

Abstract

STRENGTH TRAINING AND INFLUENCING FACTORS

Objectives: The aim of this thesis is to form, apply and find the influence of created workout regarding body composition changes.

Methods: In this work we used bioimpedance analysis, antropomotrical measurements of muscle mass and diagnostics of previous physical experience.

Results: Considering the following measurement we found out significant changes in fat mass and muscle mass ratio as well as increase of muscle mass in upper extremities.

Keywords: muscle strenght, adaptation, muscle hypertrophy, fat loss, dietary supplements, training programme