

Abstract

Title of bachelor thesis:	Circuit training as a way of cultivation of strenght at fitness centres.
Author:	Jan Svoboda
Supervisor of the thesis:	Prof. Ing. Václav Bunc, CSc.
Objects:	The main goal of the thesis is to determine the reason why clients attend circuit trainings, what their focus is and what they try to achieve. Discovering the effect of the circuit training is another aim of the thesis.
Methodology:	The literature review and surveys were used for the purposes of the thesis on the circuit training.
Results:	The clients prefer circuit training and based on their subjective feeling they are happy with the leadership and also with fulfilling of the target they have set for themselves.
Key words:	Circuit traning, functional training, strength endurance

