

Abstract

This bachelor thesis deals with the use TRX in basketball. The theoretical part focuses on the creation, development, description, and what it is not TRX. Why is this new and modern way to fit exercise in basketball training. This bachelor thesis acquaints us with basketball in general, with movements that are performed in basketball and the muscles that are involved in these movements. Conclusion The theoretical part contains exercises for each muscle group, their strengthening and stretching that are most involved in basketball and deep stabilization system.

In the research section, we used the method of acquiring data through a questionnaire survey, which confirms / not confirmed defined hypotheses. The research results are statistically processed into graphs.

Key words: TRX, basketball, summer training, core training

