

# EFFECT OF EXERCISE SYSTEM WITH LOADS OF PYRAMID LEG STRENGTH, BACK, GRIP STRENGTH AND STUDENTS PUSH PULL AND FITNESS FORCE CONCENTRATION IKOR 2013

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## ABSTRACT

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This study aims to determine how much influence the weights pyramid system to the leg muscle strength, back, grip strength and pull and push students Corinthians fitness concentration of forces in 2013.

This study used an experimental method to the design of the one group pretest-posttest design. The study population was 2013. The force IKOR student sample in this study involve the entire student Prodi IKOR 2013 FIK UNY force fitness concentration. The instrument used was using a hand dynamometer grip, pull and push dynamometer and back and leg dynamometer. Data were analyzed using normality test to determine whether the data has a normal distribution. Variant homogeneity test to test the similarity of the data variance experimental group. T test to determine whether there are differences between pretest and posttest variables in the experimental group.

Based on the results of t test analysis, that the whole can be obtained significance value of less than 0.05 ( $p < 0.05$ ), it can be concluded that there are significant differences in the four variables during pre-test and post-test. The improvement can be seen in the percentage increase that leg muscle strength increased 7.43%, the strength of the back muscles by 22.15%, 41.42% right grip strength, grip strength left 10.67%, and the pull of 8.15% and push amounted to 11.14%.

Kata Kunci: *Weight training, Pyramid System, Muscle Strength*