

A method for complex correction of human figure comprises the use of the structured water prior to meals, implementation of physical exercises for muscular groups of physiologically most changed areas of human body. Additionally the structured water is used after the meals, physical exercises of aerobic character and exercise of power endurance are conducted not less than 3 times per week during 15-60 minutes. The sporting training stimulators are used mainly in trainer hall using the structured water during said physical exercises decrease of human body weight is controlled, change of figure and total functional human state is controlled by anthropometric indexes of devices.