

Abstract

Title: Development of core muscles

Objectives: The aim of the practical part will be the creation of a test battery for trunk diagnostics and its pilot validation in active athletes.

Methods: The research was conducted as a pilot study, with a random sample of participants aged 22-23 years. The following exercises will be included in the tests: prone plank, strict toes to bar and sit-ups. The data from the testing was evaluated using the statistical functions mean, standard deviation.

Results: The results showed that all the participants achieved an excellent result in the prone plank test, below-average result in the strict toes to bar test, and one participant achieved an excellent, one good, and one average result in the sit-up test.

Keywords: core, strenght, deep core muscles