

[Document Name] Abstract

[Title of Invention] EXERCISE IMPLEMENT

[Abstract]

[Problem to be Solved]

Provided is an exercise apparatus which can suppress positional displacement when a user is jiggling.

[Solution]

The exercise apparatus 1 includes: a main body part 5 which has a placement part (smooth surface 5a), on which both legs of a user are placed, and an arc part 5b (curved surface) 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 5 within a horizontal plane. The restraining means has a groove part 5c which is formed by removing a portion of the arc part 5b of the main body part 5 and a columnar body 3 which is fitted into the groove part 5c.

[Selected Drawing] Figure 1