

EXERCISE APPARATUS

ABSTRACT

The present invention is intended to provide an exercise apparatus performing an exercise of a treatment target region by surely applying a stimulus to the treatment target region without accompanying a discomfort sense such as an itch and a pain. The exercise apparatus (1) of the present invention is adapted to allow a treatment target region (S) to perform an exercise by pressing a treatment member (2) against the treatment target region (S), wherein rotation treatment elements (16, 17) freely rotatable along a movement direction of the treatment member (2) are provided on a side facing to the treatment target region (S) of the treatment member (2), thereby allowing the treatment target region (S) to perform the exercise by pressing the rotation treatment elements (16, 17) against the treatment target region (S).

[Fig. 1]