

ABSTRACT

A balance fitness machine is provided which is capable of automatically and stably and also uniformly effecting muscle exercise and stretch exercise and exercise for increasing sense of balance.

This balance fitness machine has a platform 1 capable of carrying a user H mounting thereof in a standing posture, a rocking mechanism 2 for rocking this platform 1 in front-rear, left-right, and up-down directions, and a drive motor 20 for driving this rocking mechanism 2. The platform 1 has a long-by-narrow shape and is linked to the rocking mechanism 2 through support members 48 formed of resilient bodies.