a belt around at least one of four limbs of the user and applying specific pressure to restrict blood circulation at a muscle of the user without stopping the blood circulation, to thereby train the muscle of the user (provided, however, that medical activities are excluded), wherein:

the belt is a member made of a material with elasticity and shaped like a belt, wherein a buckle and a small piece made of leather or fabric arranged on an inner face of the buckle are attached at one end of the belt, and a belt-like member having a width that is the same as or slightly narrower than a width of the belt is attached at the other end of the belt;

the method comprises: performing arm pressurization by winding the belt around a base of an arm of the user; allowing the belt-like member and the other end of the belt to pass through the buckle; and tightening the belt while holding the belt-like member so that specific pressure is applied to restrict blood circulation at a muscle of the arm of the user without stopping the blood circulation, while keeping a loop shape of the belt by way of coupling a hook-and-loop fastener provided on an outer face of the belt-like member with a hook-and-loop fastener provided on an outer face of the belt;

the specific pressure is set in a range of 80 to 120 mmHg;

while receiving the arm pressurization, the user is asked to perform specific swim exercise including an arm/leg propulsion exercise to move forward by making strokes with arms and by kicking water, and an arm propulsion exercise to move forward by making strokes with the arms only;

the specific swim exercise includes: a first step of performing the arm/leg propulsion exercise continuously; a fourth step of performing the arm propulsion exercise, followed by the arm/leg propulsion exercise; and a fifth step of performing the arm/leg propulsion exercise two or more times while having a specific stop duration therebetween;

the arm/leg propulsion exercise in the fourth step is performed with intensity higher than in the arm/leg propulsion exercise in the first step; and

the arm/leg propulsion exercise in the fifth step is performed with intensity equal to intensity of the arm/leg propulsion exercise in the fourth step.

4. The muscle training method according to claim 3, wherein:

the arm/leg propulsion exercise of 200 yards is performed continuously in the first step;

the arm propulsion exercise of 75 yards is performed, followed by the arm/leg propulsion exercise of 75 yards in the fourth step; and

the arm/leg propulsion exercise of 25 yards is performed four times while having a specific stop duration therebetween in the fifth step.

5. A muscle training method comprising: asking a user to perform underwater exercise while winding a belt around at least one of four limbs of the user and applying specific pressure to restrict blood circulation at a muscle of the user without stopping the blood circulation, to thereby train the muscle of the user (provided, however, that medical activities are excluded), wherein:

the belt is a member made of a material with elasticity and shaped like a belt, wherein a buckle and a small piece made of leather or fabric arranged on an inner face of the buckle are attached at one end of the belt, and a belt-like member having a width that is the same as or slightly narrower than a width of the belt is attached at the other end of the belt;

the method comprises: performing arm pressurization by winding the belt around a base of an arm of the user; allowing the belt-like member and the other end of the belt to pass through the buckle; and tightening the belt while holding the belt-like member so that specific pressure is applied to restrict blood circulation at a muscle of the arm of the user without stopping the blood circulation, while keeping a loop shape of the belt by way of coupling a hook-and-

loop fastener provided on an outer face of the belt-like member with a hook-and-loop fastener provided on an outer face of the belt; and

the user is asked to perform walking exercise in water while setting the specific pressure at a value exceeding 120 mmHg.

6. A muscle training method comprising: asking a user to perform underwater exercise while winding a belt around at least one of four limbs of the user and applying specific pressure to restrict blood circulation at a muscle of the user without stopping the blood circulation, to thereby train the muscle of the user (provided, however, that medical activities are excluded), wherein:

the belt is a member made of a material with elasticity and shaped like a belt, wherein a buckle and a small piece made of leather or fabric arranged on an inner face of the buckle are attached at one end of the belt, and a belt-like member having a width that is the same as or slightly narrower than a width of the belt is attached at the other end of the belt;

the method comprises: performing leg pressurization by winding the belt around a base of a leg of the user; allowing the belt-like member and the other end of the belt to pass through the buckle; and tightening the belt while holding the belt-like member so that specific pressure is applied to restrict blood circulation at a muscle of the leg of the user without stopping the blood circulation, while keeping a loop shape of the belt by way of coupling a hook-and-loop fastener provided on an outer face of the belt-like member with a hook-and-loop fastener provided on an outer face of the belt;

the specific pressure is set in a range of 100 to 140 mmHg;

while receiving the leg pressurization, the user is asked to perform specific swim exercise including an arm/leg propulsion exercise to move forward by making strokes with arms and by kicking water, and a leg propulsion exercise to move forward by kicking water only;

the specific swim exercise includes: a sixth step of performing the arm/leg propulsion exercise two or more times while having a specific stop duration therebetween; and a seventh step of performing the leg propulsion exercise, followed by the arm/leg propulsion exercise while having a specific stop duration therebetween; and

the seventh step is repeated twice.

7. The muscle training method according to claim 6, wherein:

the arm/leg propulsion exercise of 25 yards is performed four times while having a specific stop duration therebetween in the sixth step; and

the leg propulsion exercise of 50 yards is performed, followed by the arm/leg propulsion exercise of 50 yards while having a specific stop duration therebetween in the seventh step.

8. A muscle training method comprising: asking a user to perform underwater exercise while winding a belt around at least one of four limbs of the user and applying specific pressure to restrict blood circulation at a muscle of the user without stopping the blood circulation, to thereby train the muscle of the user (provided, however, that medical activities are excluded), wherein:

the belt is a member made of a material with elasticity and shaped like a belt, wherein a buckle and a small piece made of leather or fabric arranged on an inner face of the buckle are attached at one end of the belt, and a belt-like member having a width that is the same as or slightly narrower than a width of the belt is attached at the other end of the belt;

the method comprises: performing leg pressurization by winding the belt around a base of a leg of the user; allowing the belt-like member and the other end of the belt to pass through the buckle; and tightening the belt while holding the belt-like member so that specific pressure is applied to restrict blood circulation at a muscle of the leg of the user without stopping the blood circulation, while keeping a loop shape of the belt by way of coupling a hook-and-loop fastener provided on an outer face of the belt-like member with a hook-and-loop fastener provided on an outer face of the belt;

the specific pressure is set in a range of 100 to 140 mmHg;

while receiving the leg pressurization, the user is asked to perform specific swim exercise including an arm/leg propulsion exercise to move forward by making strokes with arms and by kicking water, and a leg propulsion exercise to move forward by kicking water only; and

the specific swim exercise includes: an eighth step of performing the leg propulsion exercise, followed by the arm/leg propulsion exercise while having a specific stop duration therebetween; and a ninth step of performing the arm/leg

propulsion exercise two or more times while having a specific stop duration therebetween.

9. The muscle training method according to claim 8, wherein:

the leg propulsion exercise of 75 yards is performed, followed by the arm/leg propulsion exercise of 75 yards while having a specific stop duration therebetween in the eighth step; and

the arm/leg propulsion exercise of 25 yards is performed four times while having a specific stop duration therebetween in the ninth step.

10. A muscle training method comprising: asking a user to perform underwater exercise while winding a belt around at least one of four limbs of the user and applying specific pressure to restrict blood circulation at a muscle of the user without stopping the blood circulation, to thereby train the muscle of the user (provided, however, that medical activities are excluded), wherein:

the belt is a member made of a material with elasticity and shaped like a belt, wherein a buckle and a small piece made of leather or fabric arranged on an inner face of the buckle are attached at one end of the belt, and a belt-like member having a width that is the same as or slightly narrower than a width of the belt is attached at the other end of the belt;

the method comprises: performing leg pressurization by winding the belt around a base of a leg of the user; allowing the belt-like member and the other end of the belt to pass through the buckle; and tightening the belt while holding the belt-like member so that specific pressure is applied to restrict blood circulation at a muscle of the leg of the user without stopping the blood circulation, while keeping a loop shape of the belt by way of coupling a hook-and-loop fastener provided on an outer face of the belt-like member with a hook-and-loop fastener provided on an outer face of the belt; and

the user is asked to perform walking exercise in water while setting the specific pressure at a value exceeding 140 mmHg.

11. A muscle training method comprising: asking a user to perform underwater exercise while winding a belt around at least one of four limbs of the user and applying specific pressure to restrict blood circulation at a muscle of the user

without stopping the blood circulation, to thereby train the muscle of the user (provided, however, that medical activities are excluded), wherein:

the belt is a member made of a material with elasticity and shaped like a belt, wherein a buckle and a small piece made of leather or fabric arranged on an inner face of the buckle are attached at one end of the belt, and a belt-like member having a width that is the same as or slightly narrower than a width of the belt is attached at the other end of the belt;

the method comprises:

performing arm pressurization by winding the belt around a base of an arm of the user; allowing the belt-like member and the other end of the belt to pass through the buckle; and tightening the belt while holding the belt-like member so that specific pressure is applied to restrict blood circulation at a muscle of the arm of the user without stopping the blood circulation, while keeping a loop shape of the belt by way of coupling a hook-and-loop fastener provided on an outer face of the belt-like member with a hook-and-loop fastener provided on an outer face of the belt, and

performing leg pressurization by winding the belt around a base of a leg of the user; allowing the belt-like member and the other end of the belt to pass through the buckle; and tightening the belt while holding the belt-like member so that specific pressure is applied to restrict blood circulation at a muscle of the leg of the user without stopping the blood circulation, while keeping a loop shape of the belt by way of coupling a hook-and-loop fastener provided on the outer face of the belt-like member with a hook-and-loop fastener provided on the outer face of the belt;

the specific pressure for the arm pressurization is set in a range of 80 to 120 mmHg;

the specific pressure for the leg pressurization is set in a range of 100 to 140 mmHg;

while receiving the arm pressurization, the user is asked to perform specific swim exercise including an arm/leg propulsion exercise to move forward by making strokes with arms and by kicking water, and an arm propulsion exercise to move forward by making strokes with the arms only; and

while receiving the leg pressurization, the user is asked to perform specific swim exercise including the arm/leg propulsion exercise, and a leg propulsion

exercise to move forward by kicking water only.

12. A muscle training method comprising: asking a user to perform underwater exercise while winding a belt around at least one of four limbs of the user and applying specific pressure to restrict blood circulation at a muscle of the user without stopping the blood circulation, to thereby train the muscle of the user (provided, however, that medical activities are excluded), wherein:

the belt is a member made of a material with elasticity and shaped like a belt, wherein a buckle and a small piece made of leather or fabric arranged on an inner face of the buckle are attached at one end of the belt, and a belt-like member having a width that is the same as or slightly narrower than a width of the belt is attached at the other end of the belt;

the method comprises:

performing arm pressurization by winding the belt around a base of an arm of the user; allowing the belt-like member and the other end of the belt to pass through the buckle; and tightening the belt while holding the belt-like member so that specific pressure is applied to restrict blood circulation at a muscle of the arm of the user without stopping the blood circulation, while keeping a loop shape of the belt by way of coupling a hook-and-loop fastener provided on an outer face of the belt-like member with a hook-and-loop fastener provided on an outer face of the belt, and

performing leg pressurization by winding the belt around a base of a leg of the user; allowing the belt-like member and the other end of the belt to pass through the buckle; and tightening the belt while holding the belt-like member so that specific pressure is applied to restrict blood circulation at a muscle of the leg of the user without stopping the blood circulation, while keeping a loop shape of the belt by way of coupling a hook-and-loop fastener provided on the outer face of the belt-like member with a hook-and-loop fastener provided on the outer face of the belt; and

while the specific pressure for the arm pressurization is set at a value exceeding 120 mmHg and the specific pressure for the leg pressurization is set at a value exceeding 140 mmHg, the user is asked to perform walking exercise in water.