

# Abstract

- Title of bachelor thesis:** The impact of aerobic and anaerobic load at reducing the amount of body fat by the form circle training
- Author:** Jan Svoboda
- Supervisor of the thesis:** Prof. Ing. Václav Bunc, CSc.
- Objects:** The main goal of the thesis was to compare aerobic load realized by means of running and anaerobic load realized by means of circuit training and then determine which of those forms has a larger effect on reducing body fat.
- Methodology:** To determine the amount of fats in the human body in percent was used indirect field method. Fat percentage was measured digital scales Tanita BC-545N. Proband's have measured the intensity of training themselves by using their own sport testers.
- Results:** Anaerobic load realized by means of circuit training has noticeably bigger impact at reducing body fat than aerobic load realized by means of run.
- Key words:** Aerobic load, anaerobic load, circle training

