

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

**SKRIPSI**

Diajukan untuk memenuhi sebagian dari syarat untuk memperoleh gelar Sarjana  
Sains



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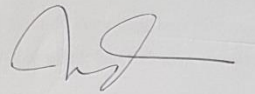
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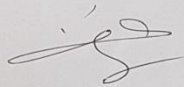
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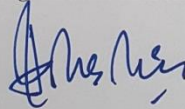


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**ABSTRAK**  
**PENGARUH METODE *CIRCUIT TRAINING AEROBIC* TERHADAP  
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Salah satu permasalahan yang terjadi di Indonesia adalah kalenderisasi kompetisi yang mendadak atau tidak tepat waktu sehingga dikhawatirkan atlet tampil tidak dalam performa terbaiknya. Metode latihan yang dapat meningkatkan komponen kondisi fisik secara singkat dan serempak yaitu *circuit training*. Tujuan penelitian ini yaitu untuk mengetahui pengaruh metode *circuit training aerobic* terhadap daya tahan otot tungkai. Metode latihan yang terdiri dari beberapa pos, yang disusun satu putaran latihan dimana setiap pos mempunyai bentuk latihan yang berbeda. Peneliti melakukan penerapan metode *circuit training aerobic* yang dimodifikasi dari *circuit training* konvensional di antara setiap pos diberikan aktivitas aerobic dengan lari sub maksimal dengan jarak 200 meter, diharapkan terjadi peningkatan kondisi fisik secara bersamaan dan signifikan dalam mengatasi permasalahan yang terjadi. Dengan bentuk desain penelitian *The Matching-Only Pretest-Posttest Control Group Design*. Sample 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 tungkai. Dalam pengolahan data mendapat nilai signifikansi 0,000 yang berarti terdapat pengaruh *circuit training aerobic* terhadap daya tahan otot tungkai.

**Kata Kunci:** *circuit training, circuit training aerobic*, daya tahan otot tungkai

## **ABSTRACT**

### **EFFECT OF AEROBIC CIRCUIT TRAINING METHODS ON INCREASED LEG MUSCLE ENDURANCE**

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One of the problems that occur in Indonesia is the sudden or non-timely calendar of competition so that it is feared that athletes appear not at their best. Training methods that can improve components of physical conditions briefly and simultaneously, namely circuit training. The purpose of this study is to determine the effect of aerobic circuit training methods on the endurance of leg muscles. The training method consists of several posts, which are arranged in a round of exercises where each post has a different form of training. The researcher applied the aerobic circuit training method modified from conventional circuit training between each post given aerobic activity with maximum sub run with a distance of 200 meters, expected to increase the physical condition simultaneously and significantly in dealing with the problems that occur. With the form of design research, The Matching-Only Pretest-Posttest Control Group Design. The research samples were 20 people divided into two groups, 10 experimental groups and 10 control groups. The results of this study show that there is an effect of the aerobic circuit training method on increasing the endurance of limb muscles. In processing the data gets a significance value of 0,000 which means that there is an effect of aerobic circuit training on the endurance of leg muscles.

**Keywords:** circuit training, aerobic circuit training, endurance of leg muscles.

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