

Versatile home training device relates to the devices for the physical and therapeutic exercises as well as the body building. The training device consists of the main and auxiliary supports, the cross-bar, the bed, the brake coupling with the vibrator, and the means for applying the force of the patient. To provide the wide range of the exercises loading all the major muscular groups with accompanying low resource demanding, the main support is designed as the rotary platform with the tube-shaped stand providing for turning, displacement, inclination, and fixation. In addition, the device contains the demountable extensible cross-bar with the shoulder supports and head holder. The auxiliary support is designed as the seat of bicycle type. The brake coupling with the vibrator represents the disk-shaped container filled with the brake liquid enclosing the brake disks connected with the gear-like rims (the driving disk and the driven one) spring-loaded one to another and to the internal walls of the housing with the aid of the adjustable nut screwed onto the neck. The means for applying the force of the patient is designed as the connecting rods moving apart and the demountable pedals.