

## **Abstract**

**Title:** Possibilities of using the squat in training and physical development

**Objectives:** The aim of the thesis was to comprehensively describe the squat as an exercise with a wide range of uses not only in the training of professional athletes, but also recreational exercisers, or the general public. The work was supposed to summarize the number of possible benefits of the squat and its variants in the areas of improving physical performance and physical and mental health.

**Methods:** The thesis uses research methods, that is, the collection and study of selected relevant literature, as a prerequisite for creating an overview of the current state of knowledge in the field of the thesis topic.

**Results:** We have described the areas of possible use of the squat. We have briefly summarized the information contained in the studies found and cited in the thesis.

**Keywords:** literature review, exercise, performance, conditioning, rehabilitation