

## DIFFERENCES IN MAXIMAL ISOMETRIC MUSCULAR POTENTIAL OF LOWER EXTREMITIES

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### **Summary**

*Direct measurements of maximal generated human muscular strength have an important place in planning of force development training. The only valid and objective method of muscular force estimation is measurement by dynamometer. At Biomechanical laboratory of Faculty of sports and physical education, transversal research (which included 42 students of masculine sex) of lower extremities maximal isometric potential was performed. The results do not indicate some important differences in maximal muscular potential between left and right lower extremities.*

**Key words:** *isometric muscular potential, dynamometry, lower extremities, differences.*

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