

In introductory chapters the work deals with theoretical starting points of exercising in fitness centres. It focuses on anatomical and physiological basis of exercises and neuromuscular imbalances which may be caused by inadequate exertion. In further chapters the work enlightens about the rudiments of sport training, training of strength and model form of a training unit. In final chapters suitable techniques of exercises of individual muscular systems are discussed. Common mistakes done by clients are also described.