

95-0240

The training-massage hoop relates to the training devices for strengthening of the separate parts of the body and to the massage devices, specially, to the massage hoops.

The summary of the invention: the training massage hoop consists of the ring 1 provided with massage elements, executed as the spears 2 which are rigid fixed on the ring, having the same dimension, they are disposed in the distance equal to the spear diameter.

The technical result consists in the strengthening the muscles and in the reduction of the hypodermic grease by the intensification of the directed action of the hoop massage elements on the training body part.

Claims: 1