

ABSTRACT

Title: Dynamic warm-up race for tennis players

Subject: Male and female tennis players from tennis club Tj Lokomotiva Plzen

Objective: Compare immediate influence of static and dynamic stretching on performance level during particular movement tests using device Myotest PRO

Methods: To meet the objective quantitative comparison was used by performance parameters using load accelerometer. Quantitative stress parameters were evaluated for individual tests as the mean value from a large amount of repetition in individually evaluation.

Results: Tests proved it is not possible to confirm acute positive influence of dynamic stretching on all assessed parameters in different tests. In terms of average values of different tests a noticeable lower limbs improvement has been emerged at two out of three tests.

Keywords: dynamic stretching, warm up, sport, injuries, regeneration, tennis