

Abstract

Title: Changes in body composition regarding to maximum strength development.

Objectives: The aim of this work was to create functional strength development of maximum strength of his subsequent application.

Methods: We used the work of the body composition measuring apparatus using the BIA 2000 (data input, Frankfurt nad Mohanom, 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.

Keywords: strength training, maximal strength, nutrition, BIA