

Abstrakt

Term:

Tips on improving effectivity of women's strenght abilities stimulation through stabilization system exercise

Thesis object:

Verify the effectiveness of exercises on stability system of women to boost power capacity and compare the differences in the results of tested men and women.

Methods:

The thesis uses randomized selection method, comparative method and logical analysis.

Conclusion:

The results indicated a possible way to increase the effectiveness of strength training women. In our experiment, women, which trained with balance aids reached higher improvement compared with the second group in all indicators.

Kea words:

Power women training, effectiveness, balance tools, deep stabilization system