

Abstract:

Title: Toning before exercise

Goal: The main aim of this work is to compare the exercise with the following activity with a different time interval or toning before exercise, which we can also call post-activation potentiation (PAP).

Methods: In our work, we used statistical methods, a comparison method and total of our own verbal evaluations. The measurement was developed using a direct dynamic effort method. We measured the explosive strength using the Stalker ATS II sports radar, which records the speed of the dropped medicine. Throw was done in the back with a back support. Ten people from sports rugby, boxing, taibox, MMA age 25-38 years were tested. We focused on the consultation with experts and coaches.

Results: We sought a link between the rest interval and the resistance size for the effect of pre-activation or muscle toning. This procedure should have the effect of increasing the required performance for a certain movement or performance. Summing up the entire research section, we come to the conclusion that power upgrading and muscle toning with 85 % OM and with 6 repetitions have shown an increase in the speed of the speed of performance in all stages of rest interval. Recommended rest interval depends on strength, technical level and individual expressions. For athletes with great strength, it is advisable to have the the rest interval

Keywords: *bench-press, performance, post-activation, strength abilities*