[Document Name] Claims

[Claim 1]

An exercise apparatus comprising:

a placement part on which both legs of a user are placed;

a main body part which has an arc part and rotationally moves over a predetermined range by alternate movement of the legs of the user placed on the placement part; and

restraining means which restrains movement of the main body part within a horizontal plane,

the restraining means having

a recessed part formed by removing a portion of the arc part of the main body part, and

a projection part fitted into the recessed part, wherein a length of the projection part is less than a length of the recessed part and the projection part is covered by the recessed part.

[Claim 2]

The exercise apparatus according to claim 1, wherein when main body part is in a rotational movement, horizontal movement of the main body part is restrained by the projection part contacting an edge of the recessed part.

[Claim 3]

The exercise apparatus according to any of claims 1 and 2, further comprising a base part to be placed on a floor surface, the projection part being fixed on an upper surface of the base part.