

Abstract

Title: Definition of the muscle groups used in jumps during figure skating and examples of exercises for their strengthening

Objectives: The main aim of this thesis is to determine the most important muscles which are used in figure skating jumps. Another aim is to create a series of exercises for training these muscles. The series will contain appropriate exercises divided by muscle groups with description of their proper execution.

Methods: In creating this thesis I used methods "Suggestion and demonstration", I did literature research on the basis of content analysis, I qualitatively observed videos of skating jumps and analysed it and I used my own experience in the field of the research.

Results: The results of this thesis are the series of exercises to strengthen the most important muscles groups used in figure skating jumps.

Keywords: Axel, Flip, skeletal muscles, Lutz, Loop, Salchow, Toeloop, training