

## **Abstract**

**Title:** Set of training exercises for telemark skiing

**Objectives:** The aim of the bachelor thesis is to create a complex that will inspire and contain various types of exercises, according to which each person can learn telemark skiing.

**Methods:** From the methodological point of view of the bachelor thesis was used comparison of telemark literature, data collection and analysis, literature search.

**Results:** The types of exercises that form the complex that each beginner can learn telemark skiing have been described and documented. The exercises were analyzed and based on the literature.

**Keywords:** telemark, exercises, grounding, turn