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(71) Applicant: **MATSUSHITA ELECTRIC WORKS, LTD.**

Kadoma-shi, Osaka-fu 571-8686 (JP)

(72) Inventors:

- **OZAWA, Takahisa**
c/o Matsushita Electric Works, Ltd.
Kadoma-shi,
Osaka 571-8686 (JP)

• **SHINOMIYA, Youichi**

c/o Matsushita Electric Works, Ltd.

Kadoma-shi,

Osaka 571-8686 (JP)

• **OCHI, Kazuhiro**

c/o Matsushita Electric Works, Ltd.

Kadoma-shi,

Osaka 571-8686 (JP)

(74) Representative: **Appelt, Christian W.**

FORRESTER & BOEHMERT

Anwaltssozietät

Pettenkoferstrasse 20-22

80336 München (DE)

(54) **SADDLE FOR EXERCISE APPARATUS USING THE SAME**

(57) A saddle for an exercise equipment for allowing a user to perform an exercise in a sitting posture is provided, which has the capability of suppressing variations in sitting posture to achieve stable exercise effects. The exercise equipment has a base, the saddle for supporting the user's buttocks, and a coupling mechanism configured to movably couple the saddle to the base such that a load acted on a leg by the user's own weight varies according to a relative positional displacement between a foot position and a position of center of gravity of the user, and also configured to limit a movable direction of the saddle such that a direction of the relative positional displacement between the foot position and the position of center of gravity is limited to a direction of flexion and extension of knee joint. The saddle has a pair of curved recesses at its outer periphery, which are configured such that parts of the femoral regions of the user fit the recesses.

