

**Title:** Comparison of the effects of various types anaerobic trainings in subjects with body mass index values over 25

### **Abstract**

This thesis describes the mechanisms of anaerobic training, especially focused on high interval training, defines the basic concepts associated with anaerobic activity and focuses on workouts that have excellent benefits for the human body. The core theme of this thesis are HIIT workouts - High Intensity Interval Training, which relate to concepts such as EPOC effect or  $VO_2^{max}$ .

Reducing of body fat percentage is in general a very popular topic. There are many discussions, websites, blogs and books which pay attention to this topic and they are frequently visited. Everyone has a different opinion on what kind of workout is the best for the human body and therefore these workouts are discussed very often. This thesis doesn't reject aerobic workouts, it is just trying to prove, that anaerobic workouts are very effective too and the results depend mainly on the correct composition of the workouts and correct attitude to the workouts.

The practical part of this study compares two groups of participants, which decided to reduce the fat mass and the BMI by performing the anaerobic workouts. The first group of participants performed the time-efficient HIIT training primarily at least three times per week within at least two months. Their target in following months was to keep or improve the results. The second group of participants performed the anaerobic training in frequency of no more than twice per week, for six months constantly.

**Keywords:** anaerobic training, HIIT, high intensity interval training, BMI, EPOC,  $VO_2^{max}$