

A sport-and-game exerciser comprises a frame, a shaft, a keyboard stand, USB port for computer connection, a device for conversion of motion to computer-generated signal. The shaft is fixed on the frame whereon the keyboard stand is mounted. The device for conversion of motion to computer-generated signal consists of processor, optical disk fixed on the shaft and optocouples fixed opposite the disk on the simulator frame and connected to the processor mounted on the frame behind the optocouples and connected to the USB port. The exerciser in addition comprises movable beam, pedal levers, those are connected by rear part to the shaft and by front part to the movable beam which is connected at other end to the upper section of the frame for elliptic motion of the pedal levers. The device for conversion of motion comprises an optodisk or a disk with magnetic stickers, or a disk with optical marks, which is mounted on the shaft, and an optocouple or magnetic, or laser sensors mounted opposite the device for conversion of motion.