

Abstract

Title:

Influence interval of rest for speed strength

Objectives:

The aim of this work is to find out an effect of different rest interval on the fast power during the exercise – squat and bench.

Methods:

An experiment was chosen as a method of empirical research. This is a measurement of fast power using a stopwatch. For the lower limbs was selected a squat back. The bench press was chosen for the upper limbs. STATISTICA 12 statistical software and Microsoft Excel 2003 spreadsheet software were used to process the results.

Results:

The best rest interval for the development of a fast power was the interval of 4 min for both exercises - squat, bench press. Differences in individual IO 2 and 4 min series showed material significance for the squat in the 2nd to 5th series and for the bench press in the 3rd to 6th series.

Keywords:

rest interval, fast power, power ability