

## **Abstract**

### **Title:**

Asymmetric strength training and its effect on the deep stabilization system

### **Objectives:**

Comparison of the effect of asymmetric strength training on the deep stabilization system versus symmetrical strength training.

### **Methods:**

Before and after the research, all subjects underwent tests focused on the deep stabilization system. They were tested by a physiotherapist. Were used tests from prof. Pavel Kolar (diaphragm test, abdominal press test, trunk flexion test, extension test, hip flexion test and intra-abdominal pressure test).

Furthermore, tests were performed with the Pressure Biofeedback Unit (supine test, prone test).

### **Results:**

We noted that the group that performed asymmetric strength training achieved a greater improvement in HSS than the group that performed symmetrical strength training.

### **Key words:**

softball, asymmetry, strength training, deep stabilization system, offset training