

Abstract

Title: Conditional preparation in the shooting.

Objectives: The aim of this study is to analyze the shooting fitness training.

Methods: In this work was used especially the method of research of professional literature, articles and internet sources. Based on this analysis, theoretical knowledge about fitness training in sport shooting is collected.

Results: The analysis undertaken shooting fitness training, based on a literature search of articles on the Internet, it was found that fitness training in sport shooting plays a big role. It was also found what muscle groups are strained the most, and what role sports have complementary and compensatory exercises in fitness training.

Keywords: shooting, conditional preparation,