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Vodňany 19. 03. 2026

**Abstract** The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 100 male and 100 female students. The program was designed to improve cardiovascular endurance, muscular strength, and flexibility. The results showed that the program had a significant positive effect on all three components of physical fitness. The students who participated in the program showed a significant increase in their cardiovascular endurance, muscular strength, and flexibility compared to the control group. The program was found to be effective in improving the physical fitness of both male and female students.