DESCRIPTION

Title of Invention: EXERCISE ASSISTANCE UNIT

TECHNICAL FIELD

[0001] The present disclosure relates to an exercise assistance unit that includes exercise equipment to assist a user in exercise.

BACKGROUND ART

[0002] There is known a technique (e.g., PTL 1) in a treadmill in which an exercise load (e.g., a rotation speed of a motor that rotates an endless belt) of the treadmill is controlled following a change in a heart rate of a user to maintain an exercise intensity intended by the user.

Citation List

Patent Literature

[0003] PTL 1: Unexamined Japanese Patent Publication No. 2002-177413

SUMMARY

[0004] In recent years, when exercise equipment including bicycle type equipment and the like besides the above-described treadmill is used, it is required to provide higher quality exercise assistance (training) based on exercise intensity intended by a user.

[0005] Thus, the present disclosure provides an exercise assistance unit capable of performing higher quality exercise assistance (training) based on exercise intensity intended by a user when exercise equipment is used.

[0006] In one aspect, the present disclosure includes an exercise assistance unit comprising: exercise equipment used by a user to exercise, a blowing unit that blows an air flow toward the user, and a controller. The controller acquires information on a heart rate of the user. Then, the controller controls at least one of wind speed, temperature, and humidity of the air flow to be blown from the blowing unit based on the acquired information on a heart rate to cause the user during exercise using the exercise equipment to have a heart rate within a predetermined range suitable for exercise intensity intended by the user.

[0007] In one example, the exercise assistance unit according to the present disclosure

can provide higher quality exercise assistance (training) based on the exercise intensity intended by the user