

Title: Changes in body composition in the development of maximum force

Objectives: The aim of this work was to create functional strength training up to the development of maximum strength of his subsequent application. During interventions were performed measurements of body composition, where we observed change of each selected component due to the application of physical intervention and then evaluated their significance with respect to the target. Furthermore, we monitor changes in maximal strength by setting the repetition maximum in selected exercises.

Methods: We used the work of the body composition measuring apparatus using the BIA 2000 (data input, Darmstadt, Germany) and used by the software measurement somatotype Antropo 2000.2

Results: The work confirmed the hypothesis about a significant change in the values of total body water, body fat percentage and values of ECM / BCM due adapted physical intervention with the primary objective of developing maximal strength.