

RELATIONSHIP OF TRAINING ABDOMINAL MUSCLE WITH FORCE DEVELOPMENT IN THROWING DISCIPLINES

Abstract

The most common way of development of the mobility abilities is the directed physical training with the exact dosage of the load components. Depending on their relationship depends which aspect of the mobility ability we develop. This is most manifested in the space of the strength and endurance which are very often overlapped and where smaller changes of the load intensity say about the change of subspace which is treated with the directed physical training, for example, if it is about the strength endurance development or about speed endurance development where the space of the strength and endurance, speed and endurance is encompassed and the differences are the consequence dosed load. This aspect of endurance is very up -to-date athlete throwing disciplines and it can give the information about the state of certain region of body, especially if it is about the strength development by applying different types of practices on the basis of the starting position.

Key words: strength, abdomen, muscle endurance, training
