

A. Ptashenko's timer for the diaphragmatic and endogenous breathing is used in the combination with the breathing training device and comprises the board with the timers and the breathing mode informing devices. The second hand is installed in the axis of the board is driven by the electric minimotor equipped with the variable-speed gear and the front friction mechanism. The information carriers of breathing modes arranged in the periphery of the head of the casing are designed as the flat rings, the signal lamps, or the chips. In the periphery of the head, twelve sectors graduated to 5 seconds each are installed with the aim of controlling and comparing the corresponding informational carriers for the exercises and the duration of the respiration cycle. The graduated scale with the slot located in the vertical axis of the device points to the time required for one turn of the second hand depending on the duration of the respiration cycle. In addition, the clock without the second hand indicates the time required for the warm-up and the training. Furthermore, the starting switch for the second hand and the indicator of the power are mounted in the casing of the timer.