

## **Abstract**

### **Title:**

Use of expanders in tennis training

### **Objectives:**

The main object of this thesis is to draw up a conditioning training using resistance bands. The training will be divided into three parts. Different type of expander will be used in each part. These parts will be: warm up, main part and final stretching. Photographs of these different exercises will be enclosed. It will be create the stack of exercises with resistance bands. Results of this thesis could encourage tennis trainers to use these practical tools more often.

### **Methods:**

On the basis of data analysis the fitness training, using expanders and divided into three parts, will be drawn up. The exercises will be validated in model training with adult players. After undergoing this suggested training an interview with players will be carried out. This will help as a feedback for evaluation of the training.

### **Results:**

The result is a stack of exercises that can be used for condition in tennis training. The theoretical basis of the thesis deals with fitness factors as a complex influencing sports performance in tennis. The exercises were tested in model tennis training with adult players.

**Keywords:** Exercises, player, fitness, resistance band, ability, muscles, tennis