

Abstract

In this bachelor thesis I dealt with interconnection of resistance training and blood pressure. In the theoretic part there are findings about resistance training chosen by physiologic aspects connected and description of squat or legpress. For this purpose there was the research of 15 young and healthy probands in the age of 20-25 performed. There were 4 measuring days with 10 days interval within. The explored elements were two basic excercises: half-squad and legpress. The resting blood pressure and the heart frequency of probands were measuered for both excercise in 3 series. The main goal of the thesis is to map the influences of these chosen excercises on systolic blood pressure and processing of theoretic findings. The zero hypothesis was the assumption of no-showing differences of answers on systolic blood pressure and heart frequency with chosen weigh. The zero pressure was rejected with statical significance.