ABSTRACT

The present application relates to the technical field of toys, and discloses a fitness toy and a fitness method. A first sliding assembly of the fitness toy comprises a first base and a first pulley block, a second sliding assembly comprises a second base and a second pulley block, the second base and the first base are connected and are arranged apart, and a rotation axis of the first pulley block is perpendicular to a rotation axis of the second pulley block. A rope assembly is threaded between the first base and the second base, and the first pulley block and the second pulley block can roll along the rope assembly, such that the first sliding assembly and the second sliding assembly reciprocally move between two ends of the rope assembly. Through the above structure, the fitness toy can improve the smoothness of movement between the first base and second base and the rope assembly, reduce the probability of lagging, and improve the gaming experience. In addition, the second sliding assembly can be used for installing a weight adjustment assembly, and a player can select different weights when using the fitness toy to achieve the effect of integrating muscle training, fat burning, and leisure entertainment.

FIG. 1