

# **SOSIALISASI HUBUNGAN DENYUT JANTUNG DENGAN METABOLISME INSTRUKTUR SENAM AEROBIK DI YOGYAKARTA**

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## **ABSTRACT**

The objective of the service activities is to increase knowledge aerobics instructor metabolism and cardiovascular problems as well as determine the level of physical fitness aerobics instructor in Yogyakarta. The target audience in PPM activities are aerobics instructor in Yogyakarta. Target 20 participants in this activity aerobics instructor both sons and daughters scattered throughout Yogyakarta. PPM activities include two things: a workshop with the theme "Socialization Metabolism and Cardiovascular Aerobic Gymnastics Instructor in Yogyakarta". After the workshop activities continued with tests on the status of the physical fitness aerobics instructor that is by measuring the level of fitness of each peserta. Kegiatan PPM implemented properly and run smoothly on target.

Kata Kunci: *heart rate, metabolism, instructor*