Abstract

Title: Analysis of postural reactions on excercise with symetrical load of upper limbs by centrifugal force

Summary: The aim of this thesis is testing excercise equipment Marrko and its effects on human body. Its based on the similar principle as few of established excercise equipments on the market, that are generating load on body by vibration.

Thesis is based as biomechanical study pursuing specification of postural system reactions on specific excercises. EMG, Qualisys and Kistler systems were used to observe specific parameters in human body kinetics and muscle activity.

Key words: Qualisys, EMG, Kistler, postural reactions