

WALKING EXERCISE MACHINE

ABSTRACT

There is provided a walking exercise machine capable of securing an effective amount of exercise even in a short length of exercise time without generating great vibration and high noise. A walking exercise machine (100) comprises: a walking belt (120) for carrying a user thereon for walking exercise; a handrail section (101) which is gripped by user's hands; an operation panel (140) with switches, etc. that are operated by a user; and a driving mechanism for driving the walking belt (120). The walking belt (120) is driven to run as a worm gear in a state of being rotated by a driving motor rotates a worm wheel connected to a drum. The brake function of the worm gear allows application of a brake to the walking belt (120).

(Figure 6)