

ABSTRACT

Title: A compedium of exercises and a variable training plan for improving the strength abilities of begginers

Objectives: To compile a compedium of exercises for developing the strength abilities of begginers and subsequently create a variable sample training plan.

Methods: The bachelor thesis is a descriptive in nature and was developed through a literaly review from relevant databeses and book sources. Exercise cards were created from individual strengthening exercises and were subsequently validated by a panel of experts.

Results: A comperhensive resource for implementing a training plan aimed at developing begginers strength abilities, including an inventory of strengthening exercises, dynamic and static stretching exercises, and a variable sample training program.