

EXERCISE ASSISTING TOOL

ABSTRACT

An exercise assisting tool 1 includes a seating surface
5 2 on which a user is seated, and a body portion 10 having
a bottom surface 3 formed in a substantially spherical shape.
A height H of the seating surface 2 at a lowermost point is
set in a range from 100 mm to 450 mm, and a regulator means
is further provided to suppress any slippage of buttocks of
10 the user from the seating surface 2. The exercise assisting
tool 1 is structured so that the user seated on the seating
surface 2 is allowed to tilt the seating surface in all
directions while having the bottom surface 3 in contact with
the ground surface.

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Figure 1