

Abstract

Title: Stimulation of strength abilities by short home exercise for women at the age of 50-65 years.

Objectives: The objective of this work is to provide information about the influence of the short home exercise on muscle strength by a case study.

Methods: Individually designed intervention program is based on the objective of this work and on a diagnosis of musculoskeletal system/locomotor system. Strength of the subject was measured through fourteen different strength tests by the isokinetic dynamometer. Subject's body composition was also measured by the bioimpedance method.

Key words: muscle strength, Sarcopenia, age