

## **Abstract**

**Title:** Analysis of postural reactions on exercise with symmetrical load of upper limbs by centrifugal force

**Summary:** The aim of this thesis is testing exercise equipment Marrko and its effects on human body. Its based on the similar principle as few of established exercise equipments on the market, that are generating load on body by vibration.

Thesis is based as biomechanical study pursuing specification of postural system reactions on specific exercises. EMG, Qualisys and Kistler systems were used to observe specific parameters in human body kinetics and muscle activity.

**Key words:** Qualisys, EMG, Kistler, postural reactions