

5.3 Rekomendasi

Setelah sebelumnya memaparkan implikasi penelitian, peneliti bermaksud untuk mengemukakan beberapa hal terkait rekomendasi. Rekomendasi yang diajukan oleh peneliti diharapkan dapat bermanfaat dalam membantu memberikan gambaran mengenai perbandingan dari istirahat antar set terhadap jumlah repetisi angkatan dalam penelitian back squat. Maka dari itu peneliti merekomendasikan beberapa hal untuk penelitian selanjutnya yaitu sebagai berikut.

- 1) Bagi mahasiswa diharapkan hasil dari penelitian ini nantinya dapat diaplikasikan oleh para mahasiswa ketika berlatih beban, sehingga nantinya hasil dari latihan akan jauh lebih efektif.
- 2) Bagi lembaga, Prodi/Departemen/Fakultas agar mampu membantu mahasiswa lewat program pembelajaran saat kuliah untuk menjadikan para mahasiswa lebih paham kembali mengenai penggunaan istirahat yang baik dan efektif guna mencapai hasil yang maksimal ketika berlatih beban.
- 3) Bagi penelitian selanjutnya diharapkan metode penelitian lebih ditingkatkan lagi, perbandingan dari perbandingan istirahat antar set terhadap jumlah repetisi angkatan back squat pada metode latihan streng dengan metode latihan beban yang lainnya.

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PERBANDINGAN JUMLAH REPETISI ANGKATAN BACK SQUAT PADA OTOT QUADRICEP WANITA BERDASARKAN EFEKTIVITAS JUMLAH WAKTU ISTIRAHAT

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