

ABSTRACT

Titel:

The comparative study of predication equations for value calculation 1-RM at the squat and the dead lift.

Aim:

To evaluate the most exact equation for the calculation 1-RM on the basis of comparison of extracted data with predication equations at the squat and the dead lift.

Research complex:

The research complex is created by the soldiers of Army of Czech Republic. They are the men at the age from 20 to 40 with health classification A.

Used methods:

The comparative method with the using of experimental testing.

Results:

By the mutual comparison of data we have found out, that the most exact predication equation for the calculation 1-RM in a squat or in a dead lift is from the authors O'Conner et al. Squat was predicted with correlation coefficient $r = 0.975$ and deadlift with a value of $r = 0.951$.

Keywords:

squat, dead lift, 1-RM, prediction equation, correlation coefficient.