

99-0215

The invention refers to medicine, especially, to the therapeutic physical training.

Summary of the invention consists in, that the gymnastic pole cross - section is executed in the form of an ellipsis of the wood kind which corresponds to one of the seven human energetic centers having the length equal to the human height and openings situated at least on one of ends thereof.

The result consists in improving the pole hand catching and increasing the contact between its surface and the human body during execution of the exercises.