

## **Abstract**

**Title:** Use of compensation exercise and modern equipment in fitness.

**Objectives:** This thesis deals with the compensation exercise, the use of modern equipment and balance tools in fitness centers. Therefore, I focused on a sufficient explanation of these terms. This is a topic that has been addressed many years ago, but it is still an evolving area, this is why there is a lot of literature about this topic. I tried to state in my work large number of opinions from the literature, to be able to compare different views on the topic of inadequate compensation and balance exercise effects on the human body.

**Methods:** My work is based on the research methods.

**Conclusion:** The compensation exercise should be part of every training session. Before this exercise is included in the training unit, it is necessary to know the reasons that led to the unilateral load and what the current status of the muscles is. This is why it is important to perform input diagnostics of the exercisers.

**Keywords:** Sport, fitness, body building, compensatory exercises, balance tools, modern equipment.