# EXERCISING DEVICE AND OPERATING METHOD THEREOF

## TECHNICAL FIELD

The present disclosure relates to an exercising device. More particularly, the present disclosure relates to an exercising device with swinging function and the operating method thereof.

## DESCRIPTION OF RELATED ART

Because of the popularization of health, exercise becomes more and more important for modern people. Besides the outdoor exercise, like running, riding bike, and playing ball, people would like to go to the gym to do the muscle training so as to improve the blood circulating, the metabolism, and the body health. However, the acceptant exercising strength is different from each person and the health status of each person is also different. Therefore, the usage of the exercising device is limited. Some people develop a simple swinging device to decrease the difficulty of exercise and thus everyone can use the device easily.

The conventional swinging device includes a platform and at least one swinging unit for swinging the platform. When people stand on the platform, the human body can swing along with the platform and the muscle in body will be vibrated because of the swinging motion. Thus the exercise effect is achieved. Because there is no complicated step to use the swinging device and the only thing has to do before using is standing on the platform, the swinging device is