**Abstrakt**

**Tittle (Thema works):** Monitoring of heart frequence in the classes Lift it

Object: Evaluate an effect of Lift it exercise on enhancement the strenght endurance by monitoring heart -rate and recording an exercise load.

**Methods:** We used longitudinal monitoring of heart-rate in Lift it exercise group. We made a control experiment with purpose to find effect of Lift it exercise on condition. Result of experiment was kvantitativly analyzed and interpreted to our hypothesis.

**Results:** Results shows functional changes in whitch we did/didn't achieve in Lift it exercise group. Results shows low justness of monitoring heart-rate during this exercise and hight mean of load recording and enhance training beat.

**Key words:** Sporttester, Lift it, heart rate, exquisiteness of weighting, mood, fitness, heart-rate zone.