WHAT IS CLAIMED IS:

1. An operating method of an exercising device, comprising:

a linear moving step, comprising:

providing a rail pivotally disposed at a base by at least one pivoting point; and

moving a swinging bed or a swinging chair movably positioned on the rail for a linear movement; and

a swinging step, wherein the swinging step changes an angle between the rail and the base to reciprocatedly vibrate the swinging bed or the swinging chair;

wherein when the swinging bed or the swinging chair is moved, a force arm between the pivoting point and a part of the swinging bed or the swinging chair is changed, and a vibrating amplitude of the part of the swinging bed or the swinging chair is changed correspondingly.

2. The operating method of claim 1, wherein the linear moving step provides the linear movement via a horizontal driving unit, the swinging step then vibrates the rail, and the swinging bed or the swinging chair is linked with the rail.

3. The operating method of claim 1, further comprising:

an open-close step, wherein the open-close step is for changing a mode of the swinging bed or the swinging chair.

4. The operating method of claim 3, wherein the open-close step is acted with the linear moving step simultaneously.

5. An exercising device, comprising:

a base;

a rail pivotally disposed at the base by at least one pivoting point;

a swinging chair movably disposed on the rail; and

a swinging unit disposed between the rail and the base, wherein the swinging unit is for changing an angle between the rail and the base to vibrate the rail reciprocatedly;

wherein when the swinging chair is moved, a force arm between the pivoting point and a part of the swinging chair is changed, and a vibrating amplitude of the part of the swinging chair is changed correspondingly.

6. The exercising device of claim 5, further comprising a moving unit for connecting the swinging chair to the rail and a horizontal driving unit for moving the moving unit in the rail, thus the swinging chair can be linked with the moving unit and moved along the rail.

7. The exercising device of claim 6, wherein the horizontal driving unit comprises a motor and a screw arbor, wherein the motor is for driving the screw arbor, and the moving unit comprises a screw hole coordinated with the screw arbor, wherein the motor drives the screw arbor, thus the moving unit is moved in the rail.

8. The exercising device of claim 5, wherein the swinging unit comprises:

a roller rotatably disposed at the base;

an eccentric block sleeved on the roller and pushing the rail; and

a wheel sleeved on the roller.

9. The exercising device of claim 8, further comprising a swing driving unit disposed at the base and for driving the swinging unit to rotate.

10. The exercising device of claim 9, wherein the swing driving unit comprises:

a motor;

a pulley driven by the motor; and

a belt connecting the pulley to the wheel;

wherein the motor drives the pulley, the belt, the wheel, the roller and the eccentric block to rotate simultaneously.

11. The exercising device of claim 5, wherein the swinging chair comprises a seat portion, a back portion pivotally connected to the seat portion, and a leg portion pivotally connected to the seat portion, wherein a mode of the swinging chair is changed by driving the seat portion, the back portion and the leg portion.

12. The exercising device of claim 11, wherein the swinging chair further comprises an open-close driving unit for driving the back portion and the leg portion to change an angle between the back portion and the seat portion or an angle between the leg portion and the seat portion.

13. An exercising device for a human to lie, comprising:

a base;

a rail pivotally disposed at the base by at least one pivoting point;

a swinging bed movably disposed on the rail; and

a swinging unit disposed between the rail and the base, wherein the swinging unit is for driving the rail to change an angle between the rail and the base to vibrate the rail reciprocatedly;

wherein when the swinging bed is moved, a force arm between the pivoting point and a part of the swinging bed is changed, and a vibrating amplitude of the part of the swinging bed is changed correspondingly.

14. The exercising device of claim 13, further comprises a moving unit for connecting the swinging bed to the rail and a horizontal driving unit for moving the moving unit in the rail, thus the swinging bed can be linked with the moving unit and moved along the rail.

15. The exercising device of claim 14, wherein the horizontal driving unit comprises a motor and a screw arbor, wherein the motor is for driving the screw arbor; and the moving unit comprises a screw hole coordinated with the screw arbor, wherein the motor drives the screw arbor, thus the moving unit is moved in the rail.

16. An exercising device, comprising:

a base;

a rail pivotally disposed at the base by at least one pivoting point;

a swinging bed or a swinging chair movably disposed on the rail;

a supporting stick, wherein one end of the supporting stick is connected to the swinging bed or the swinging chair, and the other end of the supporting stick is connected to the base; and

a swinging unit disposed between the rail and the base, wherein the swinging unit is for changing an angle between the rail and the base to vibrate the rail reciprocatedly;

wherein when the swinging bed or the swinging chair is moved, a force arm between the pivoting point and a part of the swinging bed or the swinging

chair is changed, and a vibrating amplitude of the part of the swinging bed or the swinging chair is changed correspondingly.

17. The exercising device of claim 16, further comprising a moving unit for connecting the swinging bed or the swinging chair to the rail and a horizontal driving unit for moving the moving unit in the rail, thus the swinging bed or the swinging chair can be linked with the moving unit and moved along the rail.

18. The exercising device of claim 17, wherein the horizontal driving unit comprises a motor and a screw arbor, wherein the motor is for driving the screw arbor, and the moving unit comprises a screw hole coordinated with the screw arbor, wherein the motor drives the screw arbor, thus the moving unit is moved in the rail.

19. The exercising device of claim 18, wherein the swinging bed or the swinging chair is pivotally connected to the moving unit.

20. The exercising device of claim 19, wherein the rail comprises two grooves and two pad portions, the moving unit is movably disposed in the grooves, and each pad portion is positioned in each groove.

21. The exercising device of claim 20, further comprising:

a plurality of base pads, wherein the base pads are disposed under the base.

22. An exercising device, comprising:

a base;

a rail pivotally disposed at the base by at least one pivoting point;

a swinging chair movably disposed on the rail;

a swinging unit disposed between the rail and the base, wherein the swinging unit is for changing an angle between the rail and the base to vibrate the rail reciprocatedly; and

an elastic unit disposed between the base and the rail, wherein the elastic unit is deformed by the reaction of the rail so as to reduce an impulse caused by the swinging unit;

wherein when the swinging chair is moved, a force arm between the pivoting point and a part of the swinging chair is changed, and a vibrating amplitude of the part of the swinging chair is changed correspondingly.

23. The exercising device of claim 22, wherein the elastic unit is a cylinder structure.

24. The exercising device of claim 23, further comprising a moving unit for connecting the swinging chair to the rail, and a horizontal driving unit for moving the moving unit in the rail, thus the swinging chair can be linked with the moving unit and moved along the rail.

25. The exercising device of claim 24, wherein the swinging unit comprises:

a roller rotatably disposed at the base;

an eccentric block sleeved on the roller and pushing the rail; and

a wheel sleeved on the roller.

26. The exercising device of claim 22, wherein the swinging chair comprises a seat portion, a back portion pivotally connected to the seat portion, and a leg portion pivotally connected to the seat portion, wherein a mode of the swinging chair is changed by driving the seat portion, the back portion and the leg portion.

27. The exercising device of claim 26, wherein the swinging chair further comprises an open-close driving unit for driving the back portion and the leg portion to change an angle between the back portion and the seat portion or an angle between the leg portion and the seat portion.

28. The exercising device of claim 22, further comprising a plurality of base pads, wherein the base pads are disposed under the base.