

Abstract

Title: Use of fitness center to affect the strength of the lower limbs for football players.

Objectives: The aim of thesis is to create an overview for strengthening the lower limbs of football players in fitness center.

Methods: The paper has been used the literature analysis and carrying out survey which was conducted using interviews. 50 football players were target group performance categories.

Results: In this work it was found that football players dedicated strengthening the lower limbs especially in a comprehensive way and not just in fitness centers, as well as at home and in training. The lower limbs of football players are overwhelmingly strengthened at least in some way.

Keywords: Lower limbs – football - strength abilities - methodology of the strengthening – exercises application.