

**PENGARUH MODEL SUSPENSION TRAINING DAN WEIGHT
TRAINING TERHADAP PERUBAHAN MASSA LEMAK TOTAL DAN
MASSA OTOT PADA LAKI-LAKI**
TESIS

diajukan untuk memenuhi salah satu syarat dalam memperoleh
gelar magister pendidikan
Program Studi Pendidikan Olahraga



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UNIVERSITAS PENDIDIKAN INDONESIA**
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**Pengaruh Model *Suspension Training* dan *Weight Training* Terhadap
Perubahan Massa Lemak Total dan Massa Otot Pada
Laki-Laki**

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UPI Bandung, 2020

Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
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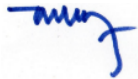
TESIS

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Abstrak

Pengaruh Model Latihan *Suspension Training* Dan *Weight Training* Terhadap Perubahan Kadar Lemak Total dan Masa Otot”

Suspension atau total body resistance exercise memungkinkan individu untuk memanfaatkan ketahanan berat badan sambil melakukan latihan yang terdiri dari berbagai bidang gerak, kelompok otot dan sendi. Weight training sebagai latihan yang menggunakan mesin tetap atau gerakan yang memisahkan sendi bagian tubuh dan otot-otot. Tujuan penelitian ini adalah untuk mengetahui pengaruh model latihan suspension training terhadap perubahan berat badan, visceral fat dan subcutaneous. Metode yang digunakan adalah eksperimen dengan desain The Randomized Post-Test Only Control Group design. 17 pria sehat dibagi menjadi dua kelompok yakni kelompok eksperimen menggunakan suspension training dan kontrol menggunakan weight training menyelesaikan 18 kali pertemuan latihan. Hasil analisis dan perhitungan data mengungkapkan bahwa kelompok eksperimen menunjukkan hasil yang signifikan pada penurunan berat badan, visceral fat, subcutaneous di bandingkan kelompok kontrol. Kesimpulan dari penelitian ini adalah latihan suspension training dapat dijadikan sebagai salah satu latihan yang relevan untuk memperbaiki komposisi tubuh dan meningkatkan kebugaran fisik terkait kualitas hidup.

Abstract

The Effect of Suspension Training and Weight Training Models on Changes in Total Fat Levels and Muscle Mass

Suspension or total body resistance exercise allows individuals to utilize weight resistance while doing exercises that consist of various of motion, muscle groups and joints. Weight training as an exercise that uses machines or movements that separate the joints of body parts and muscles. The purpose of this study is to find out the effect of the suspension training on changes in body weight, visceral fat and subcutaneous. The method used is an experiment with The Randomized Post-Test Only Control Group design. 17 healthy men were divided into two groups there are the experimental group using suspension training and the control using weight training completed 18 training sessions. The results of the analysis and calculation of the data revealed that the experimental group showed significant results in weight loss, visceral fat, and subcutaneous compared to the control group. The conclusion of this study is that suspension training exercises can be used as one of the relevant exercises to improve body composition and improve physical fitness for quality of life.

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