WHAT IS CLAIMED IS:

[Claim 1] An exercise assisting tool, comprising:

a seating surface on which a user is seated; and

a body portion having a bottom surface formed in a substantially spherical shape, wherein:

a height of the seating surface at a lowermost point is in a range from 100 mm to 450 mm; and

a regulator means is provided to suppress any slippage between buttocks of the seated user and the seating surface.

[Claim 2] The exercise assisting tool according to claim 1, comprising a shape-change portion as the regulator means on the seating surface or a peripheral area thereof, which has its shape in accordance with a shape of at least a part of the buttocks, waist, or groin of the user seated on the seating surface.

[Claim 3] The exercise assisting tool according to claim 1 or 2, wherein the body portion is provided with a pair of lateral side portions as the regulator means at positions corresponding to sides of a pelvic part of the user seated on the seating surface, which stand upright having the seating surface interposed therebetween.

[Claim 4] The exercise assisting tool according to claim 3, wherein the lateral side portions have plastic properties, and are configured to laterally apply a pressing force to the pelvic part of the user seated on the seating surface.

[Claim 5] The exercise assisting tool according to claim 3

or 4, wherein a height of the lateral side portion measured from the lowermost point of the seating surface to an uppermost point of the lateral side portion is in a range from 100 mm to 250 mm.

[Claim 6] The exercise assisting tool according to any one of claims 1 to 5, wherein the seating surface has a raised portion raised from a periphery thereof, which serves as the regulator means in a center of the seating surface at a front-end side.

[Claim 7] The exercise assisting tool according to any one of claims 1 to 6, wherein:

the body portion has a core body and an outer surface member which covers the core body;

the core body includes a bottom surface member located at the bottom surface side, and a seating surface member located at the seating surface side, which are formed by using different materials, respectively; and

the bottom surface member has a hardness greater than a hardness of the seating surface member.

[Claim 8] The exercise assisting tool according to any one of claims 1 to 7, wherein a center of gravity is set at a position where the seating surface is directed upward when the exercise assisting tool is left by itself.

[Claim 9] The exercise assisting tool according to any one of claims 1 to 8, wherein a curvature radius of the bottom surface is in a range from 130 mm to 250 mm.

[Claim 10] The exercise assisting tool according to any one of claims 1 to 9, comprising a support stand that can be interposed between the bottom surface and a ground surface, which is configured to control a tilting motion of the exercise assisting tool.

[Claim 11] A pair of left and right support handles used by the user when using the exercise assisting tools according to any one of claims 1 to 10, which are provided separately from the exercise assisting tool, each having:

a gripper configured to be gripped by the user;

a ground contact portion placed on the ground surface; and

a non-slip portion formed on the ground contact portion, which are configured to suppress a slippage of the ground contact portion placed on the ground surface,

wherein the user is allowed to place the ground contact portion on the ground surface while gripping the gripper to control the tilting motion of the exercise assisting tool.

CLAIMS

[Claim 1]

An exercise assisting tool, comprising:

a seating surface on which a user is seated; and

a body portion having a bottom surface formed in a substantially spherical shape,

wherein the body portion is provided with a pair of lateral side portions at positions corresponding to sides of a pelvic part of the user seated on the seating surface, which have plastic properties and stand upright having the seating surface interposed therebetween, and

the lateral side portions are configured to laterally apply a pressing force to the pelvic part of the user seated on the seating surface.

[Claim 2]

The exercise assisting tool according to claim 1, wherein:

the body portion has a core body and an outer surface member which covers the core body;

the core body includes a bottom surface member located at the bottom surface side, and a seating surface member located at the seating surface side, which are formed by using different materials, respectively; and

the bottom surface member has a hardness greater than a hardness of the seating surface member.

[Claim 3]

The exercise assisting tool according to claim 1 or 2, wherein a center of gravity is set at a position where the seating surface is directed upward when the

exercise assisting tool is left by itself.

[Claim 4]

The exercise assisting tool according to any one of claims 1 to 3, comprising a support stand that can be interposed between the bottom surface and a ground surface, which is configured to control a tilting motion of the exercise assisting tool.