

Abstract

Affecting the efficiency of stimulation a strenght endurance through exercies on unstable surface

In our work we sought to verify the affecting the efficiency of a Strength programme of exercise on unstable surfaces for stimulation of strength endurance abilities, compared to a similar didactic programme conducted on stable surfaces, thus creating an alternative choice for coaches, teachers, and sports instructors. A major element of the didactic process is the quality of the strength training programme on stable and unstable surfaces. When evaluating the overall results of the tests before and after the experimental programme, we come to be of the opinion that the experimental programme manifested itself positively in effectiveness of stimulating strength abilities. The strength programme had an influence on increasing the persistence of strength in dynamic and static regimens. In the case of a strengthening programme on unstable surfaces there was a tendency towards greater growth in the number of repetitions as opposed to programme on a stable base at the beginning of the programme in the case of exercise in a dynamic regimen.

Keywords: effectiveness, strength endurance preparation, unstable surfaces, stabilisation system.