

**PENGARUH METODE *CIRCUIT TRAINING AEROBIC* TERHADAP  
PENINGKATAN DAYA TAHAN OTOT LENGAN**

SKRIPSI

Diajukan untuk memenuhi sebagian dari syarat memperoleh gelar  
Sarjana Sains Ilmu Keolahragaan



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memperoleh gelar Sarjana Sains di Fakultas Pendidikan Olahraga dan Kesehatan  
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**ABSTRAK**  
**PENGARUH METODE AEROBIK CIRCUIT TRAINING TERHADAP**  
**PENINGKATAN DAYA TAHAN OTOT LENGAN**

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Salah satu permasalahan yang terjadi di Indonesia adalah kalenderisasi kompetisi yang selalu tidak tepat waktu. Waktu tanggal, minggu, bahkan bulan setiap pelaksanaannya tidak tetap. Penelitian ini dilakukan untuk menguji pengaruh penerapan metode *circuit training aerobic* terhadap peningkatan *daya tahan otot lengan*. Metode latihan yang dapat digunakan dalam menghadapi kondisi tersebut adalah *circuit training*, metode latihan yang terdiri dari beberapa pos, yang disusun satu putaran latihan dimana setiap pos mempunyai bentuk latihan berbeda. Peneliti melakukan penelitian tentang penerapan metode yang merupakan modifikasi dari metode sebelumnya, dalam *circuit training aerobic* ini diantara pos latihan diberikan aktivitas aerobik dengan lari sub maksimal dengan jarak 200 meter, diharapkan terjadi peningkatan komponen kondisi fisik secara bersamaan dan signifikan dalam mengatasi permasalahan yang terjadi. Metode penelitian yang digunakan *The Matching Only Pretest Posttest Control Group Design*. Sampel penelitian ini berjumlah 20 orang dibagi menjadi dua kelompok, 10 orang kelompok eksperimen dan 10 orang kelompok kontrol. Hasil dari penelitian ini menunjukkan terdapat pengaruh metode *circuit training aerobic* terhadap peningkatan daya tahan otot lengan. Dalam pengolahan data mendapat nilai signifikansi 0,011 yang berarti terdapat perbedaan signifikan. Nilai perbedaan rata rata kelompok eksperimen 7,7 dan kontrol mempunyai nilai perbedaan rata rata 3,6. Diharapkan metode ini dapat dikembangkan dalam penelitian selanjutnya, yang menjawab dari permasalahan tentang kalenderisasi yang tidak tepat waktu.

Kata kunci : *circuit training, circuit training aerobic, daya tahan otot lengan*

**ABSTRACT**  
**THE EFFECT OF AEROBIC CIRCUIT TRAINING METHODS ON**  
**MUSCLE ENDURANCE ARM**

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One of the problems that occur in Indonesia is the calendar of competitions that are always not on time. The date, week, even month of each implementation is always not fixed. This study was conducted to examine the effect of applying the aerobic circuit training method to increase the endurance of arm muscles. The training method that can be used in dealing with these conditions is the circuit training, a training method consisting of several posts, which are arranged in a round of exercises where each post has a different form of training. The researcher conducted a study of the application of the method which is a modification of the previous method, in this aerobic circuit training between training posts aerobic activity is given with maximum sub running with a distance of 200 meters. The research method used is The Matching-Only Pretest Posttest Control Group Design. The sample of this study amounted to 20 people who were divided into two groups, 10 experimental groups and 10 control groups. The results of this study indicate that there is an effect of the aerobic circuit training method on increasing the endurance of arm muscles. In processing the data got a significance value of 0.011 which means there are significant differences. The value of the difference in the average of the experimental group 7.7 and the control has a value of the average difference of 3.6. It is hoped that this method can be developed in further research, which answers the problems of calendarization that are not timely.

Keyword : *aerobic circuit training, circuit training, muscle endurance arm*

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