

## ABSTRACT

### EXERCISE MACHINE OF SEAT TYPE

There is provided an exercise machine of seat type that enables users to take effective twisting exercise. The exercise machine of seat type (1) comprises: a seat (3) where a user is able to sit; a rocking mechanism (4) for rocking the seat (3) in a horizontal direction; a driving mechanism (5) for driving the rocking mechanism (4); and a placement stand (9) on which are placed the rocking mechanism (4) and the driving mechanism (5). The rocking mechanism (4) comprises a horizontally-extending rotation shaft (13) which is rotated under a driving force exerted by the driving mechanism (5) and a single conversion section (15) for converting a rotation of the rotation shaft (13) into horizontal rocking motion. The conversion section (15) is preferably located centrally of the rotation shaft (13) in the horizontal direction.

(Figure 1)