

## **ABSTRAKT**

### **The name of bachelor's final project:**

The application of Spinning programme for changing women's physical condition

### **Objectives of this project:**

The main goal of project is to set an individual 6 week Spinning programme based on interventional fitness programmes for a middle aged woman to find out whether it will influence her physical condition or not.

### **Methods:**

For stating whether the programme influenced physical condition following tests were done before and after the 6 week Spinning programme: Step test, Ruffier's index (evaluating physical condition), „Fit steps" (complex test), training cycle (evaluating aerobic endurance), Jacík's test (the motor system examination), complex muscle test. Also the BMI (Body Mass Index) was calculated and a regular heart rate was measured. All the results were recorded in a chart in an Excel computer programme and interpreted.

### **Results:**

The results of the tests performed after completion the designed 6-week spinning programme show that in five of the total six tests (i.e. in 83 %) the results and thereby also the performance improved, as compared with the same tests carried out before start of this programme. In one of the five improved cases, the grading remained unchanged and in the four remaining improved cases the grading got better (in two cases objectively, in two other cases subjectively). In one case of improvement of the objective grading, the result was even two grades better. These results indicate also improvement of physical condition of the tested person.

### **Keywords:**

Spinning programme, stationary bike, physical condition, endurance, F.I.T.T., interventional fitness programmes