

**PENGARUH MODEL LATIHAN *SUPERSET* DAN *CIRCUIT TRAINING*  
TERHADAP PERUBAHAN MASSA LEMAK DAN MASSA OTOT PADA LAKI  
LAKI**

**TESIS**

**Diajukan untuk Memenuhi Salah Satu Syarat  
Memperoleh Gelar Master Pendidikan  
Program Studi Pendidikan Olahraga**



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Kamaludin, 2021

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## **LEMBAR HAK CIPTA**

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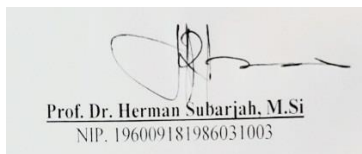
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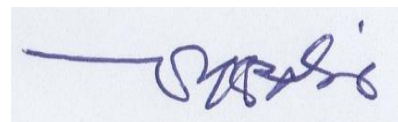
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**PENGARUH MODEL LATIHAN *SUPERSET* DAN *CIRCUIT TRAINING*  
TERHADAP PERUBAHAN MASSA LEMAK DAN PENINGKATAN  
MASSA OTOT PADA LAKI-LAKI**

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**ABSTRAK**

Tujuan penelitian ini adalah untuk mengetahui perbedaan pengaruh model latihan *superset* dan *circuit training* terhadap perubahan massa lemak dan peningkatan massa otot pada laki-laki. Penelitian ini menggunakan metode eksperimen. Desain penelitian yang digunakan dalam penelitian ini adalah eksperimen *The Randomized Pretest-Posttest Control Group design*. Sampel penelitian ini berjumlah 20 orang laki-laki, Dalam penelitian ini sampel dipilih dengan menggunakan teknik *Purposive Sampling* pada member SOSI SPORT CLUB Kota Bandung. Pengumpulan data pada penelitian ini menggunakan Karada Scan Body Composition dan Scale Motivation Sport II (SMS II). Penghitungan statistik dalam menguji hipotesis dilakukan dengan menggunakan bantuan SPSS 21.0 dengan pengujian *Independent Sampel T-Test* untuk melihat perbandingan antara kelompok eksperimen dan kelompok kontrol. Hasil analisis dan perhitungan data mengungkapkan bahwa Terdapat pengaruh latihan *superset* terhadap penurunan massa lemak, Terdapat pengaruh latihan *superset* terhadap peningkatan massa otot, Terdapat pengaruh latihan *circuit training* terhadap penurunan massa lemak, Terdapat pengaruh latihan *circuit training* terhadap peningkatan massa otot, Terdapat perbedaan pengaruh perbandingan model *superset* dan *circuit training* terhadap penurunan massa lemak, Terdapat perbedaan pengaruh perbandingan model *superset* dan *circuit training* terhadap peningkatan massa otot. . Kesimpulan penelitian ini adalah bahwa model latihan *superset* dan *circuit training* berpengaruh menurunkan massa lemak dan meningkatkan massa otot pada laki laki.

kata kunci : Model Latihan, *Superset*, *Circuit Weight Training*, Massa lemak dan Massa otot.

# **THE INFLUENCE OF SUPERSET TRAINING MODEL AND CIRCUIT TRAINING ON FAT MASS CHANGES AND MUSCLE MASS INCREASE IN MEN**

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## **ABSTRACT**

The purpose of this study was to determine the difference in the effect of superset and circuit training models on changes in fat mass and increased muscle mass in men. this research is using experimental method. The research design used in this study is an experimental The Randomized Pretest-Posttest Control Group design. The sample of this study amounted to 20 men, In this study the sample was selected using the Purposive Sampling technique on members of SOSI SPORT CLUB Bandung City. Collecting data in this study using Karada Scan Body Composition HBF-375. Statistical calculations in testing the hypothesis were carried out using SPSS 21.0 with Independent Sample T-Test testing to see a comparison between the experimental group and the control group. The results of data analysis and calculations reveal that there is an effect of superset training on reducing fat mass, There is an effect of superset training on increasing muscle mass, There is an effect of circuit training on reducing fat mass, There is an effect of circuit training on increasing muscle mass, There is a difference in the effect of the comparison of superset and circuit training models on fat mass reduction, There is a difference in the effect of the comparison of superset and circuit training models on increasing muscle mass. The conclusion of this study is that the superset and circuit training models have an effect on reducing fat mass and increasing muscle mass in men.

Key words : Exercise Model, Superset, Circuit Weight Training, Fat Mass and Muscle Mass.

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