CLAIMS:

1. An exoskeleton comprising:

a garment article wearable on a body of a user; and

a plurality of structurally independent actuator elements is mountable inside the garment article, with the structurally independent actuator elements being arranged in proximity to form a row array;

wherein, when the structurally independent actuator elements are pneumatically inflated, a structurally independent actuator element collides or presses against an adjacent structurally independent actuator element at an elemental contact area to produce an elemental resistive force or torque, which sums up to support body muscles of the user.

2. The exoskeleton according to claim 1, further comprising another row array of structurally independent actuator elements, wherein the two row arrays are configured in a parallel arrangement.

3, The exoskeleton according to claim 1 or 2, wherein each structurally independent actuator element is detachable or replaceable.

4. The exoskeleton according to claim 3, wherein the elemental resistive force or torque output is controllable by changing a shape, a size, a material elasticity or a spatial location, or any combination thereof, of a replaceable structurally independent actuator element.

5. The exoskeleton according to claim 3, wherein a fit of the exoskeleton is adaptable to a topology of the user body by changing a shape, a size, a material elasticity or a spatial location, or any combination thereof, of a replaceable structurally independent actuator element.

6. The exoskeleton according to any one of the preceding claims, wherein the structurally independent actuator elements are independently inflatable.

7. The exoskeleton according to any one of the preceding claims, wherein elemental contact areas of the structurally independent actuator elements are able to translate, rotate

or reposition, thereby allowing minimal mechanical resistance to rotation of the body of the user.