

Abstract

Title: Compensation of muscle asymmetries in cross-country skiers

Objectives: The goal was to assemble methodological material, that is focused on muscle imbalances in cross-country skiers. Which is based on review of found materials and results gained from author's bachelor's thesis.

Tasks: The task was a review of Czech and foreign literature followed by explanation of terms compensation exercise and muscle imbalances. Next task was assembling of methodological material, that is focused on muscle imbalances in cross-country skiers.

Methods: Method used was comparative analysis of found materials referring to the topic of muscle imbalances in cross-country skiers.

Results: On the basis of review of found literature and results gained from author's bachelor's thesis was made a methodological tool – stack of compensation exercises for cross-country skiers.

Keywords: cross-country skiing, muscle imbalance, compensatory exercise