DESCRIPTION

Title of Invention: EXERCISE ASSISTANCE UNIT

TECHNICAL FIELD

[0001] The present disclosure relates to an exercise assistance unit that includes exercise equipment to assist a user in exercise.

BACKGROUND ART

[0002] There is known a technique (e.g., PTL 1) in a treadmill in which an exercise load (e.g., a rotation speed of a motor that rotates an endless belt) of the treadmill is controlled following a change in a heart rate of a user to maintain an exercise intensity intended by the user.

Citation List

Patent Literature

[0003] PTL 1: Unexamined Japanese Patent Publication No. 2002-177413

SUMMARY

[0004] In recent years, when exercise equipment including bicycle type equipment and the like besides the above-described treadmill is used, it is required to provide higher quality exercise assistance (training) based on exercise intensity intended by a user.

[0005] Thus, the present disclosure provides an exercise assistance unit capable of performing higher quality exercise assistance (training) based on exercise intensity intended by a user when exercise equipment is used.

[0006] In one aspect, the present disclosure includes an exercise assistance unit comprising: exercise equipment used by a user to exercise, a blowing unit that blows an air flow toward the user, and a controller. The controller acquires information on a heart rate of the user. Then, the controller controls at least one of wind speed, temperature, and humidity of the air flow to be blown from the blowing unit based on information on a heart rate to cause the user during exercise using the exercise equipment to have a heart rate

within a predetermined range, wherein the information on the heart rate includes a first heart rate set based on a maximum heart rate and exercise intensity which are suitable for the user, and a second heart rate of the user acquired during exercise using the exercise equipment, and the controller performs a control of a first exercise assistance mode in which the controller controls at least one of wind speed, temperature, and humidity of a first air flow to be blown from the blowing unit to cause the second heart rate to be less than or equal to the first heart rate.

[0007] In one example, the exercise assistance unit according to the present disclosure can provide higher quality exercise assistance (training) based on the exercise intensity intended by the user

CLAIMS

1. An exercise assistance unit comprising:

exercise equipment used by a user to exercise;

a blowing unit that blows an air flow toward the user; and

a controller that acquires information on a heart rate of the user and controls at least one of wind speed, temperature, and humidity of the air flow to be blown from the blowing unit based on the acquired information on the heart rate to cause the user during exercise using the exercise equipment to have a heart rate within a predetermined range,

wherein the information on the heart rate includes a first heart rate set based on a maximum heart rate and exercise intensity which are suitable for the user, and a second heart rate of the user acquired during exercise using the exercise equipment, and

the controller performs a control of a first exercise assistance mode in which the controller controls at least one of wind speed, temperature, and humidity of a first air flow to be blown from the blowing unit to cause the second heart rate to be less than or equal to the first heart rate.

2. The exercise assistance unit according to Claim 1, wherein

the second heart rate of the user is transmitted from a heart rate sensor measuring the heart rate of the user, and

the controller performs the control by switching between the a first exercise assistance mode and a second exercise assistance mode in which the controller controls at least one of wind speed, temperature, and humidity of a second air flow to be blown from the blowing unit to cause the second heart rate to exceed the first heart rate.

3. The exercise assistance unit according to Claim 2, wherein the controller implements at least one of increase in the wind speed, decrease in the temperature, and decrease in the humidity of the first air flow to cause the second heart rate to be less than or equal to the first heart rate in the first exercise assistance mode, and implements at least one of decrease in the wind speed, increase in the temperature, and increase in the humidity of the second air flow to cause the second heart rate to exceed the first heart rate in the second exercise assistance mode.

4. The exercise assistance unit according to Claim 2, wherein the controller implements at least one of the wind speed, the temperature, and the humidity of the second air flow to be blown from the blowing unit to cause the second heart rate to be less than or equal to the maximum heart rate in the second exercise assistance mode.

5. The exercise assistance unit according to any one of Claims 2 to 4, wherein after the second exercise assistance mode ends, the controller performs a third exercise assistance mode of implementing at least one of wind speed, temperature, and humidity of a third air flow to be blown from the blowing unit to cause the second heart rate to be less than or equal to the first heart rate.