

The portable-and-stationary training device relates to the devices for health improvement by means of general and special sport training. The training device comprises the cylindrical housing filled with the water and encompassed by the tie-cord. The housing is rotated around the axle of its base and equipped with the demountable connecting rods and the pedals designed as the handles. The base of the housing represents the supporting hook. The support is designed as the stand with the bar mounted onto the platform. The loading is provided hydraulically by the impeller with the reducer submerged into the liquid. The impeller is interacted with the diametrically installed diffusers equipped with the shutters and the regulated openings connected with the vibration detector. The latter is designed as a disk with the wavy edge attached to the base and connected with the bar via the control screws.